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# **Liposuction - A Weight Loss Method?**

Liposuction is a cosmetic surgery used to remove excess fat from body parts. It's conjointly known as lipoplasty, suction lipectomy, liposculpture or fat suction.

Usually the fat is aloof from thighs, chin, buttocks, lovehandles (abdomen), breasts and abdomen for ladies and chin, waist, breasts and buttocks for men.

This surgery isn't an alternative to exercise and dieting and ought to be used only to get rid of the stubborn fat that does not answer exercises and diet.

Liposuction is not a weight loss method however a method to get rid of excess fat. 10-fifteen pounds of fat is removed generally. However, taking out of huge amounts of fat will be dangerous at times.

There are a number of sorts of liposuction performed these days like ancient liposuction, tumescent liposuction, ultrasound liposuction, superwet liposuction. Of these methods employ a cannula (a blunt straw like tube) for suction of fat.

Saline water is injected into the area between muscle and fat to separate them. If the quantity of saline water is less than the quantity of fat to be removed it's called traditional liposuction.

If the saline water is three to four times the volume of fat to be removed it's called tumescent liposuction. Adding further water assists the surgeon in moving the cannula back and forth to interrupt up the fat cells. However excess water might have an effect on the homeostasis of the body. In super wet liposuction the quantity of saline water is the identical as the number of fat to be removed. This is often the foremost widespread surgical method employed by surgeons.

In ultrasonic liposuction the fat is initially liquefied by ultrasound before being suctioned out. But, ultrasound strategies aren't fashionable as they someday result in necrosis (death of skin) and seromas (collection of yellow fluid in pockets).

In all varieties of liposuction either local anesthesia or general anesthesia is used. The same old anesthetic used is lidocaine. Epinephrine is additionally used in liposuction to reduce blood loss.

To perform liposuction the patient must be over 18 and in good health with elastic skin. If the skin is not sufficiently elastic the excess skin may must be removed after liposuction. Generally the surplus skin is aloof from abdomen referred to as abdominoplasty or tummy tuck. This leaves scar marks on the skin.

Diabetics and patients on antibiotics are advised to not endure liposuction. Before operation the patient should not have taken any anticoagulants like warfarin, phenindione etc.

If general anesthesia is given the patient must quick on the night before the operation. If local anesthesia is given there is no requirement of fasting. Smoking and drinking etc should be avoided.

The incisions are usually but an inch. Once operation the surplus fluid takes days to weeks to empty out. Throughout that time antibiotics and/or pain killers are prescribed.

Patient recovery varies from days to two months. Like all surgeries there are surgical risks in liposuction too. There are minor risk, up to 0.seven%, of facet effects like internal organs being scraped, seromas, necrosis, excessive bleeding etc.

Liposuction isn't a weight loss technique and also the patient should expect realistic and not dramatic changes in appearance.

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