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Lipo Boom Reality

By Barry Lycka, M.D.

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Are you feeling down and out? Do you feel even worse when you look in the mirror? Cosmetic surgeons tell us you are not alone. They say the popularity of reality television shows like ABC TV's "Extreme Makeover" has led to an increasing boom in cosmetic surgery. You may be one of the many people who are not happy with the way you look. Look in the mirror right now and tell me what you see. Do you see flabby thighs, a sagging chin or a tubby tummy? If so, then liposuction could be just what the doctor ordered.

Liposuction is also known in the medical arena as lipoplasty or "lipo" for short. Lipo surgically removes excess fat from deposits beneath the skin in many areas of the body. The procedure sounds like it hurts. Surgeons use a hollow stainless steel tube called a cannula. The cannula is hooked up to a vacuum. It is inserted into an incision in the skin. Fat deposits are then gently sucked out of the body.

"It didn't hurt at all," says 25-Year old Jenn Rogers. Rogers is the mother of three year old twins. She decided to have lipo to get her post baby abdomen back. She says, "I tried so hard through exercise and diet to do it. But, nothing I tried would work." Liposuction is quickly becoming one of the most popular forms of cosmetic surgery for that very reason. It targets the areas of fat we'd like to shoot away. It is commonly used to reduce fat in the abdomen, hips, butt, thighs, chin, neck, back, chest and arms. Can you believe that doctors also use lipo on the knees, ankles and calves? As you can see, liposuction will work on just about anywhere you see fat and want to hide it!

It sounds like it hurts, doesn't it? Well, the amount of pain depends on individual circumstances. Liposuction can be achieved painlessly by local or general anesthesia. However doctors consider liposuction a mild surgical procedure. It is performed using a general or local anesthesia. A heavy IV sedation is also used in some cases. Recent advances have done a lot to ease the pain. Doctors can now precisely target fat areas which help to reduce recovery times. Despite the recent popularity, lipo has actually been around for more than a decade. "I had my first liposuction in 1992. It was before anyone even knew about it. I wanted to reduce the signs of aging in my face," says retired school

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teacher, 69 Year Old Rebecca Long. The grandmother of three has had three additional procedures since then. She laughs, "People now confuse my daughter with being my sister. I don't know if that's good for her, or bad!" You may be wondering whether liposuction is for you. Some folks figure if they have the greenbacks then they can do it. But, whether you have the money to pay for it is just one of the factors you should consider. It is important that a surgeon be board certified for the technique that they are going to use. You'll want to look at his or her experience and safety record.

Liposuction is not risk free. There are many things that can go wrong. Complications can occur due to a poor judgment on the part of the doctor. The better educated you are on the procedure, the greater your chances of spotting a problem before it occurs. You should be concerned about disfiguring skin irregularities that can occur if the surgeon tries to take too much fat away in one procedure. The use of a large cannula can also affect the outcome of your procedure.

Large cannula's remove fat quickly. However, they are more likely to lead to skin irregularities than small cannulas do. Small cannulas are less than 3 millimeters in diameter. There's a strong chance you'll need a large cannula depending on the amount of fat you need taken away. Surgeons use the small cannula's during the Tumescent Procedure. The American Medical Association says this technique when used with local anesthesia is the safest. Under this method, the diluted local anesthesia lasts for hours reducing the need for narcotic pain relief. Doctors say there have been no reported deaths under this procedure. In addition, even if it's used with general anesthesia, Tumescent Procedure is safe if there's no large fat removal.

There is another surgical method that utilizes a modified version of the Tumescent Procedure. This modified version combines local anesthesia with general anesthesia or IV sedation. General anesthesia and IV sedation may be dangerous when used alone, just imagine the danger when they're put together. As a result, an anesthesiologist must be on hand to handle the administration.

You'll also want to make sure that you don't have any other surgical procedures the same day as your liposuction. You'll want to avoid long term exposure to anesthesia because it's dangerous. Taking away a large amount of fat can lead to serious complications. Also, removing an excessive amount from too many areas can also be dangerous. You'll also want to make sure that you don't have any other surgical procedures the same day as your liposuction. Healing can occur quickly thanks to all the advances in liposuction.

Liposuction recovery times are shorter today than a couple of decades ago. You can return to a normal lifestyle within four after surgery with most procedures. However, a little bit of local anesthetic remains in your system. It is later absorbed into the blood stream. Would you believe that draining the anesthetic solution out of your incision actually speeds your rate of healing? It also reduces swelling and bruising after surgery.

Drainage is also speeded up by leaving the incisions open instead of closing with sutures. Your surgeon can also make tiny holes in your skin to force drainage. Your surgeon may also encourage you to spandex clothes to promote more drainage. Your surgeon can also drain it through absorptive pads that are placed over your incisions. Despite the surgical concerns, liposuction is changing lives like Jenn and Rebecca's. It can improve body posture and image ultimately leading to a happier,

healthier, you.

Barry A. S. Lycka is an internationally known cosmetic dermatologist and surgeon who practices in Edmonton, Alberta, Canada where he has worked from 1989. Recently, Dr. Lycka was chosen as Alberta's Dream Makeover Doctor. For more information you can visit his website at

Liposuction Cost And The Price Of Beauty

By James Guntham

If you are considering liposuction, also known as lipoplasty, you should carefully consider the cost of the procedure. If living a healthy lifestyle is not producing the cosmetic results you are seeking, you should take into account how much lipo will cost in addition to weighing other risk and expense factors.

For many, liposuction cost determines whether or not they decide to move forward with the procedure. Here's why:

There are two basic components used by surgeons to determine liposuction cost. They are: the area of the body, and how much fat needs to be removed. Typically the most affordable areas to have liposuction are the arms and back. These areas cost between \$1,500 and \$5,000. More expensive areas include the breasts and abdomen, which can range between \$3000 and \$7500.

Fee and Expense Breakdown

Liposuction cost includes both surgical and non-surgical fees. Non-surgical fees will include pre-op lab tests, surgical supplies, use of the operating room, and post-op garments and bandages. The surgical fee is of course the actual cost of surgery. The cost of surgery is largely dependent upon what areas of the body are being operated on—generally, the more fat deposits that need to be removed, the more the procedure will cost. Anesthesia is also often included in the surgical fee.

When shopping around for a good plastic surgeon to perform liposuction, it is not a good idea to hire the cheapest surgeon. Many patients unfortunately end up paying more in the long run when they have to repeat the lipo to remove bumpy spots, or have more fat removed. Although liposuction cost is important when choosing a surgeon, it is wise not to be too frugal about it.

Financing

Because lipoplasty is a cosmetic procedure, most health insurance plans will not cover it. However, if you choose to undergo this procedure, there are several other ways to pay for it. The recommended option is paying the liposuction cost in cash upfront. If that option isn't realistic for you, there's always financing it. The financing options include loan and credit card payments. **INSIDERS TIP:** Credit card interest is often much lower than cosmetic surgery loans.

The choice to have lipo done is completely choice. It is for your benefit and satisfaction. Since you care about both your body and your money, you should take care of both wisely. Make sure to carefully weigh all the pros and cons of cosmetic surgery before committing to go under the knife.

For more information and insider tips on the costs of standard, tumescent, and abdominal liposuction, "before and after" information, liposuction alternatives such as mesotherapy, and more go to

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