



# Health News And Notes

Facts from the American Society for Aesthetic Plastic Surgery

## Liposuction: Is It Right For You?

(NAPSA)—If you've resolved to get in shape, the road ahead may seem daunting. Getting fit often requires major lifestyle changes, including reducing food intake, selecting foods that are better for you, and sticking to an exercise routine.

You may have already discovered, however, that diet and exercise are ineffective in reducing bulges on your hips, thighs, buttocks or abdomen. Some people have inherited tendencies toward localized fat in these or other areas.

If you have a similar problem, then lipoplasty (liposuction) may be the solution.

Lipoplasty is the single most requested cosmetic surgical procedure in the United States.

The American Society for Aesthetic Plastic Surgery (ASAPS) offers these questions and answers to help you determine if lipoplasty is right for you:

• **Is your weight relatively normal?** Lipoplasty is a body contouring technique, not a method for overall weight reduction. The procedure is best suited for people who are within 30 percent of their ideal body weight.

• **Is your weight relatively stable?** Your current weight and future plans are factors that must be taken into consideration when considering lipoplasty. If you plan to lose a significant amount of weight, it is usually preferable that you do so prior to surgery in order to obtain the best results.

• **Is your excess fat in specific areas, such as "saddlebags" (thighs), "love handles" (waist) or extra padding on your hips?** If so, you may be a good candidate for surgery. These body areas, as well as the face and neck, respond well to lipoplasty.



**Liposuction can reduce unwanted bulges in many areas.**

• **Are you in generally good health?** It is important that you share information about your health with your plastic surgeon. If you have any pre-existing health conditions, your plastic surgeon may need to consult with your personal physician prior to making a decision about whether you should undergo surgery.

• **Do you have good skin tone?** Patients with good skin tone will obtain the best results from lipoplasty. Individuals with diminished skin tone due to weight gain or loss, pregnancy, or the aging process may require a skin tightening procedure.

• **Can you take sufficient time for recovery?** Typically, it takes 1 to 2 weeks before you can return to normal activities, and a little longer before you can resume exercise.

### *How To Find A Qualified Plastic Surgeon:*

The American Society for Aesthetic Plastic Surgery (ASAPS) is the leading organization of board-certified plastic surgeons who specialize in cosmetic surgery of the face and the entire body. To learn more, or to be referred to a board-certified plastic surgeon in your area, call toll-free 1-888-272-7711 or visit [www.surgery.org](http://www.surgery.org).

