

body

# body shaping basics

Liposuction, although not suitable for weight reduction, does offer some excellent body shaping capabilities. **Tara Casey** reports.

Liposuction is one of the most popular cosmetic surgery procedures and is suitable for both men and women. It is designed to reduce unsightly bulges and is therefore ideal for body shaping to help create a more balanced form.

The procedure involves a process in which fat is suctioned out with small cannulae. It can be performed almost anywhere on the body where there are pockets of fat including the neck, arms, stomach, back, chest, buttocks, thighs and ankles, and results can be seen almost immediately.

It is important for patients to select an experienced surgeon. In creating a shapelier form the surgeon needs to have a thorough understanding of how reshaping one area of the body can impact on another area. In other words, the body must be kept in balance.

Liposuction is usually performed as day surgery and a compression garment needs to be worn for a number of weeks after the procedure. Patients can return to work in four to seven days.

Patients need to have realistic expectations of the results that can be achieved. Liposuction is not suitable for dramatic weight reduction but is ideal for subtle reshaping of the body for an improved appearance. **cbm**

## Quick facts: 2004 ASAPS statistics

- There were nearly 11.9 million cosmetic procedures performed in 2004 in the US. Surgical procedures represented 18 per cent of the total and nonsurgical procedures 82 per cent.
- Since 1997, there has been a 465 per cent increase in the total number of cosmetic procedures.
- The top five surgical cosmetic procedures in 2004 were: liposuction, breast augmentation, eyelid surgery, rhinoplasty and facelift.



BEFORE



AFTER liposuction by Dr. Gryskiewicz



BEFORE



AFTER liposuction by Dr. Gryskiewicz



BEFORE



AFTER abdominoplasty and liposuction by Dr. Gryskiewicz