

Thu, 28 May 2009

6:55 AM

### Trimming the fat: Is liposuction right for you?

Liposuction has become one of the most popular types of plastic surgery in recent years, and is mostly due to improvements with the available technology today, says liposuction San Diego expert.

Cosmetic liposuction San Diego procedure is not for everyone says San Diego lipo specialist. It is ideal for those who have fatty deposits in certain parts of their bodies and not for those who suffer from obesity or have excess weight for other reasons. It is import to consider your overall health. Surgery produces the best results for those who have muscle tone and are within 25% or so of their ideal weight. Liposuction removes fatty deposits rather than taking off weight everywhere.

A person's lifestyle is a major factor in whether the results of surgery are successful or not. Many patients who undergo this surgery end up going back for the same procedure because they simply put on the weight again afterwards. It is important to be realistic when considering liposuction, so if you are not committed to maintaining a healthy lifestyle, including sufficient exercise and good eating habits, a San Diego liposuction surgery procedure wouldn't be a good idea.

Consult with your cosmetic plastic surgeon today to see if liposuction is a good option for you.

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### Considering Liposuction?

For some of us, our day-to-day lifestyle with long work hours, commuting, lack of time for fitness and ready made meals is changing our body shape and not for the better. The good news is that liposuction can help with reducing some of the unsightly areas of our body says liposculpture San Diego expert. According to San Diego liposuction specialist, many confuse liposuction with a quick solution to losing a lot of weight and being thin. A liposuction procedure along with proper eating habits and sufficient exercise works as part of the solution to losing weight and keeping off the extra pounds.

Liposuction San Diego is a common procedure that can have excellent results but of course there are limits to how often a San Diego liposculpture procedure can be done. The more fat removed from the body means the greater trauma to the body. If too much fat is removed a person may go into shock and need extra hospital treatment. To prevent problems, surgeons limit how much fat they can remove at each operation.

If you are someone who is considering liposuction, it's important to have realistic expectations and remember that this type of plastic surgery is successful in helping to enhance a body and not to completely

reshape it. Consult with a board certified plastic surgeon to see if you are a good candidate.

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