

Is Liposuction Suitable to Treat Obesity?

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Short Communication

Liposuction is a surgical procedure that uses a suction technique to remove fat from specific areas of the body, such as the abdomen, hips, thighs, buttocks, arms or neck. Liposuction also shapes (contours) these areas. Other names for liposuction include lipoplasty and body contouring.

Liposuction isn't typically considered an overall weight-loss method or a weight-loss alternative. If you're overweight, you're likely to lose more weight through diet and exercise or through bariatric procedures — such as gastric bypass surgery — than you would with liposuction.

People who undergo liposuction usually have a stable body weight but would like to remove undesirable deposits of body fat in specific parts of the body. It is often used on the abdomen, thighs, buttocks, neck, chin, upper and backs of the arms, calves, and back. Liposuction can sometimes be used for breast reduction or treatment of gynecomastia.

After liposuction, the skin molds itself to the new contours of the treated areas. If you have good skin tone and elasticity, the skin is likely to appear smooth. If your skin is thin with poor elasticity, however, the skin in the treated areas may appear loose.

As with any major surgery, liposuction carries risks, such as bleeding and a reaction to anesthesia. Possible complications specific to liposuction include: Contour irregularities, Fluid accumulation, Numbness, infection, internal puncture, fat embolism, kidney and heat problems.

Liposuction is normally done for cosmetic purposes, but it is sometimes used to treat certain conditions like Lymphedema, Gynecomastia, Lipodystrophy syndrome, Extreme weight loss after obesity, Lipomas.

There are variety of liposuction techniques.

Tumescent liposuction: Several liters of a saline with an area anesthetic (lidocaine) and a vessel-constrictor (epinephrine) are pumped below the skin within the area that's to be suctioned. The fat is suctioned, or sucked out, through small suction tubes. This is often the foremost popular sort of liposuction.

Dry liposuction: No fluid is injected before the fat is removed. This method is seldom used today. There's a better risk of bruising and bleeding.

Ultrasound-assisted liposuction (UAL): Also referred to as ultrasonic liposuction, the cannula is energized with ultrasound. This makes the fat melt away on contact. The ultrasound vibrations burst the walls of the fat cells. This emulsifies, or liquifies, the fat, making it easier to suction out. This method is suitable for fibrous areas, like the male breast, back, and in areas where liposuction has been done before.

After ultrasonic liposuction, suction-assisted liposuction is completed to get rid of the liquefied fat.

Power-assisted liposuction (PAS): Also referred to as powered liposuction, PAS uses a specialized cannula with a mechanized system that rapidly moves back-and-forth, allowing the surgeon to tug out fat more easily.

Laser Assisted Lipolysis (LAL): Also referred to as laser-guided lipo, this procedure requires the utilization of tumescent fluid. It's a less invasive and bloody procedure than the normal liposuction method for removing fat. A small tube is inserted through a little incision to deliver laser energy and warmth into the fat that's under the skin.

After the operation, the surgeon may leave the incisions open in order that excess fluid and blood can drain from the body.