

# Liposuction

By Dr. John P. Landi

## Is it right for you?

**M**ore than 30% of Americans are affected by obesity and 5% of them are morbidly obese (around 100 pounds over ideal weight). This excess weight can lead to a multitude of medical problems including diabetes, hypertension, heart disease, sleep apnea, venous stasis and pulmonary disorders.

The initial treatment modalities for an overweight person are aimed at reducing weight through diet, exercise and behavior modification. In simple terms, “we have to take in less than we let out.” Those of us who can follow these simple guidelines should and will lose weight. In those individuals who are morbidly obese, other methods of medical weight loss such as gastric bypass, stapling or banding may need to be considered.

Liposuction is a method by which fat can be removed from the body. Liposuction is not for everyone and it **IS NOT** a substitute for diet and exercise. The typical liposuction patient is one who has a localized

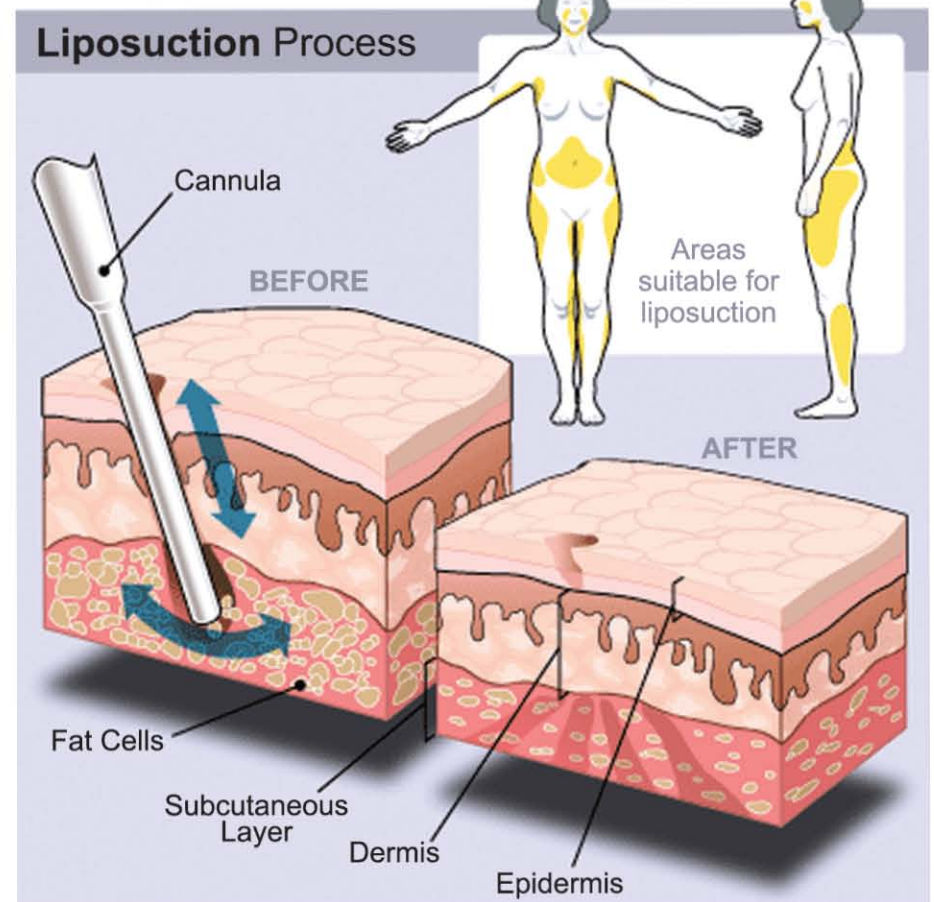
area of fat that he or she cannot change despite diet and exercise. It is not uncommon for women to have fatty deposits in their lower abdominal area or inner and outer thighs that never resolve despite even the most

vigorous exercising. Similarly, men often complain of their “love handles” or abdomen as being resistant to exercise.

The state of the art today for liposuction is something called Tumescent Liposuction. This is a technique in which very dilute solutions of local anesthesia are used to anesthetize the areas of concern followed by inserting very small cannulae to remove the fat. This technique is done with the patient awake thereby eliminating

breast reductions, tummy tucks, buttock lifts and abdominal (6-Pak) etching. Since there is no general anesthesia, there is very little downtime.

Tumescent Liposuction has become the “gold standard” for office based liposuction and has made liposuction an extremely safe procedure, but remember, “Liposuction is not a replacement for diet and exercise!”



the need, risk and expense of general anesthesia. Since the procedure can be done in an office setting there is no facility fee involved. Patients undergoing Tumescent Liposuction frequently return to routine activities within 3 to 5 days.

Tumescent Liposuction can be done on any area of the body from the face and neck to the breast, abdomen, thighs, hip and buttocks. This technique can also be used for

Dr. John P. Landi is Medical Director of LaBella Mia Med Spa and a member of the American Academy of Cosmetic Surgery.

Information: 239.298.8126  
Visit: [www.vanishvein.com](http://www.vanishvein.com)