

# What is Liposuction?

Liposuction surgery is a cosmetic surgery that removes the extra fat from the body and changes the shape of the area from where your surgeon removes the fat. It is the most common Cosmetic Surgery in Houston performed by the [Best Plastic Surgeons in Houston](#).

## Why is Liposuction in Houston done?

Liposuction removes excess fat from the body, like the area under the chin, tummy fat, Abdomen, chest, legs, and arms.



Mainly Liposuction is used to remove fat when the diet and exercise don't respond, such as Abdomen, upper arms, chin and neck area, calves in leg and ankles, hips and thighs, and buttocks. Sometimes surgeons use Liposuction surgery to reduce the excess fat from the breast.

## How Much Does Tummy Liposuction Cost?

Provincial or company, health insurance plans do generally not cover cosmetic surgery. However, most patients find plastic surgery affordable, and payment plans are also available. Many people consider cosmetic surgery, not an expense but a permanent investment in their appearance.

Your surgeon will give you an exact free consultation.

## What is a Tummy tuck?

Tummy Tuck is a process of removing extra fat from the Abdomen. It can implicate eliminating excess loose skin, fat, and stretch marks and tightening the abdominal muscles.

A tummy tuck helps restore the stomach look by giving a flat abdomen.

Pregnancy or variation in weight can stretch the skin surrounding your stomach. The skin becomes loose after pregnancy, and a tummy tuck can restore the mid-section look of the loose tummy.

Usually, after a tummy tuck, most results are permanent, but fluctuation in weight or pregnancy can cause to stretch out the area again.



### During the procedure

During the procedure, you may require anesthesia, leaving you unconscious, to stay calm, relaxed, and stress-free.

Sometimes you may feel pain after giving the anesthesia. Tell your surgeon about it. Your surgeon will observe your heart rate, blood pressure, and oxygen level throughout the surgery, and the procedure can last up to several hrs depending on the amount of fat reduced from the body. The operation may take time between 2 to 5 hours. Most people need to stay in the hospital for a few nights. You will likely be in pain after waking up from the general anesthetic. Your doctor may give you a pain-killing medicine if needed.

### Laser fat removal

[Laser fat removal](#) is best for people who lead a healthy lifestyle and seek help with their particular problem areas, usually around the waistline, hips, and thighs. A health-conscious individual can lose several pounds with laser fat removal in just a few months.

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### Conclusion:

It's not easy losing weight as the procedure is usually daily exercise and a good diet. If your diet and exercise are not responding to removing the extra fat, then you can go for [Belly Fat Removal Surgery](#) to remove the excess fat. But before thinking of going along, make sure you're aware of the cost and the fact that it's major surgery with risks to consider. Take time to make your decision and suggest to your surgeon about the surgery.

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