

Should I Lose Weight Before or After Liposuction?

Liposuction is a cosmetic treatment that removes fat you can't get rid of through exercise and diet.

A plastic or derma surgeon usually does this procedure on the hips, belly, thighs, back, buttocks, arms, and chin to improve the shape and size. But [Liposuction Houston](#) can also be done with other plastic surgeries, including facelifts, breast lifts, and tummy tucks.

Am I a Good Candidate?

You'll want to have some expectations for cosmetic surgery. Liposuction is a surgical procedure with risks, so you need good health before the procedure. That means you must at least:

- You should be at least 30 % of your weight
- Need elastic skin for better elasticity
- Not smoke



Doctors don't recommend the treatment if you have health problems with the blood, heart disease, diabetes, and a weak immune system.

What Should I Know Beforehand?

The first step is to make an appointment with your surgeon. Talking to your doctor about personal goals and the [liposuction cost](#) would be best.

Suppose you decide to go ahead with liposuction surgery. In that case, your surgeon will give you instructions on how to prepare for it. These may include alcohol and diet restrictions. It would help if you told a surgeon about allergies and medications you may take, including over-the-counter and herbal supplements. They will likely recommend eliminating medicine, such as blood thinner and painkillers, several weeks before the surgery.

What Should I Expect from Liposuction Near Me?

Your liposuction may take place doctor's office or a surgery center. Make sure that the place where you're getting and also done for professional standards, safety, and good results. You'll go home on the day of treatment, and you should have someone with you for driving afterward.

Before the liposuction starts, your doctor might mark the areas of your body for the treatment that will be remained untreated. You can also ask them for before and after comparisons. Your doctor will get general anesthesia, which means you will not awake during the procedure. If you get local anesthesia, you will be awake without pain.



Types of Liposuction

There are just a few different liposuction techniques. But they all commonly use a thin tube, called a cannula, connected to a vacuum to suction your body's fat.

Tumescent liposuction is your surgeon's most common technique to inject a sterile solution into the area where the fat is to be removed. It consists of saline water along with lidocaine and epinephrine. The solution is essential because it makes suction easier for the fat with less blood loss and pain.

Ultrasound-assisted liposuction, or Ual, uses sound waves under your energy to kill the cell walls of the fat. This liquefies the fat and gets suctioned out.

Conclusion

If you want a perfect body shape, consider contacting a surgeon or [dermatologist near me](#) to know what is best for you. Your doctor may recommend various surgeries, including [Labiaplasty](#) and liposuction.

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