



Plastic Surgery Bulletin

Timely Information for Patients & Colleagues

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Body Contouring with Liposuction

As the summer approaches, many patients begin to focus on options for improvement in body contour.

Many alternatives exist. Non-invasive and minimally invasive techniques include cryolipolysis (Coolsculpting®) and radiofrequency treatment (Thermi®) for collagen tightening. When surgical intervention is the next step, liposuction can help reshape and contour the body.

Overview of Liposuction

According to the American Society for Aesthetic Plastic Surgery, in 2018 liposuction was the second most popular surgical cosmetic procedure performed in the United States. This is due in large part to the fact that it can result in long-lasting body contouring results and is performed on an outpatient basis with typically short recovery times. Even though the use of liposuction is widespread, results and satisfaction vary, so it is important to be informed of the procedure when discussing this option.*

Liposuction works by targeting localized fat deposits. It can be done in conjunction with other procedures such as a facelift, tummy tuck, arm and thigh contouring. Different areas of the body can be treated with liposuction, including the abdomen, waist, back, thighs, arms, neck, and chin.



Some areas where liposuction can be performed. Diagrams courtesy of American Society of Plastic Surgeons ©.

Candidates for Liposuction

It is imperative to note that the emphasis with liposuction is placed on contouring rather than a weight loss procedure.

Candidates for liposuction include*:

- Patients that are at or near their goal weight (within 30%)
- Exercise and maintain a healthy lifestyle (e.g., non-smokers)
- Medically stable (detailed assessment of medical issues that can impede healing)
- Individuals with realistic expectations and a healthy attitude for surgery
- Areas of fat on the body that do not improve with exercise and diet
- On exam, fat deposits are localized and there is minimal excess skin or laxity.

Treatment Process

During the initial consultation, a thorough medical history is obtained. An examination is then performed to assess areas for contouring, skin laxity (the loss of skin elasticity), and amount of fat deposits.

An extensive discussion is held with the patient regarding the planned procedure and patient expectations. The healing process after surgery is also discussed, which includes an explanation of wearing compression garments, activity level, and swelling. In order to maintain results after liposuction, it is important for the patient to maintain their weight, exercise regularly, and maintain a healthy lifestyle.

The procedure can be performed with different types of anesthesia depending on the areas to be treated and amount of liposuction to be performed. Small incisions are made to allow access for liposuction.

Different types of liposuction can be performed, including suction assisted, ultrasound, laser, and power-assisted.

Liposuction can significantly improve a patient's contour and lead to satisfying results. Dr. Zeineh will be happy to answer any questions.

* Reference: American Society of Plastic Surgeons

About Linda L. Zeineh, M.D.

Dr. Zeineh is an active member of the American Society of Plastic Surgeons and the American Society for Aesthetic Plastic Surgery. She combines over 12 years of experience with cosmetic and reconstructive surgery in private practice with new technology and techniques in the care of her patients. Her first priority is the satisfaction and well-being of her patients, providing compassionate and personalized care.

A complete range of non-surgical and minimally invasive rejuvenation procedures are personally performed by Dr. Zeineh on her patients to achieve and maintain a youthful, refreshed, and natural appearance, including facial injections, skin tightening and facial/body contouring. Surgical procedures that Dr. Zeineh performs include: facial rejuvenation, body contouring, reconstructive and cosmetic breast surgery, and reconstructive surgery.

Dr. Zeineh respects your time and your privacy. If you no longer want to receive e-mails such as this one, please [click here](#). Note: Please do not respond to this E-Mail. The reply to E-Mail address is not a monitored account.

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