

Is Liposuction a Kind of Plastic Surgery?

Many people are now getting plastic surgery to remove the imperfections of their face and some of the examples are nose job, eye and cheek lifts. Plastic surgery is indeed becoming quite popular for getting perfect face. Most people nowadays are not able to distinguish between liposuction and plastic surgery. Liposuction is also a kind of plastic surgery but there are distinct differences between the two.

Although liposuction can be used on all parts of the body right from the knees to the face, it is primarily used for fat removal from body parts only. As far as plastic surgery is concerned, people generally think that it is done for the face only. But, it involves more than simple face lifts and cosmetic surgeries. Liposuction can be combined with the plastic surgery methods to get a perfect fat free toned body as well as a chiseled face. Essentially, liposuction can be used to eradicate fat from areas like abdomen, thighs, hips and upper arms. Liposuction procedure can be used to give results depending on your ultimate target.

Both liposuction and plastic surgeries are complicated and expensive processes, so it is advisable that you take a doctor's consultation before going for them. It is necessary to take the advice from a doctor to find out whether you should go through them. If done without medical guidance, then these procedures can prove to be a complete squander of money.

As a general finding, liposuction is more suited for people who are not obese. If you want to reduce more than 15 pounds, then this procedure is not right for you. If you want to achieve the best results through these procedures, it is necessary that you ensure proper fitness levels. Any laxity in terms of the fitness will not yield the expected results.

After undergoing through these processes, make sure that you follow the doctor's instructions rigorously. This will also expedite the recovery period and also lessen the chances of any complications.

This procedure is best suited for all those who are just overweight by a mere 10 pounds. Moreover, all those in their late 40s and 50s cannot lose their weight through any other technique can make use of liposuction. Even people who don't have wrinkles and have an elastic skin can easily avail the benefit of liposuction.

Liposuction is definitely not recommended for people who are suffering from serious heart ailments, have diabetes and a poor immune system. This is so because with such conditions, patients of liposuction will not be able to recover after the surgery.

People who have a problem of prohibited blood flow should also not go for this surgery as it can hamper with the healing. Liposuction is the right procedure for women who are planning about breast reduction to reduce their enlarged breasts. This procedure can also be utilized by women who are suffering from male breast growth which is an abnormality that leads to larger chest size in women.

In the end, it can be stated that liposuction is a kind of plastic surgery, but you should only use this method after appropriate guidance.

About the Author

For knowing more on [liposuction](#) as an effective [plastic surgery](#) to lose excessive body fat, there is nothing like Internet. You can find almost anything you need to know about liposuction.

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