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Best Liposuction Results by [Alyssa Lauren](#)

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You may be wondering how it is that celebrities manage to stay so skinny. Although many of them manage to do so by sticking to strict diet and exercise programs, many of them have resorted to plastic surgery to perfect their bodies. Celebrities aren't the only ones getting a sleeker look with plastic surgery. About 500,000 liposuction procedures are performed each year in the United States, making it the most popular cosmetic surgery. The vast majority of these patients are highly satisfied with their Liposuction before and after pictures.

Liposuction, also known as lipoplasty is a body contouring procedure that slims and reshapes specific areas of the body by removing excess fat deposits. Through this procedure, your plastic surgeon is able to improve your body contours and proportions in order to enhance your self-image. Fat is tissue made up of cells that store energy and insulate the body. Fat is generally located beneath the skin and is deposited around the body depending on the person's gender. For men, fat typically collects in the chest, abdomen, and buttocks.

There are two layers of fat: deep and superficial. During a liposuction, the plastic surgeon will make a tiny incision and insert a hollow stainless-steel tube called a cannula into the deep layer of fat. Working on this layer of fat is safer than working on the superficial layer because there is less risk of injuring the skin. Typically, your doctor will push and pull the tube through the fat layer. Through the movement, the cannula breaks up the fat cells and a vacuum pump removes the fat through suction.

Although many people are able to maintain good health through diet and a reasonable level of fitness, some people are still left with disproportionate contours as a result of localized fat deposits. This is sometimes a result of family traits and not a lack of weight control or fitness. Liposuction is mainly used to treat stubborn fat pockets in many parts of the body including the thighs, arms, neck, hips, waist, back, chest, and more. In some cases, liposuction is used to get better results from plastic surgery procedures such as a facelift, breast reduction, or a tummy tuck. It is important to note that liposuction should not be used as a substitute for regular exercise and healthy diet. The Liposuction before and after pictures are obtained in patients that are healthy and have a stable weight.

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