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Liposuction surgery, with its body contouring techniques, gives you a perfect shape, makes you slim by removing excess fatty skin bulging around various parts of your body thereby enhancing your self-image. It is necessary for the one who undergoes this type of surgery to have good health, regular exercise regime, firm and elastic skin and should not be more than 20 pounds overweight. Remember this procedure is not recommended for obese patients.

The basic technique of liposuction involves removal of fat through a hollow metal tube known as cannula that is passed through the fatty tissue. This procedure is mostly performed using tumescent technique or under local anesthesia which is much safer for the patients.

One of the most common types of liposuction in Sydney involves suction of fat by attaching a pump that generates a vacuum. In addition, a motor may be used on the cannula that causes the cannula to rapidly move back and forth thus performing much of the work required for this procedure.

The Vaser method uses a specially designed probe that conveys ultrasound waves into the fatty area of the patient. The other body tissues such as blood vessels and nerves are left untouched. The fat tissues are then liquefied and removed with a specially designed cannula that removes the liquefied fat.

The Smartlipo uses laser-assisted thermal energy that burns the unwanted fat cells and cauterizes the surrounding vessels. The burned tissue is removed with a traditional suction cannula. Very often, the above techniques may be combined to yield optimal results. The decisions concerning the appropriate technique or combination of techniques that has to be applied are normally discussed with you during your consultation period with the doctor.

Liposuction Sydney is also effective for removing cellulite from the body. This plastic surgery procedure can help both men and women in Australia removing cellulite from their body. It smoothens out your physique and gives you a toned look. It is also worth noting that there is no permanent cure for cellulite, so you will have to work hard to keep your body cellulite-free after the operation. If you live a healthy lifestyle and work out regularly, you will have no problem maintaining your new look.

Liposuction procedure will help you fit back into your skinny clothes and it will bring you lasting happiness. You can sculpt any part of your body with this procedure and achieve the look you desire. This cosmetic surgery procedure is so versatile and advanced that you can select the exact location where the cellulite and fat is to be removed. It's like sculpting your physique when dieting and exercising fails. Once you have reached your desired level of weight and achieved the look that you want, it will have amazing effect on your self-esteem. You will certainly feel better after undergoing liposuction in Sydney.

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Alex Taylor is a freelance writer who writes useful reviews about different types of beauty enhancement techniques such as: Liposuction, lipo, nose job, rhinoplasty, cosmetic surgeon Sydney. This piece of article provides few details on a [liposuction](#). A whole lot of details can be found at plasticsurgery-sydney.com.au.

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