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4 Things to Know If You're Considering a Liposuction

Our Friends · Wednesday, July 22nd, 2020

There's no denying the fact, around 2 billion people globally are suffering from obesity. This means they are actively spending on medical procedures to get rid of the extra pounds from their bodies. A few years ago, when liposuction was introduced, many people opted for it because it gave them hope to lose weight overnight. Traditionally, people were not so concerned with the way they looked. However, now, with the concept of beauty changing rapidly and putting pressure on every young man and woman, it feels as if we are too harsh on ourselves. So if you have decided to undergo this medical procedure, here are a few things for you to know:

1. Your Body won't Transform Suddenly

Not to forget, liposuction will make you look slimmer by removing the fat from your body, but it is nothing close to being acknowledged as a weight-loss tool. So once your body fat is taken out, it will make you look different but will not transform your body all of a sudden. Secondly, if you are terribly overweight, you will have to go through several rounds of this procedure. However, you will have to be patient enough when going through the [surgeries](#) because your body needs to recover after every round.

2. You, Will, Have to Withstand Swelling and Pain

Like any other procedure, liposuction, too, has its side effects. With much evolution of technology, it has been proven that liposuction is no longer the archaic procedure, it used to be back in the 90s. However, it is also not as painless as anyone would imagine. Regardless of the method used by the surgeon, after losing fat, your body will take time to adjust. This means you will have to experience discomfort in the form of swelling, pain, and soreness. Some people even complain about nausea in the first few weeks.

3. You Can Put on Weight Again

As soon as people undergo liposuction, they begin feeling more confident about themselves, but that doesn't mean the weight is not going to come back. Unless you don't settle for healthy eating habits and frequent exercise, there will always be a chance of the weight coming back. When you put on weight, the fat cells in your body get distributed in different parts. Visit <https://www.breslowmd.com/liposuction/> to consult a professional about the best way to keep away from putting on weight after undergoing liposuction.

4. Don't Work With a Surgeon Who Wants to Go The Extra Mile

Ditch any surgeon who tells you to remove too much fat from your body. Keep in mind, the

average amount of fat that can be removed from the body through liposuction is between 4 to 5 liters. However, if you are severely obese, some surgeons will recommend you to get between 6 to 8 liters of body fat removed. If you visit a surgeon who recommends you to get more than this amount of body fat out of your body, chuck him out from the list.

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