

Before and After Your Liposuction

Although liposuction is one of the most commonly performed cosmetic surgeries in the U.S., prospective patients need to be aware that their individual results may vary. Many who are considering the surgery begin with false hopes that the surgery can transform their bodies into the firm and toned images portrayed in the media. Although most patients are satisfied with the end results of the surgery, it needs to be understood that with any surgery, there is a risk of infection, swelling, and bruising as well as other, more serious, side effects. Liposuction usually gives the best results to healthy people of normal weight with firm, elastic skin. Those who are overweight or who have skin that is not as firm may not achieve the results they hope for. Though fatalities seem to be rare, very little data exists to give a solid number. Some studies suggest that approximately 3 of every 100,000 liposuctions performed result in death. Other studies suggest that number to be much higher – 20 out of every 100,000 surgeries performed. The Food and Drug Administration suggests that these risks can be likened to that of automobile accident fatalities, which involve about 16 out of every 100,000 people. It is important to remember that liposuction is a surgical procedure and therefore carries the risk of complications. In preparing for liposuction, individuals should undergo a series of physical examinations to determine whether or not their health is good enough to have the procedure performed. The individual must discuss any health issues with the doctor, such as the use of any prescription or over-the-counter drugs, and/or herbal remedies currently used. Most people are satisfied or happy with the results of liposuction. Having realistic expectations prior to the surgery reduce the chances of being dissatisfied with the result. It is important to note that individual results will vary. Some of the potential complications from liposuction include scarring, a bumpy appearance around the liposuction site, and fatty deposits returning after the surgery. After surgery it is important to maintain a healthy lifestyle to keep the fat from returning. Liposuction can only be a permanent weight loss solution if it is used in conjunction with a reasonable lifestyle after the surgery. This includes maintaining a proper diet and exercise regimen.

About the Author

NutriSystem Nourish weight loss programs are based on the Glycemic Index. Lose weight with nearly 120 delicious foods all rich in good carbs, yet still low.

Source: <http://www.productsherbal.com>