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The Changing Face of Cosmetic Surgery



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Liposuction

Dr. Boris Ackerman, with offices at 9201 Sunset Blvd. in Los Angeles and 1441 Avocado Ave. in Newport Beach, has been seeing a lot of men and women in regard to liposuction. Male patients have turned to Dr. Ackerman to remove the so-called "spare tire." His technique of Circumferential Waist Liposuction creates a slimmer, trimmer and more attractive torso. This technique is popular with serious athletes and body builders.

Dr. Ackerman has culled some of the most commonly asked questions about liposuction and answers them with an emphasis on consumer understanding. According to Dr. Ackerman, liposuction surgery has evolved over the past 10 years into a sophisticated technique for sculpting the human body. Specialized instruments are used to remove the fat layer in incremental fashion, creating the new look. Presently, liposuction is the most common procedure performed in the United States.

Who is a good candidate for liposuction surgery? "The ideal candidate," says Dr. Ackerman, "is a patient with localized fat deposits that do not respond to dieting and exercise." He adds that patients who are somewhat overweight can also benefit from liposuction with some limitations. Age is not a factor with liposuction surgery. The quality and elasticity of the skin are the most important factors. The most common areas to be treated are the abdomen, hips, inside and outside of the thighs, and inside of the knees. Other areas that have been treated with success include the ankles, calves, upper arms, cheeks and neck.

After surgery concerns include what type of scars will the patient have, bruising and the return of fat. Dr. Ackerman assures that the incisions are quite small, less than 1/2-inch in length and are placed in locations easily concealed. There is some degree of bruising and swelling, he says, however it disappears within the first two-to-three weeks. As far as the fat returning, Dr. Ackerman says the results achieved with liposuction are permanent.