

Liposuction On The Rise In UAE But Should Not Be Considered A Treatment For Weight-Loss or Obesity

With Liposuction regularly in the news these days with celebrities using it as a means to achieve their aesthetic and body image goals, Dubai plastic surgeon Dr Allen Rezai explains what exactly is Liposuction and what results can be expected from this very popular cosmetic surgery procedure.

Liposuction is by far one of the most popular plastic surgery operations amongst women and increasingly also amongst men world-wide, particularly so in the Middle East. And the reason of course is weight loss, which today is one of the biggest industries in the world. A large minority of the globe are desperately trying and failing to lose weight and so alternatives that guarantee results are desperately sought after.

However Liposuction should not be considered to be a substitute for a controlled weight loss regime and Dr Allen Rezai, founder and lead surgeon at Elite Plastic & Cosmetic Surgery Group in Dubai, is keen to point out that “Patients considering Liposuction should have realistic expectations, and it is important to understand that Liposuction is definitely not a treatment for weight loss or obesity. Liposuction will remove fat selectively from certain areas, but over time your body will naturally accumulate new fat in other areas. It is therefore no substitute for a medically sound weight loss regime involving diet and exercise. Nevertheless in many cases Liposuction may be the only way to eliminate fatty deposits from certain areas of the body.”

Dr Rezai goes on to explain that “Liposuction is just one type of Lipoplasty, which in its many forms has for long been one of the most popular procedures in cosmetic surgery. It belongs to the group of body-contouring procedures which also includes tummy tuck, skin-tightening procedures such as arm, thigh and buttock lifts, and muscle enhancing procedures such as calf, buttock and pectoral implants, and abdominal six-pack etching.”

Lipoplasty is a term that can be applied to a group of operations that are intended in broad terms to suck out the excess fat in localized areas of the body. In almost all cases, their purpose is to improve the contour or shape of the body and the plastic surgeon will adopt whichever technique, or combination of techniques, that he believes to be the most appropriate in each individual case.

According to Dr Rezai “the ideal candidates for Liposuction are adults, in good general health, not over-weight, have elastic skin and good muscle tone. People considering Liposuction should be non-smokers with no serious pre-existing medical conditions that would hinder a proper recovery following the procedure.”

“Lipoplasty can produce considerable benefits, and these benefits last exceptionally well. One of the main benefits is that of a patient's renewed self image and boosted confidence through body contouring. Furthermore the result is permanent, since the removed fat cells will not regenerate. By maintaining a sensible weight, and preferably also by exercising, the patient will be helping to both maintain and even improve the result of their surgery.”

For more details concerning Liposuction and other Body Contouring procedures performed by Elite Plastic & Cosmetic Surgery Group, reference should be made to their website at <http://elitecosmeticsurgery.ae>

They can also be contacted directly through their clinic in Dubai at the following address:

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