

sculpt it

Sydney plastic surgeon **Dr Kourosh Tavakoli** explains that fat reduction procedures such as liposculpture are becoming more popular with a younger, health-conscious generation.

With the winter months looming, I have noticed that the number of people seeking liposuction is on the rise. Their reasons for this are varied – some want the results to be settled in time to show them off in the warmer months, while others find that the postoperative effects are easier to disguise with heavier winter clothing.

The profile of patients seeking liposuction is rapidly changing. More people are becoming fitness savvy and

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regularly attend gyms, use personal trainers and attend fitness ‘boot camps’.

As a result, liposculpture is now the main request for gym goers who are in the 20- to 40-years-old age bracket. They usually have good skin tone and essentially seek surgery to improve difficult areas such as the outer thighs (for women) or the troublesome ‘love handles’ (for men), areas that are usually unaffected by diet and exercise.

Superficial liposculpture has evolved from liposuction over the last ten years. While original liposuction procedures involved the removal of large quantities of fat, today the technique has been honed for superficial liposculpture so that fat can be reduced in small areas for a more ‘sculpted’ look.

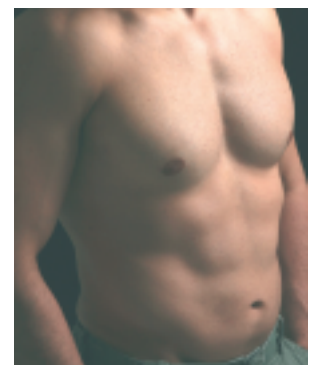
The basis of this procedure is the controlled retraction of the thin cutaneous skin that is left behind after the

treatment. This skin retraction allows the formation of a final shape of the body.

Many men would like a more V-shaped and etched, masculine figure, and today’s liposculpture can help them achieve this. **acsm**



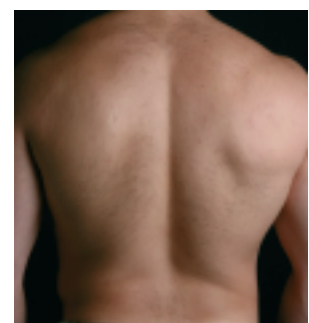
BEFORE



AFTER liposculpture by Dr Tavakoli



BEFORE



AFTER liposculpture by Dr Tavakoli