

# Options for *Body Contouring*

BY DR. LUCIE CAPEK

It's the coldest time of the year; everyone's bundled up in cozy clothes and some of us are hibernating a bit. But summer will be here before you know it, and in my practice, this is the season for body contouring. No matter the procedure, whether non-invasive or surgical, results typically take a few months to fully emerge so what better time to consider a body transformation.

The most bothersome area for both men and women tends to be the "middle" – abdomen, flanks, waist and hips. Depending on your age, gender, lifestyle, weight and health, there are several options that can address these problem areas. Patient goals also vary a great deal, from wanting clothes to fit better, to getting rid of loose skin after weight loss or pregnancy, or wanting to see hard-won muscle definition from all the workouts at the gym.

Today we have non-invasive, minimally invasive and surgical solutions for many body contouring concerns. For example, CoolSculpting is a great fit for someone whose lifestyle doesn't allow for much down time, or because health concerns make them a poor surgical candidate. You must have "treatable" fat in your area of concern, which we can determine when examining you. The average person needs several applications to achieve optimal results and the final transformation takes about 6 months. This is an effective and low-risk body sculpting treatment for permanently reducing stubborn fat and is a very popular non-invasive choice in our practice.

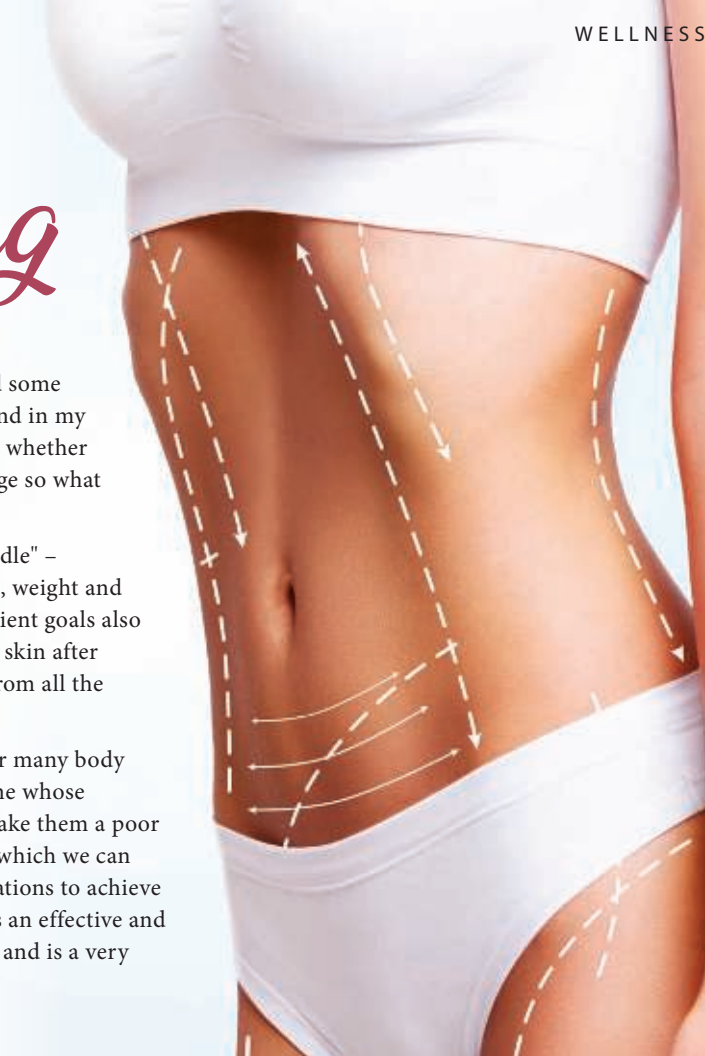
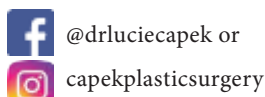
If you are looking for a more significant change with a one-and-done procedure, and you are able and willing to take time off from work and exercise, surgical body contouring like liposuction, a tummy tuck, arm or thigh lift may be the best option for you. These procedures are particularly popular after weight loss or pregnancy and for gynecomastia (male breast reduction).

I recently posted an at-a-glance comparison of liposuction and tummy tuck on our social media, highlighting the key differences that sometimes confuse patients when they are researching options. For example, both procedures are effective at reshaping the abdomen and waistline by permanently removing fat in one surgery. Liposuction is virtually scarless, done under IV sedation and patients return to sedentary work in a week or less. Tummy tuck surgery is far more effective at removing both fat and loose skin, repairing muscle separation after pregnancy or weight loss and cinching the waistline. These amazing advantages come with some trade-offs, including permanent scars, the likely need for drains and a longer recovery.

Surgical procedures to reshape the chest in men, arms and thighs have similar pros and cons. In some patients with limited areas of excess fat, minimally-invasive treatments like laser-assisted liposuction (SmartLipo) or Kybella injections to dissolve fat non-surgically, may be very effective. We have many techniques and tools to customize a body contouring plan for almost anyone. A personalized consultation is the best way to find out what would work best for you.

For more information, call us at 518-786-1700 or visit our website [www.capekplasticsurgery.com](http://www.capekplasticsurgery.com).

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