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SURGICAL UPDATE

Liposuction fact or fiction

Life & Style gets the skinny on what's true (and what's not) about slimming down on the surgeon's table



Those with more unwanted fat make for better lipo candidates. FICTION!

If Megan Fox had any unwanted fat, she'd be the ideal patient! "The best candidates are those who are younger, healthier and in fairly good shape but with isolated deposits of fat they can't get rid of with diet and exercise," says New Jersey plastic surgeon **Dr. Brian S. Glatt**. "Lipo can make loose skin even worse!"

The results of lipo are instant. FICTION!

If Audrina Patridge wanted lipo before hitting the beach, she'd need to plan ahead. It can take up to four months for the bruising and swelling from traditional lipo to subside, says Dr. Steven Victor, founder of LaserSculpt Network (lasersculptnetwork.com). LaserSculpt (which uses heat to melt fat) can take up to 90 days to heal.



There is more than one type of liposuction. FACT!

Michigan plastic surgeon Dr. Anthony Youn says lipo can indeed be tailored to different needs. While traditional liposuction may be ideal for removing large areas of fat, a laser or ultrasonic device could be best for correcting small areas — and getting just-worthwhile gains like Blake Lively's.



Lipo is a surgical procedure. FACT!

Removing fat for a jiggle-free bod like Kristin Cavallari's is an invasive procedure requiring small incisions. "It should be done in a properly accredited surgical facility," says **Dr. Glatt**. "Liposuction carries with it certain risks inherent to any surgical procedure."



There are ways to melt the fat away. FICTION!

Britney Spears was rumored to have perfected her legs using LipoDissolve (which uses substances to dissolve fat). But this method still requires a fat-removal step. "A suction is needed to remove the liquefied fat from the body," says Dr. Victor.