

# Most Popular Liposuction Techniques

Written by Arizona Foothills Magazine

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In the past, liposuction meant one thing and one thing only; getting rid of unwanted curves. When a person wanted to undergo this procedure, they simply told their doctor or surgeon what they wanted, and it was done. Today, however, liposuction has become a much more complicated process and, in doing so, has also become one of the most effective and inexpensive cosmetic surgeries one can get. Though this means you can lose the fat and keep it off with much more ease—and safety—it also means that you may have difficulty understanding what, exactly, you need to know before undergoing the surgery. So, to help you out, here are a few pointers concerning the most popular liposuction techniques—Water Jet Assisted, Tumescent, Smartlipo, and Vaser Liposuction.



## Water Jet Assisted Liposuction

In the world of liposuction, this technique is fast becoming one of the most popular. By using a combination of, local anesthesia, and slightly pressurized saline, water jet assisted liposuction can gently remove fat cells, all while ensuring a very short recovery time. The main difference between this technique and the others is that, instead of using tumescent liquid—a combination of saline and other compounds—and a cannula to remove fat, a slightly pressurized stream of saline is used to dislodge and remove the cells simultaneously. This helps reduce swelling—allowing doctors to see the effects as they perform the surgery—as well as bruising, which means you get better results and faster recovery times than most types of liposuction. Even better, unlike traditional liposuction, you will not need a general anesthetic, which reduces the possibility of complications, and ensures that this is an exceedingly safe type of procedure.



## Tumescent Liposuction

This is, perhaps, the most well-known type of liposuction available, and has been used all over the world with fantastic results. As one of the first techniques to eliminate the use of general anesthesia, this technique greatly increased the safety of the liposuction procedure, thus increasing its popularity at the same time. Plus, because this technique makes use of a micro-cannula, as well as tumescent liquid, the effects of tumescent liposuction are both immediately noticeable and much more lasting than traditional liposuction, which is precisely why the use of this technique is so widespread today.

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## Vaser Liposuction

Another alternate technology to traditional liposuction, Vaser Liposuction uses ultrasonic technologies to break down fat cells, before removing them from your body. Overall, it is among the least invasive procedures, when concerning liposuction surgeries, and is also among the gentlest, thus leading to a newfound popularity within the industry. The secret, of course, is the ultrasonic probes, which, after being inserted into the targeted area, vibrate at such a frequency as to gently break your fat cells down. This emulsification process ensures easy removal—via cannula—and also makes positive that your other skin tissues, which may be injured with more traditional methods, remain untouched. This means less bruising, less bleeding, and a much quicker recovery time overall.



## SmartLipo

The archetype of laser lipolysis, SmartLipo is the first system which used medical laser technology to eliminate fat buildup, and is also the most successful. And, though it may seem frightening, it is actually incredibly safe and, perhaps, the most effective of all techniques (depending on your body type). All it takes is a high-powered medical laser—to break down the fats and strengthen your skin—a micro cannula, and a surgeon who knows what he's doing, and you will get the body you want for a price that you can afford. Better yet, because the laser liquefies fat cells AND stimulates collagen retraction and skin tightening, there will never be any unsightly after-effects from the procedure. You will get a gorgeous body straightaway, and you will get to keep it that way!

Just remember, all of these techniques are equally viable; however, your body type often decides what you truly need. With that in mind, it will almost always be up to your surgeon what you really need (though the final decision comes down to you). So, if you looking for more information concerning your potential liposuction surgery, make sure you contact [liposuction.com](http://www.liposuction.com/), the leader in liposuction information.

For more info visit <http://www.liposuction.com/>