

**Title:** What Areas Can Be Treated With Liposuction?

**Main Keyword:** liposuction

**Potential Keywords:** body contouring, weight loss, excess skin, body fat, loose skin, what is a liposuction

## Blog



Are you considering liposuction but are unsure what areas can be treated with [liposuction](#)? Look no further for your answer than this blog from [BEAUTY by BUFORD](#).

### What Is Liposuction?

Liposuction isn't just about [losing a few pounds](#)—it's about sculpting a body that feels right to you. If you've ever felt frustrated by those stubborn spots that don't budge with diet and exercise, liposuction could be your solution to a new and improved body contour and self-image.

When it comes to getting liposuction at [BEAUTY by BUFORD](#), we're not just talking about any standard procedure. [Dr. Buford](#) uses the [VASER liposuction](#) technique, which is all about precision and smooth results with minimal downtime. This isn't your everyday lipo; it's a step up that uses ultrasound technology to gently break apart fat while preserving surrounding tissues.

So, how does it all happen? First, you'll chat with our [board-certified](#) plastic surgeon, Dr. Buford, to go over what you're hoping to achieve and to map out the best plan for your body. On the day of the procedure, we make sure you're as comfortable as possible, using anesthesia to keep you pain-free.

He makes small incisions and introduces a small probe that emits ultrasound waves, breaking up fat cells without harming nearby nerves or blood vessels. This makes the fat easier to remove and easier on your body, meaning you can bounce back quicker. After the fat is liquefied, it's gently suctioned out, leaving you with a smoother, more contoured shape.

Recovery from VASER liposuction is typically smoother compared to traditional liposuction, with less swelling and bruising. Most folks find they can return to normal activities relatively soon after the procedure. Plus, the precision of this technique supports excellent, natural-looking results.

**Keep in mind:** Unlike a [tummy tuck](#), a liposuction procedure does not remove excess skin or loose skin. At your consultation, Dr. Buford will help you determine if liposuction, [tummy tuck](#), or [both](#) are right for you.



## Common Areas For Liposuction

Liposuction is a versatile cosmetic procedure that can be applied to various parts of the body to achieve a more desirable contour and reduce excess fat. Below are some of the most common areas where liposuction is performed, each with unique benefits.

- **Abdomen:** The abdomen is the top spot for liposuction due to common concerns over belly fat. Liposuction can flatten and tighten this area for a smaller waistline and improved overall body profile.
- **Thighs:** Thigh liposuction can target either the inner thighs to reduce rubbing or the outer thighs to eliminate “saddlebags,” helping achieve a more streamlined leg appearance.
- **Buttocks:** Liposuction can be used to decrease the size of the buttocks or reshape them for a more lifted and contoured look.
- **Arms:** Reducing upper arm fat through liposuction can help provide a more toned appearance, especially useful for those with stubborn fat that doesn’t respond to exercise.
- **Back:** Back fat, particularly around the bra area in women, can be effectively removed through liposuction, smoothing out the silhouette.
- **Chest:** For men, liposuction can remove excess fat in the chest area (pseudogynecomastia), helping to define a more masculine chest contour.

- **Face and Neck:** Liposuction can also target the face and neck, removing excess fat around the jawline and under the chin, which complements your facial features and reduces the appearance of a double chin.

Each of these areas can be addressed individually or in combination, depending on your body goals and overall aesthetic vision.



### Less Common, But Still Possible

But those aren't the only possibilities with liposuction. You can also do your calves, ankles, and knees. These areas might not be the first you think of, but they can make a big difference in overall appearance when refined.

Addressing the calves and ankles can alter the silhouette of the lower legs. This procedure is especially beneficial for those who feel their calves lack definition or merge too seamlessly into the ankles, often referred to as "cankles." Liposuction in this area creates a more defined leg line, contributing to a proportionate and visually pleasing lower leg.

Similarly, targeting fat around the knees can significantly improve the look of your legs. Accumulated fat in this area can give the knees a bulky appearance, which affects the overall aesthetics of your legs, especially when wearing shorts or skirts. Removing this fat through

liposuction can result in smoother, more attractively contoured legs that better match your body's natural lines.

Opting for liposuction in these less common areas can be a strategic choice that complements the results achieved from more traditional areas. [Dr. Buford](#) excels in assessing how best to balance your proportions, giving you a natural and harmonious look that aligns with your aesthetic goals. If you're considering enhancing your body shape, discussing these options with Dr. Buford could open up new possibilities for refining your physique.

## Who Can Be Treated With Liposuction?

Liposuction is a versatile procedure suited for individuals looking to refine specific body areas by removing excess fat. However, it's important to note that liposuction is not a weight-loss solution. Ideal candidates...

- are those who are close to their target weight and have firm, elastic skin and good muscle tone.
- have realistic expectations about what the surgery can achieve.
- should be non-smokers, as smoking can complicate both the procedure and the healing process.
- should be in decent health, so those considering liposuction should be free from any life-threatening illness or medical conditions that could impair healing or increase the risk of surgery.

During a consultation, Dr. Buford assesses the patient's overall health, discusses their aesthetic goals, and determines whether liposuction is an appropriate option. This personalized approach ensures that each patient receives the best possible advice and care tailored to their needs.





## Plan Your Next Step With BEAUTY by BUFORD.

With [Dr. Buford's expertise](#) in using the cutting-edge VASER technique, you can expect a process that's efficient and meets your personal aesthetic goals while offering = the least amount of discomfort and quickest recovery possible.

If you're ready to take the next step towards feeling your best and transforming your body in a way that aligns with your vision, [schedule a consultation](#) with Dr. Buford in [Lone Tree, CO](#), today. Explore the possibilities that liposuction can offer, and let us help you achieve the body you've always wanted.