

Men Turning to Liposuction to Stay in Shape



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It has been reported that liposuction is becoming increasingly popular amongst males, with The Hospital Group recording an 82% increase in the procedure over the past 5 years.

Liposuction has grown in leaps and bounds over the last few years and is often now referred to as liposculpture. Liposculpture creates the same result as the more commonly used term, liposuction or Lipo. Very similarly to liposuction excess fat cells are removed, from almost any part of the body.

However, in contrast to liposuction, the procedure of liposculpture is a more time consuming operation with a greater amount of personal skill required by the plastic surgeon, and creates a smoother end result, changing the contours of your body or face. This cosmetic surgery procedure is suitable for both men and women. A spokesperson for The Hospital Group, said: "Men are becoming increasingly worried about their weight and, similarly to women, have fatty areas on their body which refuse to shift with diet and exercise alone, so therefore [liposuction](#) is a viable solution." The procedure involves insertion of a Cannula (small tube-like syringe) through a small incision in the skin. The fat is then drawn through the tube leaving a much smoother surface. The procedure is carried out under General Anaesthetic.

For those looking to undergo the procedure: the best candidates for liposculpture are those with stubborn areas of fat which are resistant to diet or exercise. This could include the tummy, buttocks, chin, arms, knees etc. A consultation with a Surgeon will help you identify

what sort of outcome you could expect and if it is the right procedure for you. For example, liposuction can remove excess fat around the abdomen, but not excess skin. In this case a [tummy tuck](#) might be recommended in order to achieve the desired result.

The Hospital Group is one of the UK's leading providers of [Plastic Surgery](#), number one in Obesity Surgery and Breast Enlargement experts. So whatever your requirements, you're in safe hands!

Since The Hospital Group was established in 1992, it has risen to become the UK's biggest weight loss surgery providers, performing more gastric procedures last year than the NHS. The Hospital Group is committed to providing the very highest standards and all procedures are performed by an expert medical team in state-of-the-art facilities that are second to none.

For further information of The Hospital Group's range of cosmetic surgery procedures, surgery-seekers should visit the website www.thehospitalgroup.org or call our patient care coordinators on 0845 762 6727.

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