

PRESS RELEASE

Cosmetic Surgeon Reveals Tips On Looking Your Best Throughout The Year

SUMMARY: Sometimes diet and exercise alone cannot reduce problem areas on the body. Liposuction may be the answer for men and women desiring to look their best.

Denver, CO (PRWEB) February 22, 2007 – Ask anyone in America about his or her number one resolution and you'll likely hear diet and exercise at least one third of the time. But even if you dedicate yourself to becoming more healthy and fit, sometimes diet and exercise alone is not enough. Which is why almost 500,000 Americans turned to liposuction last year.

Board Certified Plastic Surgeon Dr. Jeremy Williams offers the following tips on liposuction and how to determine if it's right for you.

Liposuction is a body contouring surgery that will enhance the work you have already done in weight loss and exercise. While some patients seek a total body makeover, and undergo liposuction of the body, arms, thighs and lower legs, others may choose to refine smaller areas. The goal should be to produce a natural contour, and make improvements to the shape you already have.

"Above all have realistic expectations for how you will look after the surgery," stated Dr Williams.

Liposuction has become the most commonly performed cosmetic procedure in the United States. Yet the majority of the physicians performing liposuction surgery are not plastic surgeons. If you're considering liposuction, interview your potential surgeon carefully. Find out how many liposuction surgeries he's performed. Check references. Be comfortable with his experience level.

"A surgeon should always be willing to provide you with an initial no-cost consultation, and answer all of a potential patients questions," stated Dr Williams. "Pay attention to the doctor's listening skills, and make sure you connect with him as a person."

Liposuction is surgery. While some health practitioners view liposuction as a simple routine, nothing could be further from the truth. Surgery is surgery, and you should always demand careful planning and preparation. The more experience your doctor has, the better prepared he will be during the entire procedure.

"Share with your surgeon things like medical history, medication intake, allergies, prior surgeries and results, family history, and anything else that may impact you during the procedure," stated Dr Williams.

Jeremy Z. Williams, MD, is a board certified physician practicing at Park Meadows Cosmetic Surgery located in Lone Tree, Colorado. Park Meadows Cosmetic Surgery offers a state of the art outpatient surgical center that provides a full range of cosmetic surgical procedures, including liposuction.

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