



and mild discomfort but not painful and tolerated by most patients. Heating the collagen fibres beneath the skin surface promotes collagen stimulation and realignment for smoothing skin. Similar in safety profile to Zerona, both treatments can be applied to virtually any skin type and patients with any medical conditions since they are safe and nonsurgical. Between 3-8 treatment sessions of 30-minutes each spaced 3-6 weeks apart are recommended for optimal results, at a cost of a few hundred dollars per session.

Traditional liposuction is a surgical procedure using long skinny tubes (cannulas) that are inserted through small incisions placed near the target area of fat reduction. Through this approach, fat is removed by application of vacuum. In traditional liposuction, there is targeted fat reduction, however approximately 50% blood and 50% fat is removed which markedly limits how much fat can be removed (about 1 litre) in one session. It is a surgical procedure and carries downside risks associated with surgery, a discussion to be carefully weighed with your plastic surgeon.