Body Contouring involves re-shaping undesirable areas of your body. The two most common and effective body contouring techniques are liposuction and abdominoplasty. I believe that this procedure is especially useful for women and men who are of relatively normal weight but have isolated pockets of fat that cause certain areas of their body to appear disproportionate. These localized fat deposits may be an inherited trait and not responsive to dieting or exercise. Liposuction also may be used to treat a condition called gynecomastia, or male breast enlargement, which occurs among both teenage and adult males. While it is possible to undergo liposuction at almost any age, you will obtain the best results if your skin still has enough elasticity to achieve a smooth contour following fat removal.

Techniques of liposuction such as Smart Lipo is ideal for the neck, jaw line, arms, breasts, “bra fat,” abdomen, “love handles”, “saddle bags,” inner and outer thighs and knees. It is an excellent complement to conventional liposuction, resulting in less swelling and a quicker recovery than older traditional methods of liposuction. Most recently, patients have been requesting Liposuction in conjunction with other procedures for Cellulite management, such as Cellfina™ and Cellulaze™. Cellulite occurs when bands of connective tissue beneath your skin harden, while surrounding fat cells increase in size and push upward, resulting in the dreaded “cottage cheese” effect. Both Cellfina™ and Cellulaze™ release the connective bands, smoothing the dimples caused by cellulite. The result is a smoother appearance of the skin surface.

Abdominoplasty, better known as a “tummy tuck,” is an operation I often perform to improve abdominal contour. The result is a flatter abdominal profile. Liposuction alone cannot treat abdominal wall laxity if it is due to loss of muscle tone. Women and men who have loose abdominal skin and fat that is concentrated in the abdomen can benefit from abdominoplasty. A tummy tuck can also tighten muscles that have been separated and weakened by pregnancy, and I see extremely successful results from this procedure.

Both of these procedures will result in an improved body shape and body image and can be done individually or together to achieve the best possible results for each individual. Call my office to set up a free consultation and to talk about the possibilities of improving the shape of your body!

Dr. Stephen T. Greenberg offers complimentary consultations at his state-of-the-art Woodbury location, as well as his Southampton, Park Avenue, and Boca Raton offices. To schedule an appointment, or request additional information, call 516.364.4200 or visit www.GreenbergCosmeticSurgery.com.