

Spring Slimming By Liposuction: Inside Dr. Abergel's Office



Dorian Gray had good reason to hide his horrifying full-length portrait away in a closet. Oscar Wilde's fictional hedonist and murderer swapped his soul to the devil for eternal youth and vigor.

Today we want to put our full-length mirrors in storage, but not because of the devil. We just don't like to see love handles, bulging abdomens, double chins – the products of aging and poor nutrition. Medical science has come to the rescue, but finding reliable information can be bewildering, yet critical. **The recent death of Donda West, mother of hip-hop artist Kanye West, underscored potential dangers.**

For answers, we turned to one of the country's most recognized specialists, **Dr. R. Patrick Abergel**. He has been featured in major magazines including *Elle*, *Vogue* and *W*, and treated many Hollywood celebrities. With over 20 years of experience, the handsome, soft-spoken, Board Certified French native is listed as America's Top Physician. Being a certified cosmetic surgeon is a qualification, which can dramatically reduce risks. Most of us do not know this crucial criteria.

MISCONCEPTIONS

First, people often think of lipo as a weight loss issue. It is not.

Second, once removed, the fat returns. That's not true, once removed from a certain area they are permanently gone.

Third, large amounts of fat can be removed all at once. "Not so." Abergel explains, "The amount of fat removed should be limited to 6 pounds."

SOLUTIONS

First, find the right surgeon. "Some doctors take a weekend course and return as a 'liposuction expert.'" Confirm a physician is experienced in the field. Dr. Abergel suggests checking with the medical board, and strongly believes liposuction should be performed only in an operating room, not in an office. Conducted correctly, liposuction is among the safest surgeries because the doctor only works in the fat compartment between the skin and the muscle, *outside the organs*.

A DIFFERENT APPROACH

There are numerous methods associated with liposuction. Dr. Abergel prefers his own method, Liposculpture with ultrasound, which employs smaller, custom-designed instruments. With Liposculpture there is minimal discomfort, maximum safety and fast recovery (24 to 48 hours.) And Dr. Abergel won't overdo it. "What's important is not what's removed – it's what's left." "You don't want men to know you had liposuction. You want them to think, 'Oh, she has a nice body.'"