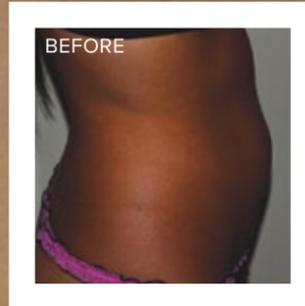
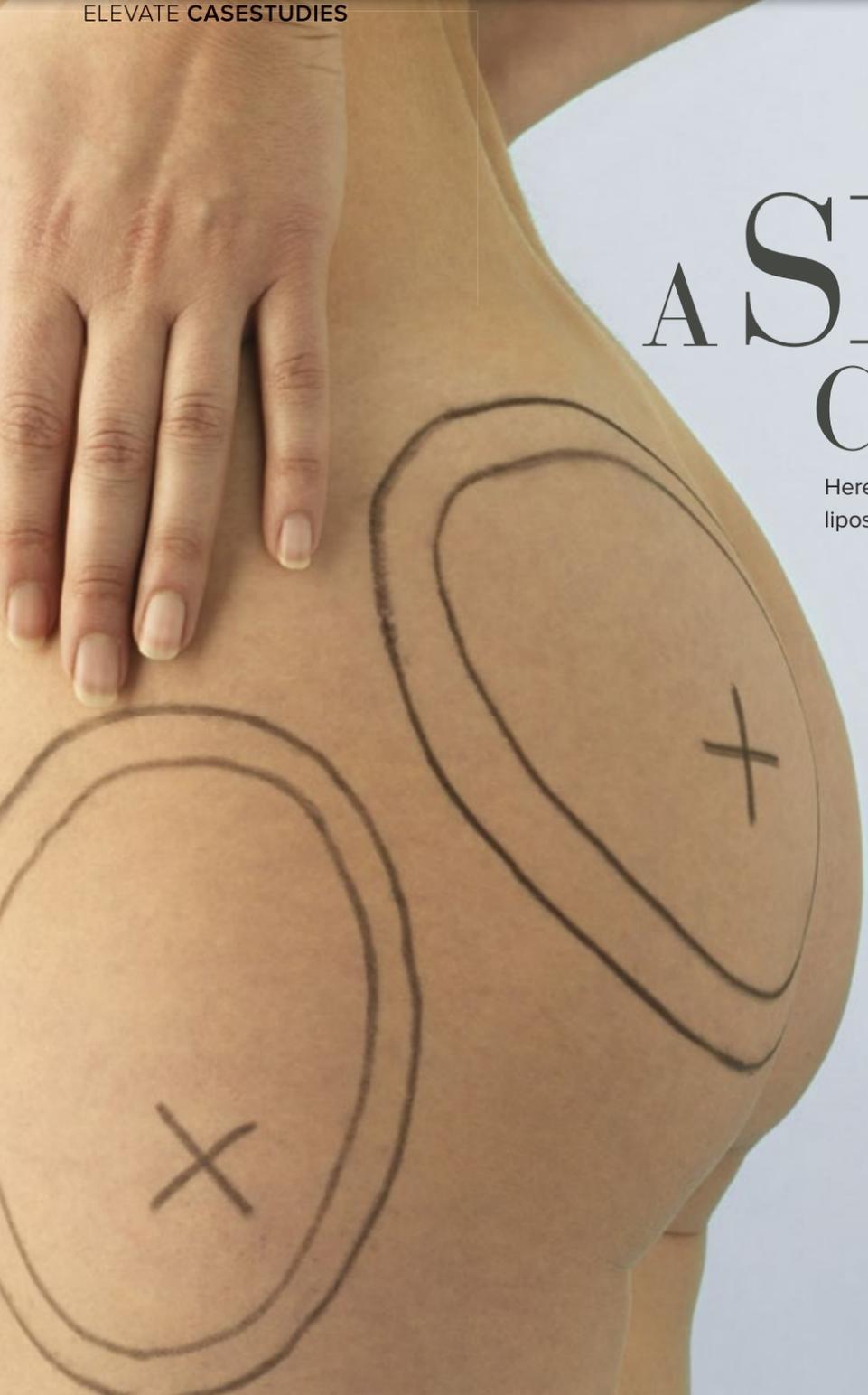


A SLIM CHOICE

Here's how two women's lives changed after liposuction. AS TOLD TO LIZ BRUCKNER



CASE STUDY 1

NAME: Cassie
AGE: 19
PROCEDURE: Liposuction of the lower abdomen
PERFORMED BY: Dr. Jerome Edelstein

ELEVATE What made you decide to undergo liposuction?

CASSIE: I had been trying to lose weight prior to my decision to have it done and had dropped about 20 pounds. The problem was that I had a protruding bump on my stomach that wouldn't go away no matter what I did with diet and exercise, and it was very obvious and disproportionate to my body. It made me feel very uncomfortable in my clothes, so I decided to do something about it.

ELEVATE How did you choose Dr. Edelstein as your surgeon?

CASSIE: I knew someone who had been treated by him and had nothing but great things to say. I'd also read so many great reviews about him that I thought meeting him in person would be worthwhile. Once I had and saw how professional and personable he was, I knew he was the doctor I wanted to move forward with.

ELEVATE What was your recovery like?

CASSIE: Dr. Edelstein did a great job of preparing me for what was to come during and after surgery, so it was surprisingly tolerable. Going in I was really scared at the thought of being put out, but after he visited me just before I felt so much more at ease. After surgery I had to wear a band around the incision area for three months to ensure proper healing, but other than being bruised and a bit tender soon after, recovery was really easy.

IMAGES: THINKSTOCK

ELEVATE How do you feel about your results?

CASSIE: I'm so happy with them! I feel so much more confident, and the results have motivated me to maintain the results and keep my body in shape, which I think in itself is a huge feat.

ASK THE DOCTOR

DR. JEROME EDELSTEIN, MD, FRCSC
 Edelstein Cosmetic
 edelsteincosmetic.com

ELEVATE Why was Cassie a good candidate for liposuction?

DR. EDELSTEIN: She was an excellent candidate for the procedure because she's of normal weight with a localized area of troublesome fat that wouldn't minimize with diet and exercise alone. She also had the perfect skin tone and elasticity for the procedure.

ELEVATE Are there people who wouldn't benefit from this procedure?

DR. EDELSTEIN: Patients in good health and who are at a healthy weight with firm, elastic skin are ideal. Liposuction isn't nearly as effective in someone who is overweight or in those with significantly decreased skin tone, like those with loose skin and a lot of stretch marks, for example.

ELEVATE What does the procedure involve?

DR. EDELSTEIN: The procedure was performed under general anesthesia, while she slept. A small incision was made just above the pubic area, as well as in the belly button. A slender tube called a cannula was then used to put fluid into the area that would be treated. This fluid contains a numbing solution, so there is minimal pain after the surgery, as well as epinephrine (adrenaline), which decreases bleeding, bruising and swelling. A larger cannula was then introduced, hooked up to a suction machine and the extra fat was essentially vacuumed away.

ELEVATE What is recovery like and how long does it last?

DR. EDELSTEIN: Recovery is quite quick, and most patients feel relatively normal after one week. The results are permanent as long as one does not gain excessive amounts of weight. In fact, after the initial healing period, the treated area becomes somewhat resistant to gaining fat because the number of fat cells have been reduced.

ELEVATE What is the average cost of these procedures?

DR. EDELSTEIN: This particular surgery cost approximately \$4,000.

CASE STUDY 2

NAME: Jen
AGE: 32
PROCEDURE: Laser-assisted liposuction of the outer thighs
PERFORMED BY: Dr. Sean Rice

ELEVATE Why did you decide to have liposuction?

JEN: I've always had issues with extra weight around my outer thighs, and even though I've eaten nutritiously and exercised my whole life, that part of me didn't ever change. I finally had enough and decided to get professional help to deal with the area.

ELEVATE How did you choose Dr. Rice as your surgeon?

JEN: I work in the cosmetic enhancement industry and knew of him. No matter who I talked to, I always heard the same thing: that he was well-respected, professional and had a great track record, so I set up a consultation.

ELEVATE How did you feel after the procedure?

JEN: There was definitely some discomfort, and wearing the compression garment for a few weeks after wasn't exactly fun, but I was in good enough shape to go back to work the day after the procedure. As far as overall pain, it felt comparable to what you'd experience after a really good workout at the gym. Very tolerable.

ELEVATE Did you get the results you hoped for?

JEN: The results are exactly what I was looking for. I went from never seeing results in that area to such a huge improvement that it helped me get to another fitness level. I've lost more weight since having the procedure done and am encouraged to keep going.

ELEVATE Would you recommend Dr. Rice to others?

JEN: Absolutely! In my opinion Dr. Rice is the best surgeon out there. He's so kind, he takes the time to explain things in a way that you're never left with questions, and his staff is awesome. I'd recommend him in a heartbeat.

ASK THE DOCTOR

DR. SEAN RICE, MD, MSC, FRCSC
 Rice Cosmetic Surgery
 doctorseanrice.com

ELEVATE What were Jen's initial concerns and what was your plan for addressing them?

DR. RICE: Jen's concerns were that she wanted to deal with her saddle bags, but in a minimally invasive way that could be performed under local anesthetic. She was worried that traditional liposuction would not help tighten the loose areas of skin in those areas, so I worked out a plan to address each of these issues.

ELEVATE Did you have any concerns regarding her candidacy for treatment?

DR. RICE: No, because she was realistic about her expectations and had good skin tone that tends to respond well to laser skin tightening. If she had had excess, loose skin and multiple stretch marks, that would have been potentially problematic since that skin type may not respond well to this treatment.

ELEVATE How long does the procedure take, and what are the after effects?

DR. RICE: The actual procedure takes less than an hour and can be performed under local anesthetic in the office. With traditional liposuction the fat is removed under pressure with a cannula, causing swelling and bruising that takes four-to-six weeks to heal. Using laser-assisted liposuction, the fat is melted while the thermal effect of the laser helps skin contract, leading to overall tightening. It's a much gentler way to contour the body.

ELEVATE What's the average cost of laser assisted liposuction?

DR. RICE: The cost varies, but generally starts at approximately \$4,500. ©

