

Call Today to Schedule Your Consultation (301) 747-3069

New Year, New You

by Dr. Nia Banks, Board Certified Plastic Surgeon



Ask About Our Liposuction Special from \$999 Per Site



What pledges have you made to yourself this year? To get in shape, to lose 10 pounds, to lose that baby tummy, to drink 8 glasses of water a day? To watch what you eat, to start jogging, to rededicate yourself and have a better attitude? We all want to look good and feel good - it is a very natural, normal, and healthy thing. Treating yourself well and making your well-being a priority is not vain or frivolous. It's smart. It's beautiful. It's you. And it's contagious. Watch how the people around you will notice your new look and attitude and seek out their own best self.

If you are doing the very best to take care of yourself, let us help you reach your goals. Whether it is that stubborn area of fat around your waistline, a bit too much fat on the hips, or thighs that are not as slim as you would like, liposuction is an excellent choice to get you to your goal.

Liposuction is a powerful tool that can greatly improve body contours. Liposuction is ideal for men or women that have stubborn areas of subcutaneous fat. Once we reach adulthood, we have a set number of fat cells. Liposuction removes these cells and they will not return. That means that even if you gain weight, your new body shape will be largely preserved. Liposuction, however, does not remove excess skin. Some patients that have good skin elasticity (little or no stretch marks) will have great skin retraction after liposuction. Other patients will have excess skin that remains or is more pronounced after liposuction. Many of these patients will benefit from laser liposuction which helps tighten the skin by heating up the collagen in the skin overlying the area of liposuction.

Liposuction of the abdominal wall is an integral part of a mini-abdominoplasty and is often used in combination with a full abdominoplasty. If you have a stretched out abdominal wall or significant amounts of excess skin, liposuction alone may not address all of your concerns.

Performed by a board certified plastic surgeon, liposuction is safe and effective. Many procedures can be performed in an office setting making it convenient and allowing a faster return to regular activities. You will need to avoid excessive activity for 3-5 days after your procedure and can expect to wear a compression garment under your regular clothes for 2 weeks.

In this new year, give yourself the very best. Be proactive and make a choice. If you're reading this, you've already made a first step. Explore the website and see what we can do for you. When you're ready to know more and move forward, schedule a consultation with Dr. Banks.

Liposuction Before & After Photos



www.DrBanksPlasticSurgery.com

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