

NEW PROCEDURE GETS RID OF FAT WITHOUT A WORKOUT

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Want to lose that excess fat and not have to work out? A local plastic surgeon is using new technology that makes it possible.

Linda and Bob Baran both had the new procedure done after both wanted to get rid of some unwanted fat.

"I decided I had this little tummy pouch, and we called it 'Louise' and 'Saddle Bags,' which we called the 'evil twins,'" Linda Baran said.

"My lower stomach region, it's been an area where I worked out, and I could never get that area as firm as I wanted," Bob Baran said.

The procedure is like "liquid lipo." First, once the patient is numb, Dr. Roger Bassin, a plastic surgeon, uses a laser to melt away the fat. That laser energy will also tighten the skin.

Once the fat is melted, you still have to get all the fat out of your body. That is where the new technology, called "Body-Jet," comes into the picture.

Instead of using a metal tool, a high-powered jet stream flushes out the fat.

"It's kind of like power-washing the fat out of the patient. So it's a lot less traumatic to the patient," Bassin said.

Less bleeding, more comfort and a quick recovery time -- and patients like Bob are awake during the entire procedure.

After about 30 minutes, the procedure is done. Bob merely walked away, pain-free.

"What I am looking for is for this procedure to kickstart a good exercise program," Bob said.

He and his wife, Linda, said they are pleased. Linda has already gone down a dress size.

"I'm just feeling great," Linda said. "I wore a bikini for the first time in 10 years, and it was great."

Dr. Bassin said the procedure can be done anywhere there is fat -- but there are some exceptions where patients would not be a good candidate.

Patients who are at risk for heart disease are not good candidates, and anyone with a questionable medical history would need a clearance from their doctor.

Bassin also said he has seen many diabetes patients do well with the new procedure, and their insulin requirements are dramatically decreased.



Reported by **CHRISTINE WEBB**

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