

## LIPOSUCTION V COOLSCULPTING | WHICH FAT REDUCTION TREATMENT IS BEST?

By Dr. Angela Merlo Posted January 18, 2019 In CoolSculpting

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## LIPOSUCTION V COOLSCULPTING | WHICH FAT REDUCTION TREATMENT IS BEST?

Liposuction was the only game in town for reducing fat that resists diet and exercise for a long time. It's an effective procedure for eliminating that fat, but its invasiveness puts some people off and comes with all the normal complication risks of any surgery. Some people aren't interested in going under with anesthesia and don't want scalpels anywhere near their skin unless necessary. Even for those who will go to such lengths to take care of stubborn bulges, the lengthy recovery times attached to such a procedure can be a headache and barrier.

Luckily, there are new and non-invasive alternatives to liposuction. The most popular non-invasive fat reduction procedure right now is CoolSculpting.

### LIPOSUCTION VERSUS COOLSCULPTING

There are some major differences between CoolSculpting and Liposuction. Many people might be good candidates for both, but others might have qualities that make only one of the procedures suitable. Even those that have a choice will want to weigh which procedure is best for them.

#### DIFFERENCES BETWEEN THE PROCEDURES

You're probably at least vaguely aware of what goes into liposuction. The treatment begins in an operating room, where an anesthesiologist will put you under anesthesia and a surgeon will perform the procedure. The specifics depend on the site of treatment, but in all cases, liposuction starts with multiple incisions via a scalpel. The cannula, a sharp tube, is snaked through the incision and into the fatty tissue. The cannula is used to both break up the fat and remove it from the body. The surgery takes around two or three hours, but expect to spend at least seven hours on site for pre-op and post-op recovery.

CoolSculpting is sometimes called "lunchtime lipo," since the procedure can be completed in as little as 35 minutes, but the differences do not end there. During CoolSculpting, a handheld applicator is placed over a fatty bulge and activated in order to freeze the fat under the skin. No skin or tissue is frozen during this procedure. Frozen fat cells die and are slowly, naturally removed from the body as waste over the course of some weeks, resulting in long-lasting fat reduction and the appearance of natural weight loss.<sup>1\*</sup>

#### LIPOSUCTION COST VERSUS COOLSCULPTING COST

Liposuction cost tends to be about double that of CoolSculpting cost. The cost for liposuction needs to be able to cover the procedure, the anesthesia, and the use of a medical facility. CoolSculpting costs are impacted by the site of treatment, the specific applicators used, and the total number of fat freezing treatments necessary for achieving optimal results.

[Learn more about CoolSculpting Cost >>](#)

#### COOLSCULPTING RECOVERY VERSUS LIPOSUCTION RECOVERY

CoolSculpting is non-invasive and requires no additional time devoted to bed-rest or recovery. Liposuction is more involved. Patients must restrict activities and wear a compression garment for at least 6 weeks after the procedure. It often takes months for the bruising and swelling following liposuction treatment to subside before the results are visible.

#### COOLSCULPTING RESULTS VERSUS LIPOSUCTION RESULTS

Because of its invasive nature, the fat reduction results of liposuction tend to be more dramatic than those of CoolSculpting. Still, CoolSculpting has received positive reviews. [These CoolSculpting before and after pictures show impressive results.](#) Scientific research has shown that CoolSculpting is capable of reducing subcutaneous fat at the treated site by up to 25% in a single procedure. Results can vary, but "improvements were seen in 86% of treated subjects."<sup>1\*</sup>

#### COOLSCULPTING NEAR ME

Scheduling a free consultation with a fat reduction specialist is the best way to find out whether either of these procedures can help you meet your body goals. The CoolSculpting Treatment Center is the preferred [CoolSculpting Lawrenceville provider](#) and can help you decide which body contouring treatment, liposuction or CoolSculpting, is best for you.

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+25% OFF a CoolSculpting Package

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