

Allopathic Treatment

Cellulite

Liposuction

Liposuction is the most widely used treatment for cellulite. Fat cells are removed by suctioning through a cut or excision in the buttocks or thigh. Then some of these fat cells are redeposited into areas of dimpling to smooth out the contour. While liposuction significantly reduces total amount of fat in the body immediately, it may not significantly improve skin appearance. In other words, liposuction may or may not remove the dimpling or unevenness under the skin. Nor does it make leathery, wrinkling skin look taut and young. Even when it is effective, liposuction is only a temporary quick-fix solution. As long as there is excessive caloric and fat intake, the excess energy will be stored as fat and cellulite will certainly reappear, albeit probably in other parts of the body.

Liposuction is a surgical procedure. Therefore, it does carry some potentially severe consequences and complications. Pain and edema (fluid accumulation) occur in most patients. It may take up to six months for the edema to completely go away. Skin dimpling may look even worse immediately after surgery, however, the unevenness will smooth out over time. Surgical complications such as infections, uncontrollable bleeding, fatal blood clots, and inadequate or excessive fat removal (leaving behind flabby skin folds) may also occur.

Expected Results

Liposuction is not a generally recommended treatment for cellulite because it is an invasive, potentially life-threatening procedure. It can sometimes produce satisfying results but it is not a cure for cellulite. Repeat liposuction is often required because as long as there is excess caloric or fat intake, there will be fatty deposits in the body. Unless there are significant changes in lifestyle and diet, cellulite will reappear.

A 2002 study showed that a combination of ultra-sound-assisted liposuction followed by mechanical massage (endermologie) proved more effective than either technique used alone in reducing cellulite. Women with the best results also added exercise into their post-operative routine.

Fat-dissolving
lotions and creams are not proven effective in treating cellulite. Herbal cellulite-dissolving products do not result in loss of body

fat, as they often claim. At most, products such as Cellasene may be able to make the dimpling from cellulite become less noticeable. Further, when several ingredients are combined in these creams, it is difficult for investigators to determine which ingredient might be responsible for any reduction in the appearance of cellulite.

The most effective treatment for cellulite remains diet and exercise. Adhering to a low-fat, high-fiber diet and regular exercise will make the body as fit and trim as it can be. These are long-term solutions that also provide many additional health benefits including prevention of heart disease and cancer and slowing the aging process.