

# Maximum Liposuction

**R**emoving any more than five pounds of fat during a liposuction operation is highly controversial. But it can be done safely, George W. Commons, a clinical assistant professor of surgery at Stanford University Medical Center, has demonstrated. In 631 consecutive cases, he suctioned up to 25 pounds of fat (12 on average) with no serious complications. Such patients must "have hit a weight plateau," he says, and be in good health with "stable eating and exercise patterns." Another study, by **New York plastic surgeon Sharon Giese**, has found health benefits among 14 women two years after large-volume liposuction. All had lower blood pressure and insulin levels and 12 maintained a lower weight. (The patient pictured had 13.4 pounds removed.) But such outcomes may be more a testament to a particular surgeon than to general safety. The American Society for Aesthetic Plastic Surgery does not endorse liposuction for weight loss and maintenance, but states that large-volume liposuction's possible health benefits warrant more study.

