

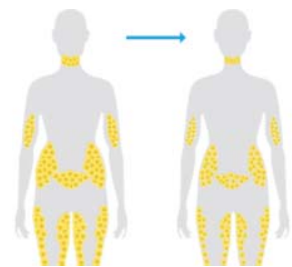


Fat Bulges

The number of fat cells varies from person to person, but it doesn't change much once you're an adult. You have a certain number of fat cells, and they expand or shrink according to your diet and exercise routine. Some people may have stubborn pockets of fat that are more difficult to reduce despite diet and exercise.

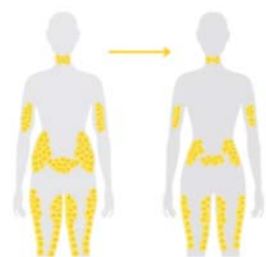
Weight Loss & Gain

Losing weight does not make fat cells go away. Losing or gaining weight generally does not increase or decrease the number of cells. Instead, it changes the size of fat cells. After dieting and weight loss, fat cells get smaller but the number of fat cells stays the same; when weight is gained, fat cells get bigger.



Fat Loss

Losing weight doesn't always lead to a more sculpted appearance, but eliminating treated fat cells can change the shape and contours of your body.



Fat-Removal Options

Liposuction, or simply lipo, is a type of fat-removal procedure used in plastic surgery. The procedure involves using a cannula and negative pressure to suck out fat. Cosmetic liposuction is performed to change the body's contour or shape. However, like all other surgeries, there are surgical risks associated and may produce side effects such as scarring at the site of the incision, wound infections & paresthesias (changes in sensation that may be caused by nerve compression).

Non-surgical Treatments for Fat Reduction & Body Sculpting:

At Medical Spa Club in Richmond, B.C., we have a couple options to help you target your unwanted fat and to improve the appearance of body parts and contour.

- CoolSculpting® is a leading non-surgical fat-reduction treatment by freezing and killing fat cells through [cryolipolysis](#). It is FDA-cleared & non-invasive that uses the power of cooling to disrupt fat cells underneath the dermis. CoolSculpting® is clinically proven as safe and effective to eliminate stubborn fat in 9 different areas of the body.
- BodyFX™'s vacuum pressure and controlled energy target sub-dermal fat for fat reduction by using radio frequency (RF) technology. It also helps reduce the appearance of [cellulite](#) and skin tightening.

Book Your Consultation

Call us at [📞 604-284-5501](tel:604-284-5501) for any questions or [📅 book online](#) for a consultation with our doctor to discuss your needs and options. No obligation to proceed with any treatment or service – just information so you can decide when you want to make an enhancement of your natural beauty. We are all happy to help you every step of the way.

[📅 Schedule Appointment](#)