

## Influential *PHILADELPHIANS* in Medicine

Ran Stark, M.D., FACS is double board-certified by the American Board of Plastic Surgery and the American Board of Surgery. Since graduating at the top of his classes in both undergraduate and medical school, he has pursued the very best plastic surgery training possible in order to become an expert in his field.

**What is Lipo 360°?** Liposuction with subsequent body sculpting or contouring, 360° around the midsection. It's a combination of fat removal from the abdomen, waist, "love handles," or mid and lower back with strategic placement of that fat into other areas to create shadows and a muscular, ripped look and/or a curvier, hourglass figure.

**How is Lipo 360° different from liposuction?** Liposuction removes fat in a 2-dimensional manner. This technique revolutionizes it into a 3-dimensional outcome, focusing on overall shape. Lipo 360° requires understanding of surgical anatomy and body's curves, allowing you to sculpt and create balance so



that body parts are in harmony with one another. It becomes surgical art.

**Who is a candidate for Lipo 360°?** Patients who are near their ideal body weight but have stubborn, excess fat that's resistant to dieting and exercise efforts. Lipo 360° is not a miracle procedure or a weight loss tool. I emphasize to patients that they have to maintain their healthy lifestyle of eating healthy and working out. Fifty-percent is me, 50% is you.

**What results can I expect?** Lipo 360° is customized to your goals and unique

body anatomy. Some patients opt for the athletic, ripped look. This involves strategically removing fat from stubborn areas and depositing it on their muscles and playing on shadows. Others want a curvier, hourglass look and/or smoothing out of dimpled areas.

**What is the downtime?** Generally, patients need 7-10 days off from work. In the first week, you can expect soreness that I describe as "the hardest workout you've ever done." To facilitate healing, we recommend patients receive multiple sessions of lymphatic massage.

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