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Dr Oz: The Bra Bulge Liposuction: The Fix

By [admin](#) on October 20, 2010

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Dr Oz did a show called The Fix to show us how to fix some of our biggest problem areas. From plastic surgery to non-surgical methods that cost less than \$100, Doctor Oz really did a fabulous show on how to make ourselves feel great and look great without breaking the bank.

Bra Bulge Liposuction

Dr Oz brought a viewer named Carmella on the show who always struggles with "the bra bulge"... you know, that bulge of pesky fat that sticks out on the side of your bra and always shows up when you are wearing a cute little dress or a tank top. Dr Oz's guest said she hates seeing her wedding photos because of the bra bulge. She has tried exercising, she picks up her kids all the time, but there is nothing she can do to target and get rid of that fat.

Dr Oz had Dr Stuart Linder, a plastic surgeon from Beverly Hills, do a quick procedure to remove Carmella's bra bulge. The procedure is non-invasive and you can be back at work the very next day. Dr Linder said that women are very happy with this Bra Bulge Liposuction, because when you try to exercise that area and diet, you still will not be able to get rid of it because it is very resistant fat that is hard to fight. Dr Oz said that you cannot spot reduce fat anyway.

Dr Linder made a small incision in Carmella's bra bulge area and then did a bi-directional liposuction, followed by just one stitch. 15 minutes later and the bra bulge is gone. Bra Bulge Liposuction costs \$1500-\$1700 and you should give yourself 2 weeks to see the final results.

Dr Oz suggested that you always ask your plastic surgeon to show you images of other patients and surgeries they have done. Carmella said that she was a little sore the next day, but it did not hurt during the procedure because she was somewhat out of it from anesthesia. Dr Linder said that once the bra bulge fat is gone, it will never come back again. However, if a woman gains weight, she can still put on fat in other areas, so you should make sure the exercise and eat a healthy diet still, or you will have more problems to deal with later.



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