

For Immediate Release

## **One Stop Medical Center offers the Lunch Break Liposuction**

Edina, MN (February 2014) – Shu Cosmetic Surgery is now offering Lunch Break Lipo - removes fat in your lunch hour. The new liposuction system improves the liposuction efficiency and patient safety and reduces the recovery time.

Shu Cosmetic Surgery is the most comprehensive cosmetic treatment center for advanced liposuction in Minnesota, offering three advanced technologies: Vaser Liposuction, Laser Liposuction and AquaShape (Body Jet Lipo) – giving you the most options and targeted results. Dr. Shu started offering Vaser liposuction in 2009; it quickly became his favorite liposuction technology. The Vaser Lipo system uses focused ultrasound energy to selectively get rid of fat cells without affecting much of the surrounding veins, nerves, and tissue. This results in faster healing and less downtime. It also helps to tighten skin. This is why Lunch break Lipo can be performed effectively and efficiently without any sedation.

“My approach is so minimally invasive that the patient remains awake during the liposuction and can even return to normal activities immediately, so I nicknamed it ‘Lunch Break Lipo.’” Dr. Shu Said. “Our lipo technologies and techniques are much safer and more precise than the crude fat extraction from the past.”

It has taken Dr. Shu almost 1,000 liposuction procedures to perfect his technique, and now he can comfortably work on just about any part of the body without sedation or minimal sedation. The most common areas for Lunch Break Lipo are the neck, upper arms, hips, inner thighs, and lower back.

“I consider myself an artist more than a surgeon,” Dr. Shu said. “I remove the fat that doesn’t belong to and restore the body anatomy like a sculptor artist.” Dr. Shu also performs the Vaser Hi Def Liposculpture, the most advanced liposuction technique.

The Lunch Break Lipo usually takes 30 to 45 minutes to finish the liposuction in each area. The lipo area is given local tumescent anesthesia, but no general anesthesia or intravenous or oral sedation. The patients walk in and walk out in an hour, and may return to normal activities immediately. The Lunch Break Lipo is limited to one area (two zones). If the patients need the liposuction in more than two areas (four zones), or the abdomen or on a large body, then oral or intravenous sedation will be given.

Steven Shu, MD, MBA, is a board certified laser surgeon and an expert in office cosmetic surgeries in the United States. He has adopted countless revolutionary techniques to achieve ideal results with more efficiency and safety. For more information on Shu Cosmetic Surgery Institute, please visit the center's website at <http://www.rejuvelaser.com>, or <http://www.shucosmeticsurgery.com>.

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