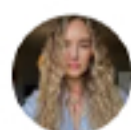


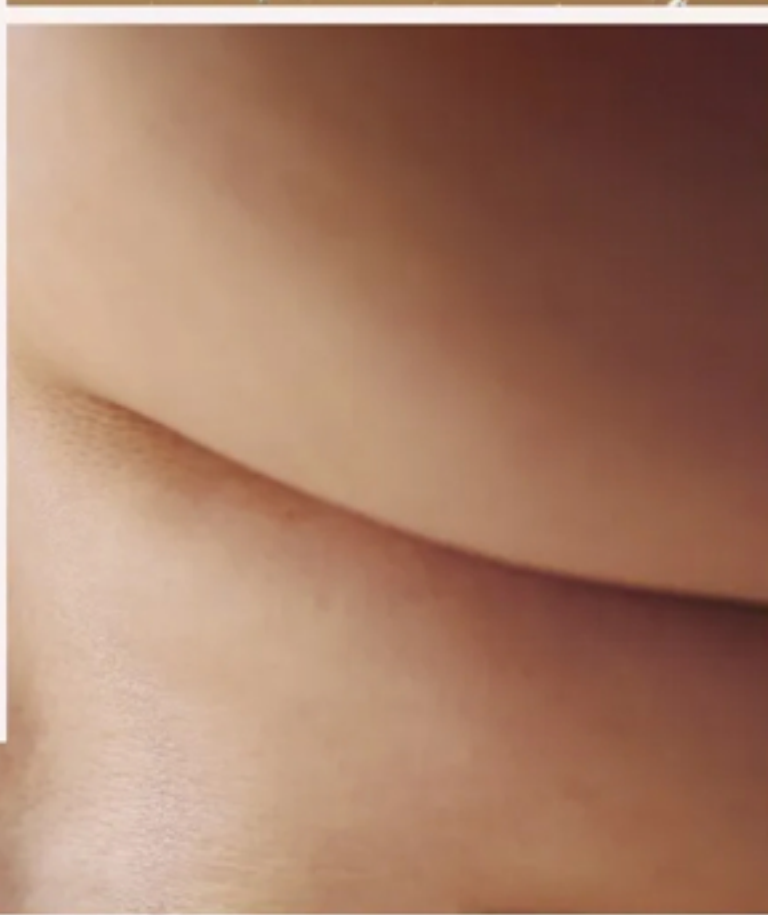
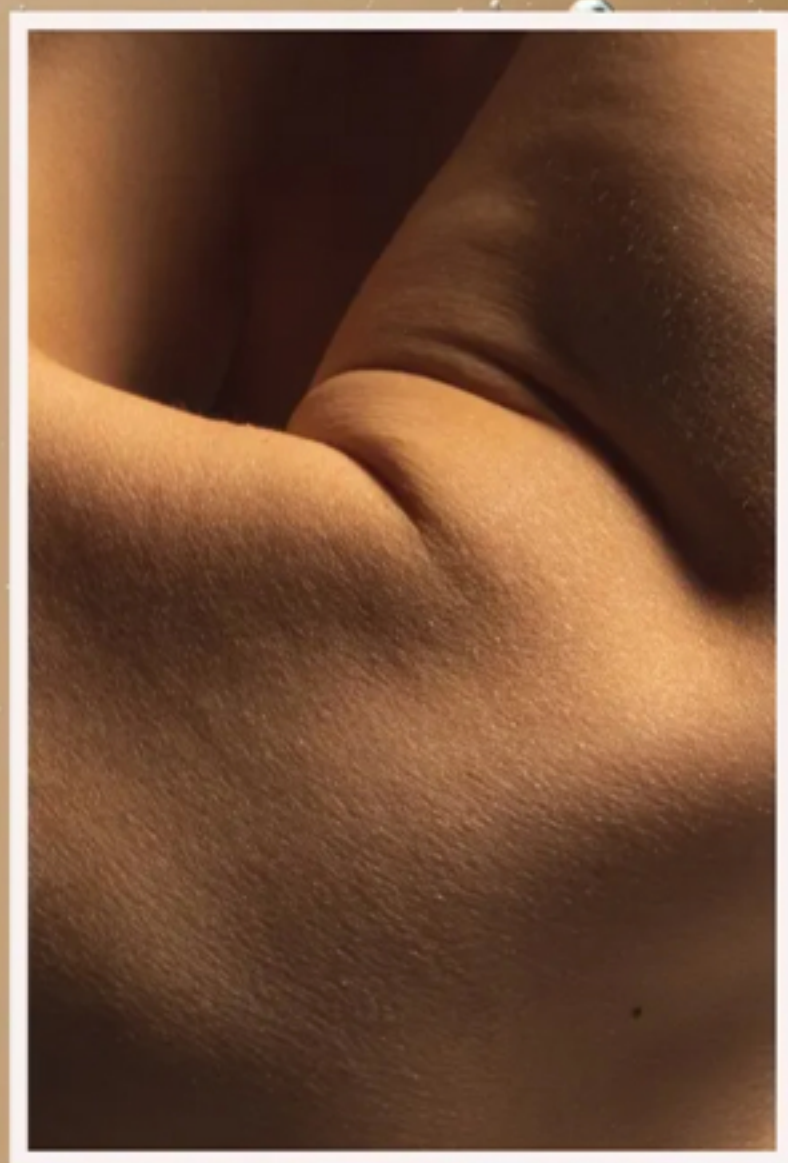
DIY Liposuction Is Trending and Plastic Surgeons Are Not Amused

Yet another dangerous at-home cosmetic treatment is making the rounds online.



BY HANNAH BAXTER

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(Image credit: Getty Images)

“How far is too far when your bathroom starts doubling as a doctor’s office?”

"Purchasing a mystery product from an unregulated source, injecting it into your own body with no training or understanding of biochemistry or anatomy, and expecting a safe, predictable outcome is reckless," says [Adam Kolker](#), MD FACS, a board-certified plastic surgeon in New York. "People might think the worst outcome is that it doesn't work. It isn't. That's your best case scenario." He notes that the risks of using one of these substances (Dr. Lipo V is just one of many circulating online) could range from infection, permanent disfigurement, stroke, or even death.

It's clear to anyone who has paid even the slightest bit of attention to beauty and [fashion trends](#) that we have entered something of a "skinny epidemic." With the rise of weight loss drugs like GLP-1s (which, to be fair, are FDA-approved and safe to administer from the comfort of your own home), thin is in, and it's seemingly easier than ever to lose a few extra pounds. But looking for black market injections as a shortcut to lose fat, even if it's being touted as "DIY liposuction," is taking things a step too far.

Dr. Kolker—and every single medical professional I spoke to about this alarming rise in DIY liposuction—agrees, noting that trying to save some cash on a cosmetic procedure is a poor excuse to risk your health. "Social media is a great place to learn how to install a Ring doorbell or make Greek yogurt bagels," he says. "They can't teach anatomy, sterile technique, patient selection, complication management, or judgment... that's what medical school is for."

So please, if you're in the market for help losing weight, either via a [GLP-1](#) or [liposuction](#), do me a favor and make an appointment with a board-certified plastic surgeon. Your body shouldn't be treated like a game of Operation, especially when the cost of failure could be your life.

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MEET THE EXPERTS



Adam Kolker, MD FACS
Board-certified plastic surgeon

Dr. Adam R. Kolker is a double board-certified plastic surgeon in Manhattan, NYC, specializing in cosmetic surgery of the breast, body, and face. Dr. Kolker is board certified by both the American Board of Plastic Surgery and the American Board of Surgery.