



ASK A WEIGHT LOSS SPECIALIST

Sep 11, 2007

Lipodissolve: Does it get rid of unwanted fat?

I've been hearing about Lipodissolve, the new fat-dissolving shot that's supposed to give you the same results as liposuction. Does it work? Does it have any side effects?

- No name / No state given

Mayo Clinic dietitian **Katherine Zeratsky, R.D., L.D.**, and colleagues answer select questions from readers.

Answer

Lipodissolve is a brand name for a new injection that allegedly dissolves fat on your hips, waist, thighs and buttocks. The injected material, which can be injected near the parts of your body where you want to lose fat, is being advertised as a noninvasive alternative to liposuction. However, these injections are not approved for use in the United States, nor have they been proved safe.

Only a few, small scientific studies have been performed to test the safety and efficacy of the fat-dissolving shots. So far, the shots have not worked for everyone who has received them, and there have been serious side effects reported, including:

- Bacterial infection
- Granulomas — masses of inflamed tissue
- Necrosis — death of skin or muscle tissue
- Allergic reactions
- Skin ulcerations
- Scarring

These side effects can be very difficult to treat. Another safety concern to keep in mind is that some of the providers of the shots are not physicians. Although most states consider administering the injections to be a medical procedure and would require a physician to inject them, this is not always the case.

Your best bet to safely melt away the pounds is still diet and exercise. Before starting a new program, talk to your doctor to make sure your weight-loss plan will be safe and effective for you.

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By Mayo Clinic Staff
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