

# Richmond Plastic Surgeon Highlights Non-Surgical Ways to Reduce Stubborn Fat

*Dr. Neil Zimmel of Dermlounge highlights non-surgical ways to reduce stubborn fat and improve body contours without the need for surgery.*

RICHMOND, VA, UNITED STATES, July 31, 2025 /EINPresswire.com/ -- Non-surgical body contouring continues to grow in popularity, providing individuals with more options to

reduce stubborn fat without incisions, anesthesia, or downtime. [Board-certified plastic surgeon in Richmond](#) Neil J. Zimmel, MD, FACS, who leads Richmond Aesthetic Surgery and its affiliated medical spa Dermlounge, notes that patients today are increasingly interested in alternatives to [liposuction](#)—particularly when they have mild to moderate fat concerns or prefer a less invasive approach.

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Every body is different. The best results come from choosing the right method for your goals, anatomy, and overall health.”

- Dr. Neil Zimmel

According to Dr. Zimmel, one of the most-requested non-surgical fat reduction treatments at Dermlounge is [KYBELLA](#)®. “This is an injectable that permanently breaks down fat cells under the chin, helping create a more contoured jawline,” he explains. “It’s a great option for patients who are bothered by a double chin but want to avoid surgery.” The treatment typically requires a series of

injections spaced a few weeks apart, with gradual results that become visible over time. For other areas of the body, treatments such as CoolSculpting® may be appropriate for select candidates seeking targeted fat reduction without surgery.

Dr. Zimmel emphasizes that all treatment plans are customized to each patient’s needs. “Every body is different. The best results come from choosing the right method for your goals, anatomy, and overall health,” he says. He encourages those considering non-surgical fat reduction to consult with a qualified medical provider who can recommend safe, evidence-based options.

About Neil J. Zimmel, MD, FACS

Dr. Neil J. Zimmel is a board-certified plastic surgeon and medical director of Dermlounge at



Richmond Aesthetic Surgery. With over a decade of experience, Dr. Zimmel is widely known for combining surgical precision with a patient-centered approach. He is a graduate of the University of Virginia School of Medicine and completed his plastic surgery residency at Virginia Commonwealth University Medical Center. Dr. Zimmel is a Fellow of the American College of Surgeons and an active member of The Aesthetic Society®. He is available for interview upon request.

For more information about Dermlounge at Richmond Aesthetic Surgery, visit [dermlounge.com](http://dermlounge.com) and [richmondplasticsurgery.com](http://richmondplasticsurgery.com).

To view the original source of this release, click here: <https://www.dermlounge.com/press-releases/richmond-plastic-surgeon-highlights-non-surgical-ways-to-reduce-stubborn-fat/>

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