R SURGERY?

Britney Spears shaped up in record time — and some say she had a little help

Wearing a brunette wig and a straw fedora, Britney Spears sashayed into the West LA shop Sweetpeas & Snapshots on April 25 and eyed a pastel green strapless dress — in a size 0.

"The last person who fit into that dress was a 9-year-old child," Suzi Finer, the store's marketing director, tells *In Touch*. "No one could fit into it." But Britney did. When she emerged from the dressing room wearing the $169 gown, Finer was amazed: "She did not have one ounce of fat on her back."

Not that long ago, Britney herself may have been shocked. After giving birth to Sean Preston, 20 months, and Jayden, 8 months, and doing some hard-core partying, Britney, 25, was "heavier than she had ever been," a pal says.

But the pop star has trimmed down suddenly and drastically — and it wasn't all because of exercise. "Britney didn't have full-on liposuction, but she did have some work done," an insider reveals to *In Touch*.

Britney's procedure

Although Britney's rep denies she's had surgery, insiders say she's been visiting Fig, formerly the Las Vegas Advanced LipoDissolve Center. LipoDissolve treatments (also called mesotherapy) involve dozens of injections of PCDC — a derivative of soybeans — into a body's fatty areas. The medication causes fat cells to dissolve in several weeks. "Britney's been in twice for treatments," most recently on April 10, an insider says. She's also gotten laser toning treatments, called Titan, on her legs and thighs, adds another.

Britney, who's hired a personal trainer to stay toned, is thrilled with her new body — and she's not the only one. On April 24, she spent the day rehearsing at Ivan Kane's Forty Deuce club for an upcoming show. "She came onstage looking very hot," Ivan tells *In Touch*. "She sounded great, too."

BRITNEY IS OUT WITH A NEW GUY

On April 28, Britney snuggled with bad-boy singer Howie Day on a night out in LA. The couple, who met in March at Promises rehab center (and were seen playing tennis together), ate at Bridge and then partied at Teddy's before returning to her Beverly Hills home. "Britney's not happy being single," a pal says. Howie, 26, has plenty of his own baggage: He was arrested in 2004 for alledgedly locking a fan in his tour bus bathroom and was also charged with abusing flight crew members.

Is she exercising enough to burn calories?

She eats fast food
On April 28, Britney, who's been known to enjoy McDonald's, ordered the No. 8 meal at a Del Taco — two Big Fat Tacos, fries and a soda. 1,526 CALORIES

She drinks alcohol
Despite spending a month at Promises rehab center, Britney still drinks wine and margaritas.
120 and 400 CALORIES

She likes Frappuccinos
Lots of people love Starbucks — and Britney is no exception. On April 12, she got a grande Frappuccino mocha with whipped cream. 420 CALORIES

▸ She's dancing
She has been going to Millennium Dance Complex in North Hollywood on a regular basis.
BURNS 350 CALORIES PER HOUR

CLOCKWISE FROM LEFT: BEN GAVE/VICTOR/BAUER-GRIFFIN; MALIBU MEDIA/RACHPOOT/M108; RAMEY PHOTO; X17 AGENCY; SNAP PIX; DIGITAL VISION/GETTY IMAGES; X17 AGENCY; MALIBU MEDIA/BOBBY RACHPOOT/M108