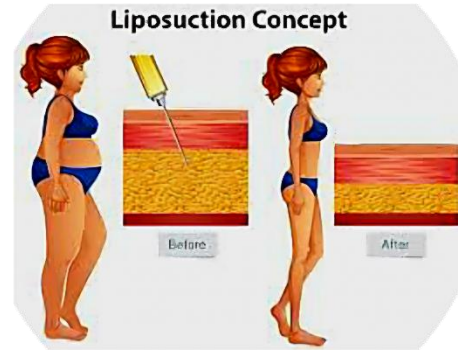




## LIPOSUCTION

- **Introduction**
- **Candidate**
- **Consultation**
- **Question to Ask**
- **Risk & Safety**
- **Preparation**
- **Procedure Steps**
- **Recovery**
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### Introduction

**Liposuction**, also known as lipoplasty, is a surgical procedure that involves the removal of excess fat from specific areas of the body. The procedure is typically used to contour the abdomen, hips, thighs, buttocks and other areas where diet and exercise alone have not been successful. Liposuction is a popular cosmetic surgery procedure that can help people achieve a slimmer and more proportional body shape.

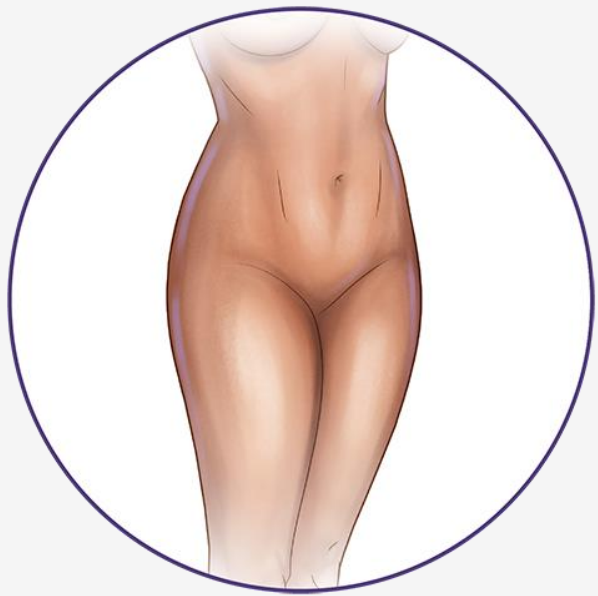
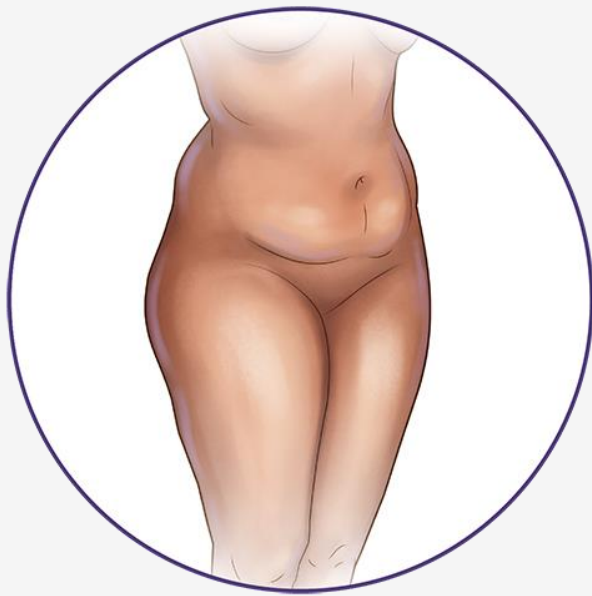
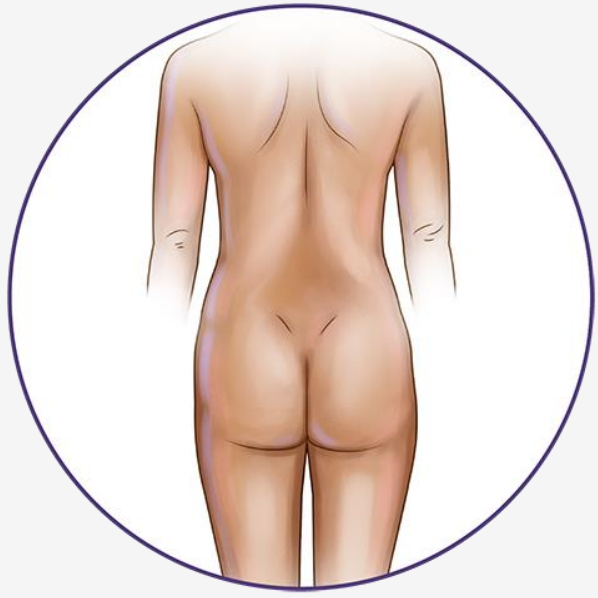
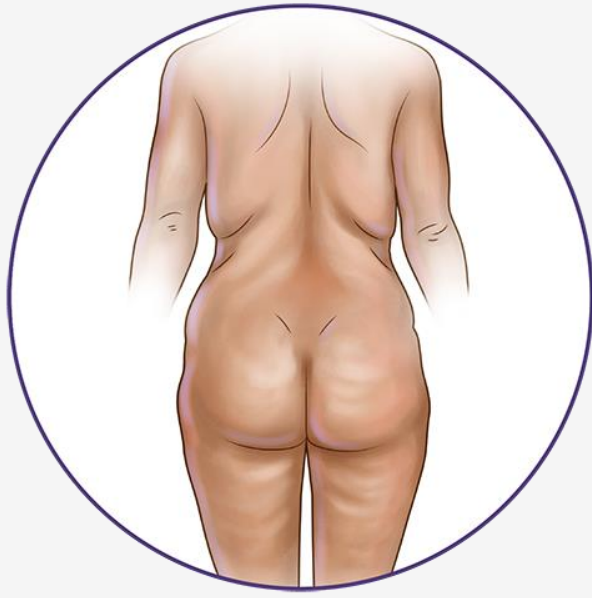
### What Liposuction Can Treat

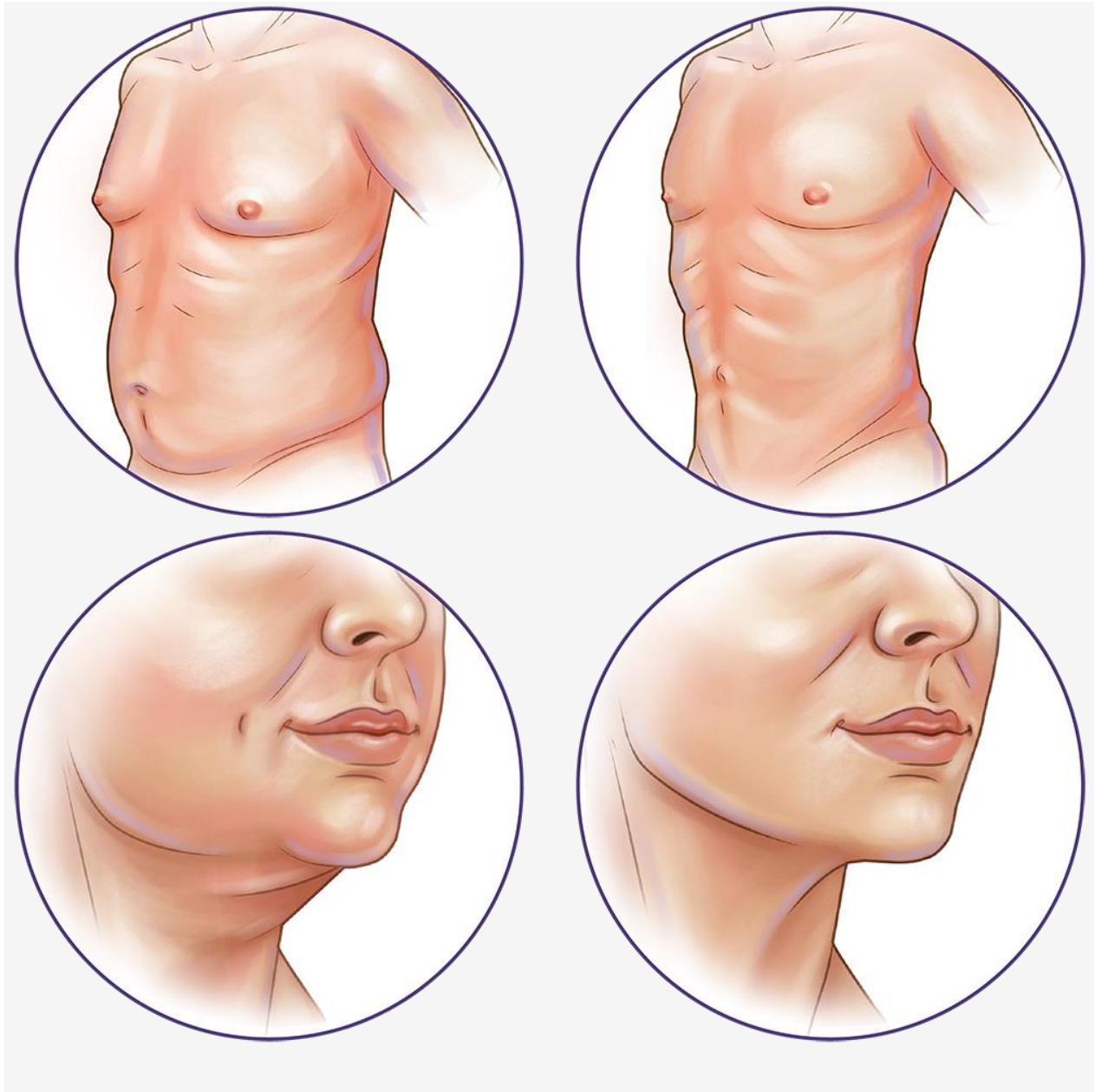
Liposuction techniques may be used to reduce localized fat deposits of the:

- Abdomen and waist
- Back
- Calves and ankles
- Chest area
- Face, cheeks, chin and neck
- Hips and buttocks
- Inner knee
- Thighs
- Upper arms

### What Liposuction Can't Do

Liposuction is not a treatment for obesity or a substitute for proper diet and exercise. Liposuction works for people of normal weight who have some extra fat. If you have firm, elastic skin, you will have better results.





### **Who Is A Good Candidate For Liposuction?**

Liposuction is a highly individualized procedure. You should do it for yourself, not to fulfill someone else's desires or to try to fit any sort of ideal image. If you are bothered by excess fat deposits – located anywhere on your body – that don't respond to diet or exercise, liposuction may be right for you.

### **Ideal Candidates For Liposuction:**

- Adults within 30% of their ideal weight who have firm, elastic skin and good muscle tone
- Healthy individuals who do not have a life-threatening illness or medical conditions that can impair healing
- Individuals with a positive outlook and specific goals in mind for body contouring

### **What Should I Expect During A Consultation For Liposuction?**

The success and safety of your liposuction procedure depends very much on your complete candor during your consultation. You'll be asked a number of questions about your health, desires and lifestyle.

- Your surgical goals
- Medical conditions, drug allergies and medical treatments
- Current medications, vitamins, herbal supplements, alcohol, tobacco and drug use
- Previous surgeries

### **Your Plastic Surgeon Will Also:**

- Evaluate your general health status and any preexisting health conditions or risk factors
- Take photographs
- Discuss your liposuction options
- Recommend a course of treatment
- Discuss likely outcomes of liposuction and any risks or potential complications

### **What Questions Should I Ask My Plastic Surgeon About Liposuction?**

Use this checklist as a guide during your liposuction consultation:

- Am I a good candidate for this procedure?
- What will be expected of me to get the best results?
- Where and how will you perform my procedure?
- What surgical technique is recommended for me?
- How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- What are the risks and complications associated with my procedure?
- Do you have before-and-after photos I can look at for this procedure and what results are reasonable for me?

### **What Are The Risks Of Liposuction?**

The decision to have liposuction is extremely personal, and you'll have to decide if the benefits will achieve your goals and if the risks and potential complications are acceptable. You will be asked to sign consent forms to ensure that you fully understand the procedure and any risks.

All risks will be fully discussed prior to your consent. It is important that you address all your questions directly with your plastic surgeon.

### How Should I Prepare For Liposuction?

- Get lab testing or a medical evaluation
- Take certain medications or adjust your current medications
- Stop smoking or vaping\*
- Avoid taking aspirin, anti-inflammatory drugs and herbal supplements as they can increase bleeding

### What Are The Steps Of A Liposuction Procedure?

Liposuction is a surgical procedure that uses a hollow stainless steel tube, called a cannula, which is inserted through small incisions in the skin. The cannula is then used to suction out unwanted fat from specific areas of the body, such as the abdomen, hips, thighs and buttocks.

#### Step 1 – Anesthesia

Medications are administered for your comfort during the surgical procedure. The choices include intravenous sedation and general anesthesia. Your doctor will recommend the best choice for you.

#### Step 2 – The incision

Liposuction is performed through small, inconspicuous incisions. First, diluted local anesthesia is infused to reduce bleeding and trauma. Then a thin hollow tube, or cannula, is inserted through the incisions to loosen excess fat using a controlled back-and-forth motion. The dislodged fat is then suctioned out of the body using a surgical vacuum or syringe attached to the cannula.

There are many different liposuction techniques:

- In **traditional liposuction**, a cannula is inserted under the skin to break up the fat. A high-pressure vacuum is applied to the cannula to remove the fat from the body.
- **Power-assisted liposuction** uses a vibrating cannula to break up stubborn fat into smaller pieces, making it easier to remove.
- **Ultrasound-assisted liposuction (UAL)** uses ultrasonic vibrations to create a high amount of energy to dissolve the fat.
- **VASER liposuction** is a newer generation form of UAL.

- **Laser-assisted liposuction** is similar to UAL, except that it uses a laser to dissolve the fat.
- **Water-assisted liposuction** uses a pressurized stream of saline to loosen fat cells.

### Step 3 – See the results

Your improved body contour will be apparent once the swelling and fluid retention subside.

### What Should I Expect During My Liposuction Recovery?

After your liposuction surgery is completed, dressings or bandages will be applied to the incisions. You'll need to wear an elastic bandage, support bra or a compression garment to minimize swelling and support your body as it heals.

You will be given specific instructions that may include how to care for your body following surgery, medications to apply or take orally to aid healing and reduce the potential for infection, specific concerns to look for at the surgical site or in your general health and when to follow up with your plastic surgeon.

### Be Sure To Ask Your Plastic Surgeon Specific Questions About What You Can Expect During Your Individual Recovery Period.

- Where will I be taken after my surgery is complete?
- What medication will I be given or prescribed after surgery?
- Will I have dressings/bandages after surgery?
- When will they be removed?
- How will I bathe?
- How long will I wear the pressure garment?
- When can I resume normal activity and exercise?
- When do I return for follow-up care?

### What Is The Timeline For A Liposuction Recovery?

#### Recovery Period    What to Expect

Week 1	<ul style="list-style-type: none"> <li>• Monitor pain, swelling and bruising (medication may be required)</li> <li>• Significantly limit your activity</li> </ul>
Weeks 2-3	<ul style="list-style-type: none"> <li>• You will start to feel much better</li> <li>• Return to work (depending on your job)</li> </ul>

## Recovery Period    What to Expect

	<ul style="list-style-type: none"><li>• Limit exercise and activities</li></ul>
Weeks 4-5	<ul style="list-style-type: none"><li>• Bruising should be gone</li><li>• Swelling should start to subside</li></ul>
Week 6 and Beyond	<ul style="list-style-type: none"><li>• Continued improvement in swelling; may start to gradually increase activity and do gentle exercise</li><li>• </li></ul>

## Before And After Photos



Visual Animation



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## FOR APPOINTMENT

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