

LIPOSUCTION

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What is Liposuction?

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.

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

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

Liposuction can be performed alone or along with other plastic surgery procedures, such as a facelift, breast reduction, or a tummy tuck.

Is it right for me?

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 are:

- 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
- Non-smokers/vapers
- Individuals with a positive outlook and specific goals in mind for body contouring



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. Skin that is soft and thin from stretch marks, weight loss, or natural aging will not reshape as well. You may need more surgeries to remove and tighten extra skin. It is also not an effective treatment for cellulite.

Consultation & Preparing for Surgery

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

During your consultation be prepared to discuss:

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

Your surgeon will also:

- Evaluate your general health status and any pre-existing 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

Prior to surgery, you may be asked to:

- 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

**Smoking decreases blood flow, which can impede wound healing and increase the risk of infection.*



Liposuction surgery may be performed in an accredited outpatient facility, an ambulatory surgical center, or a hospital.

Be sure to arrange for someone to drive you to and from surgery and to stay with you for at least the first night following surgery.

Be sure to ask your plastic surgeon questions. It's natural to feel some anxiety, whether it's excitement for your anticipated new look or a bit of preoperative stress. Don't be shy about discussing these feelings with your plastic surgeon.

Risks & Safety

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.

Risks can include:

- Anesthesia risks
- Bruising
- Change in skin sensation that may persist
- Damage to deeper structures such as nerves, blood vessels, muscles, lungs, and abdominal organs
- Deep vein thrombosis, cardiac and pulmonary complications
- Fluid accumulation
- Infection
- Irregular contours or asymmetries
- Irregular pigmentation
- Need for revision surgery
- Poor wound healing
- Rippling or loose skin, worsening of cellulite
- Swelling
- Cannula breakage
- Thermal burn or heat injury from ultrasound with the ultrasound-assisted lipoplasty technique

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

Secondary procedures may sometimes be recommended to reduce excess skin.

Special considerations are needed when large amounts – usually more than five liters of fat – are suctioned.



The 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.

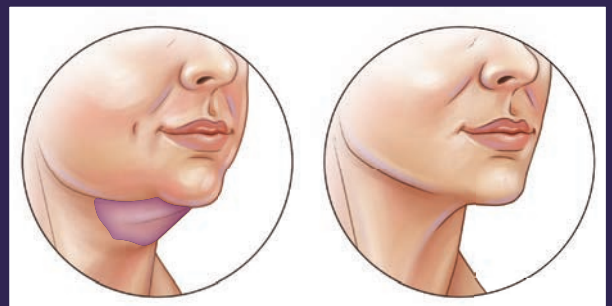
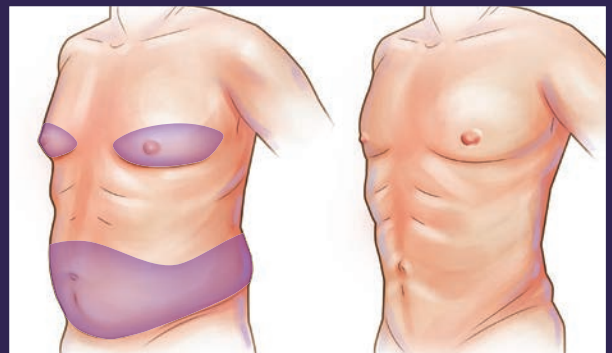
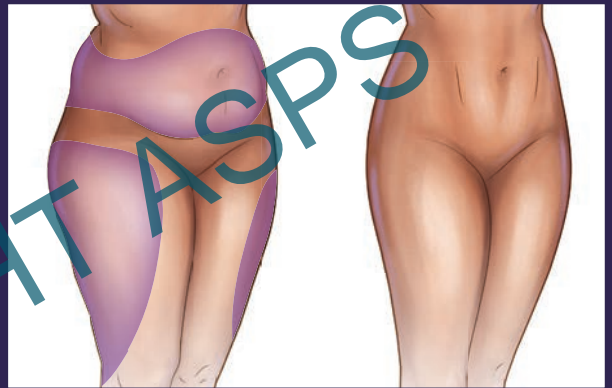
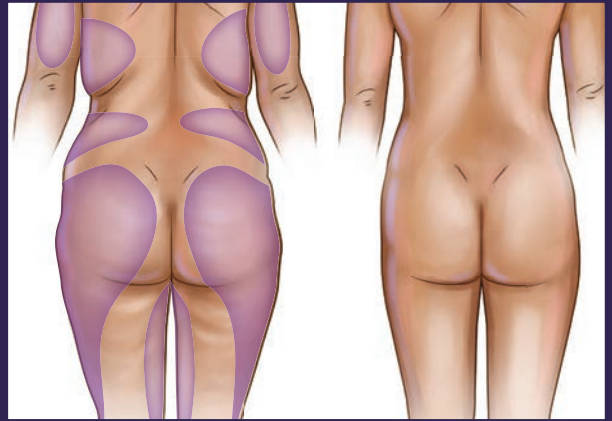
There are many different liposuction techniques:

- 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 commonly experienced following liposuction subside. With continued practices of healthy diet and fitness, the loss of excess fatty tissue should be permanently maintained. However, substantial weight gain can alter the results.

Areas that can be addressed with liposuction:



Recovery & Results

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. If you have drainage tubes, you may be asked to monitor and record how much fluid is emptying into the reservoir.

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?

It may take several months for the swelling to fully dissipate. As it does, your new contours and enhanced self-image should continue to develop.

Your improved body contour will be apparent when the swelling and fluid retention commonly experienced following liposuction subside.

The results of liposuction will be long lasting, provided that you maintain a stable weight and general fitness. As your body ages, it is natural to lose some firmness, but most of your improvement should be relatively permanent.

Although good results are expected from your procedure, there is no guarantee. In some situations, it may not be possible to achieve optimal results with a single surgical procedure and another surgery may be necessary. It is not possible to improve lax skin tone with liposuction.

Recovery Period	What to expect
Week 1	<ul style="list-style-type: none">• Monitor pain, swelling and bruising (medication may be required)• Significantly limit your activity
Weeks 2-3	<ul style="list-style-type: none">• You will start to feel much better• Return to work (depending on your job)• Limit exercise and activities
Weeks 4-5	<ul style="list-style-type: none">• Bruising should be gone• Swelling should start to subside
Week 6 and beyond	<ul style="list-style-type: none">• Continued improvement in swelling; may start to gradually increase activity and do gentle exercise

Following your physician's instructions is key to the success of your surgery. It's important that the surgical incisions are not subjected to excessive force, swelling, abrasion, or motion during the time of healing. Your doctor will give you specific instructions on how to care for yourself.

Cost

Prices for a liposuction procedures can vary. A surgeon's cost may be based on his or her experience, the type of procedure used, and geographic office location.

Cost may include:

- Anesthesia fees
- Hospital or surgical facility costs
- Medical tests and x-rays
- Post-surgery garments
- Prescriptions for medication
- Surgeon's fee

Most health insurance plans do not cover liposuction surgery, as it is considered cosmetic surgery. Please ask your surgeon for a complete picture of the costs you can expect for your procedure. Many plastic surgeons offer patient financing plans.

Make the Right Choice

Plastic surgery involves many choices. The first and most important is selecting a member of the **American Society of Plastic Surgeons (ASPS)**.

ASPS member surgeons meet rigorous standards:

- Board certification by the American Board of Plastic Surgery (ABPS)[®] or in Canada by The Royal College of Physicians and Surgeons of Canada[®]
- Complete at least six years of surgical training following medical school with a minimum of three years of plastic surgery residency training
- Pass comprehensive oral and written exams
- Graduate from an accredited medical school
- Complete continuing medical education, including patient safety each year
- Perform surgery in accredited, state-licensed, or Medicare-certified surgical facilities

Do not be confused by other official-sounding boards and certifications.

The ABPS is recognized by the American Board of Medical Specialties (ABMS), which has approved medical specialty boards since 1934. There is no ABMS-recognized certifying board with "cosmetic surgery" in its name. By choosing a member of The American Society of Plastic Surgeons, you can be assured that you are choosing a qualified, highly trained plastic surgeon who is board certified by the ABPS or The Royal College of Physicians and Surgeons of Canada.

Your satisfaction involves more than a fee:

When choosing a plastic surgeon for liposuction, remember that the surgeon's experience and your comfort with him or her are just as important as the final cost of the surgery.

Questions to ask my plastic surgeon

- Are you certified by the American Board of Plastic Surgery?
- Are you a member of the American Society of Plastic Surgeons?
- Were you trained specifically in the field of plastic surgery?
- How many years of plastic surgery training have you had?
- Do you have hospital privileges to perform this procedure? If so, at which hospitals?
- Is the office-based surgical facility accredited by a nationally- or state-recognized accrediting agency, or is it state-licensed or Medicare-certified?
- 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?
- How are complications handled?
- What are my options if I am dissatisfied with the outcome?
- Do you have before-and-after photos I can look at for this procedure and what results are reasonable for me?

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Words to know

- **Breast reduction:** Also known as reduction mammoplasty, reduction of breast size by surgery.
- **Cannula:** A thin, hollow tube used during liposuction to loosen excess fat.
- **Facelift:** A surgical procedure, also known as rhytidectomy, to reduce sagging of the mid-face, jowls and neck.
- **General anesthesia:** Drugs and/or gases used during an operation to relieve pain and alter consciousness.
- **Hematoma:** Blood pooling beneath the skin.
- **Intravenous sedation:** Sedatives administered by injection into a vein to help you relax.
- **Lipoplasty:** Another term for liposuction.
- **Liposuction:** Also called lipoplasty or suction lipectomy, this procedure vacuums out fat from beneath the skin's surface to reduce fullness.
- **Local anesthesia:** A drug injected directly to the site of an incision during an operation to relieve pain.
- **Suction lipectomy:** Another term for liposuction.
- **Sutures:** Stitches used by surgeons to hold skin and tissue together.
- **Tumescent or super-wet liposuction:** Involves an infusion of saline solution with adrenaline and possibly anesthetic prior to removal of excess fat.
- **Tummy tuck:** A surgical procedure, also known as abdominoplasty, to correct the apron of excess skin hanging over your abdomen.
- **Ultrasound-assisted lipoplasty:** Uses ultrasonic energy to liquefy excess fat prior to surgical suctioning.



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