

LIPOSUCTION

Notes for guidance

Has your body mutinied against you?

We all feel the need to be attractive and many times our body weight or shape does not allow us to do so. Age, diet, exercise, and heredity are some of the factors that determine whether or not our bodies build up fat deposits, often drastically changing our appearance.

Liposuction – about the procedure

Liposuction may be the answer to your all-over body contouring problems. This procedure is used to suction stubborn fat cells from areas of the body containing fat pockets that resist normal exercise and dieting methods. Liposuction is a very popular method to reduce body weight and the appearance of fat, often leaving the recipient feeling and looking more youthful and healthier. During Liposuction, fat is suctioned out of the body through a hollow tube called a cannula. Today's liposuction methods are much improved from days' past, and includes Tumescence Liposuction, the most widely used liposuction method which results in much less discomfort, faster healing time and an overall superior result.

There are risks that have to be addressed before you consider having liposuction. Increased weight is often a factor for increased risks during surgery, and patients often have to diet to reach a recommended weight range before liposuction can be performed. Another thing to consider is that liposuction is not a permanent solution. Age, poor diet and lack of exercise may cause some patients to regain the fat that was removed during surgery.

You should keep in mind that liposuction is used to augment, not replace, healthy diet and exercise.

Do you want to have fat removed and think you are a candidate?

Not everyone is a good candidate for liposuction. Some people have to follow diet and exercise guidelines before being able to have the surgery itself. Also, a number of medical problems may keep you from having this type of procedure, as the risks are too great. Patients with heart, lung or blood circulation issues such as diabetes may be at too high of a risk. People who have had recent surgeries or illnesses may need to discuss associated risks with their physician.

Patients with large areas of cellulite, or dimpling of the skin due to underlying fat deposits, may want to consider having other procedures, such as a tummy tuck or thigh and arm lift – this will vary depending on the location of the fat deposits.

How can liposuction help sculpt your body?

Men often have liposuction for trouble spots under the chin and areas of the abdomen. Women, unfortunately have many more common problem areas such as the abdomen, hips, buttocks, breast area, under arms, and thighs. Due to genetics, women have more areas where fat deposits are stored. Those areas are hold the more stubborn fat deposits that are resistant to diet and exercise and may benefit from liposuction.

Depending on the extent of your surgery and the areas of your body that will be treated, the procedure will be performed under either local or general anesthesia. Liposuction is performed by vacuuming fat deposits out using a tube with a rounded safety tip and a suction pump or a syringe. For larger areas, or those with higher fat content, a new procedure has recently come into use.

UAL (ultrasound-assisted lipoplasty) is used to liquefy the fat deposits by bursts of ultrasonic waves. This is done by inserting a probe under the skin to reach the fat pockets. Liposuction usually takes a couple of hours, depending on the number of areas to be sculpted and how much fat is to be suctioned. Fluid loss is a concern and will be carefully monitored by your surgeon along with the rest of the surgical team. Most patients receive replacement fluids by IV to replace what is removed during the fat extraction.

Your recovery

Two to four weeks is the average time for recovery from Liposuction, allowing patients to go back to work more quickly than if they have only had minor amounts of work done. Those having more detailed areas, larger areas, or a higher volume of fat removed may require up to two months before doing more strenuous activities. The swelling may take up to six months to fully abate.

Are there any risks with liposuction?

As with any medical procedure, liposuction does not come without some degree of risk. Complications arising from anesthesia or issues with the patient's body not responding well during surgery are possible. Fluid loss can lead to shock and major complications may result as fat clots or blood clots may also be possible, during or after surgery.

Minor complications may be cosmetic issues, such as bagginess or folding/rippling effects with the skin's elasticity. Some patients have noticed a change in skin pigmentation or may have numb areas of skin. Incision scars are usually small and well hidden, and are rarely cause for concern beyond possible infection issues. Pain and soreness are usually common and might be treated with approved medications.

Fortunately, due to today's advanced surgical techniques and equipment, complications are usually rare; if they occur, they are minimal and easily controlled.

Will the results of my liposuction be noticed immediately?

Many patients are able to see noticeable results upon waking after surgery. This is particularly true of patients who have a larger volume of fat deposits removed. Some patients have more swelling and may have less noticeable results initially, but begin to see them quickly as the swelling goes down. Many patients have issues with pain and soreness at first and are more concerned about those effects, and only gradually are able to recognize and enjoy the results of the liposuction. Liposuction can change your outlook as you come to terms with your newly sculpted body.

Further Information

This brochure has been prepared to give a basic understanding of the procedure before a consultation takes place, and to cover many of the questions frequently asked about this type of cosmetic surgery. Final decisions should not be made until an individual assessment has taken place with the surgeon.

There is no obligation on the part of the patient to undergo surgery by attending for consultation.

If you have any further questions or would like to arrange a consultation please fill in the online form on our website at www.surgeryone.co.uk. All enquiries are always treated confidentially.