

LIPOSUCTION

Reshape and Refine



Knowledge is Beautiful

If you are considering Liposuction, there are several things to consider to ensure you are making an informed decision.

Liposuction, also known as lipectomy or lipoplasty, removes localized fatty tissue to enhance your shape and improve your body contour. Liposuction results are best when your body weight is stable and healthy but you still have isolated pockets of fat that are resistant to diet and exercise. Many people who consider liposuction also consider other surgical and nonsurgical techniques, which your aesthetic surgeon can explain and help select the best choices for you.

LIPOSUCTION MAY BE RIGHT FOR YOU IF YOU FEEL:

- You have areas of fat deposits that are out of proportion with the rest of your body that will not disappear with diet and exercise
- You wish to create more definition or a sleeker contour in certain areas of your body
- Your skin elasticity is good.
- You are in good health, have a positive attitude, and realistic expectations. If you are planning to lose a significant amount of weight, or even gain weight (for example, due to pregnancy), now is not the time to undergo liposuction.

A MEMBER OF THE AESTHETIC SOCIETY

There is nothing more important than choosing the right plastic surgeon. With a member of The Aesthetic Society, you can rest easy, knowing you are in good hands.



BEYOND BOARD CERTIFIED

Unlike some plastic surgeons, members of The Aesthetic Society are board-certified by accredited boards, like the American Board of Plastic Surgery (ABPS) in the US, which require the highest level of education, training, and experience.

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.



*If you live outside the United States or Canada, check your surgeon's affiliation with the International Society of Aesthetic Plastic Surgery (ISAPS). Canadian plastic surgeons are certified by the Royal College of Physicians and Surgeons of Canada.

Preparing For Surgery

Preparation for surgery begins after your plastic surgeon examines you and discusses the details of the procedure. Your plastic surgeon will provide thorough preoperative instructions and may recommend you achieve certain weight goals before surgery or make other lifestyle changes to help improve your results and minimize possible complications. Regardless of the type of surgery to be performed, hydration before and after is essential for safe recovery and optimal outcomes.

BEFORE YOUR PROCEDURE, YOUR SURGEON WILL DISCUSS WITH YOU:

- The impact that smoking and tobacco products have on your surgery. Your surgeon may recommend that you stop smoking and using other tobacco products, including nicotine patches, gum, and nicotine-containing electronic cigarettes before surgery.
- The importance of avoiding aspirin, nonsteroidal anti-inflammatory medications (NSAIDs: Advil, Motrin, Aleve), and vitamins or homeopathic regimens before surgery, since these products can increase bleeding.

As liposuction surgery is usually performed on an outpatient basis, be sure to arrange for someone to drive you home after surgery and stay with you for the next 24 hours. If you are undergoing a large volume of liposuction, you may be asked to stay in the surgical facility for one night.



Your surgeon will provide complete instructions on preoperative and postoperative care. Read the instructions carefully to ensure that you fully understand them and know what to expect before, during, and after your procedure.

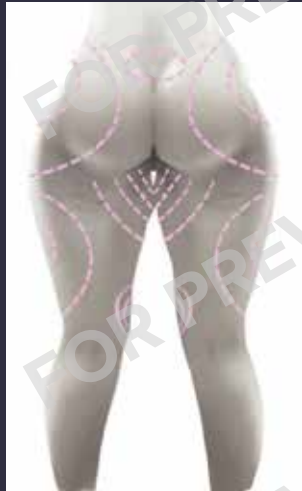
Procedural Steps

STEP 1 | ANESTHESIA

Medications are administered for your comfort during the surgical procedure. Your surgeon will recommend whether general anesthesia or another type of anesthesia is the best option for you.

STEP 2 | THE PROCEDURE

In liposuction, small, thin, blunt-tipped tubes (cannula) are inserted through small incisions. Your plastic surgeon moves these tubes under your skin to target fat deposits and then suction them out.



Lipoplasty helps to eliminate unsightly bulges by removing localized fat deposits. Treatment areas may include the abdomen, flanks, hips, chest, thighs, upper arms, and neck. Collections of fatty tissue in the indicated areas are removed through short, discretely placed incisions. A cannula is inserted through the incision, and fat is carried away via suction. Other techniques may be used to liquefy the fat before it is removed.



Before surgery.



After surgery.

STEP 3 | THE TECHNIQUES

There are a variety of technologies that facilitate liposuction. These technologies include Power-Assisted Liposuction, Ultrasound-Assisted Liposuction, Laser-Assisted Liposuction, and others. Your plastic surgeon will discuss the options and help select the best solution for you. If large amounts of fat are suctioned, other secondary procedures may be performed to reduce excess skin. However, it is important to remember that liposuction is not a replacement for diet and exercise, or a means to achieve significant weight loss. Most plastic surgeons have strict limitations on how much fat and fluid can be removed to provide a safe surgical experience.

STEP 4 | THE RESULTS

After liposuction, there will be areas of swelling and potential bruising. The swelling will decrease in a few weeks to a few months, and different areas may shrink at different rates. As swelling subsides, your improved body contour will become apparent. Your results will be long lasting if you have a healthy lifestyle and maintain your weight.



Before surgery.



After surgery, your body contour will appear smoother and slimmer.



Recovery, Safety and Risks

After surgery, you and your caregiver will receive detailed instructions about your postsurgical care, including information about normal post-operative symptoms you may experience and signs of potential complications. This will include information about wearing compression garments, taking an antibiotic if prescribed, and the level of activity that is safe.

It is important to realize that the amount of time it takes for recovery varies greatly. The first few days after surgery, you should rest quietly, elevating the affected body part, if possible. You should not take aspirin or certain anti-inflammatory medications. You will most likely wear a postsurgical garment; if it is too tight, notify your surgeon.

Do not smoke after your liposuction surgery to prevent coughing and bleeding; smoking also restricts the amount of oxygen in your bloodstream and will slow the healing process. Do not drink alcohol while you are taking pain medication.

SURGERY RISKS

All surgery has risks and potential complications, which your surgeon will go over with you. Be sure you understand these potential complications before proceeding with any surgical procedure, as no surgeon can offer risk-free surgery or guarantee a perfect result.

Final Results

Your results will be long lasting if you have a healthy lifestyle and maintain your weight. Many patients experience enhanced self-image as a result of the procedure.

HOW LONG WILL THE RESULTS LAST ?

The results of liposuction surgery are technically permanent because fat cells have been removed. However, your body shape and contours might be affected by weight gain, aging, pregnancy, family genes, and lifestyle factors.

- It is crucial to maintain healthy habits and a stable weight to maintain liposuction results.
- There is no way to predict where your body will store new fat.
- The basic message: keep your weight stable for a long lasting result.

MAINTAINING A RELATIONSHIP WITH YOUR PLASTIC SURGEON

For the most beautiful and healthy outcome, it is important to return to your plastic surgeon's office for follow-up evaluation at prescribed times and whenever you notice any liposuction surgery-related changes in your body.

Please remember that the relationship with your plastic surgeon does not end when you leave the operating room. If you have questions or concerns during your recovery or need additional information at a later time, you should contact your plastic surgeon.

Questions to Ask My Surgeon



FEEDBACK ABOUT MY CASE, GOALS, AND PROCEDURE

1. Am I a good candidate for liposuction?
2. Are the results I am seeking reasonable and realistic?
3. Do you have liposuction before-and-after photos?
4. Where will my incisions be?
5. Will my scars be visible?
6. What kind of anesthesia do you recommend for me?
7. What will be the costs associated with my liposuction?
8. What can I do to help get the best results?

POSTOPERATIVE QUESTIONS

1. What kind of recovery period can I expect, and when can I resume normal activities?
2. What are the risks and complications associated with my procedure?
3. How are complications handled?
4. What are my options if the cosmetic outcome of my liposuction does not meet the goals we agreed on?

Your Next Step

After reading about Liposuction, you understand more about what this procedure is and what it can do for you. Your plastic surgeon will tell you if you are a good candidate for the procedures that interest you and the kind of results you can expect. Further, your surgeon will provide additional, detailed information about risks, possible complications, and potential benefits.

Advances are constantly being made in the field of cosmetic plastic surgery, and your plastic surgeon may also present their preferred variations to the surgical techniques described in this booklet. If there is a cosmetic procedure you have heard about from another source, such as a magazine article, TV program, or on social media, ask your plastic surgeon if it will benefit you. If there are any problems or safety concerns, your surgeon will alert you to those issues.

Above all, confide in your plastic surgeon by thoroughly discussing your goals, expectations, and concerns. Your plastic surgeon's most important job is to help you safely and comfortably achieve both physical well-being and satisfaction with your appearance.

For more information about aesthetic medical procedures, visit theaestheticsociety.org, the most comprehensive collection of information online.



With a member of
The Aesthetic Society,
you can rest easy,
knowing you are
in good hands.



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