

Liposuction

Liposuction, or suction assisted lipectomy, is a body contouring procedure to remove fat deposits from body areas that are resistant to diet and exercise. Liposuction is a common cosmetic treatment for both men and women and can produce very effective results in popular areas including the abdomen, inner and outer thighs, hips, waist, buttocks, inner knees, arms and chin.

The ideal candidates for liposuction are fit and healthy people with good skin tone and discrete pockets of unwanted fat. Following liposuction it is still necessary to exercise and maintain a balanced diet. Liposuction is not designed as a weight loss treatment, nor will it remove existing cellulite or improve stretch marks. Moderate amounts of skin will contract and 'take up' over a period of 3 to 6 months post liposuction.

Liposuction is commonly performed using the 'tumescent technique' where large amounts of fluid and local anaesthetic are injected through small incisions. This helps to reduce unwanted bleeding. A liposuction cannula is then passed into the softened fat cells and suction through the cannula removes the fatty tissue and fluid

Alternative Options to Liposuction

- **Abdominoplasty (tummy tuck):** for patients with more significant lower abdominal skin laxity, extensive stretch marks or stretched abdominal muscles, an abdominoplasty may better produce a flatter abdominal wall.
- **Thigh Lift:** may be a more suitable alternative in some patients where loose skin is less likely to contract following liposuction.
- **Mesotherapy:** involves a number of injections in the treatment site, intended to 'melt away' unwanted fat. Treatment with mesotherapy can leave uneven and lumpy results with little proven efficacy.
- **Transcutaneous US guided lipolysis:** a technique promoted as minimally invasive. Again little evidence to prove efficacy.

Post-operative Course

Liposuction is usually performed as a day procedure in hospital. It is normal to experience some discomfort, swelling and bruising post-operatively and you will be provided with medication for pain relief. Depending on your treatment area and the amount of liposuction performed you will be required to wear a compression garment for between 4 to 6 weeks.

There may be some oozing of blood stained fluid from your wounds in the first 24 hours. You will be given some replacement dressings if required and you will be able to shower with your dressings in place. You will attend WPRS one-week post surgery for a wound review and you will be provided with scar-management education.

Bruising is common post liposuction and may take two weeks to resolve. Swelling takes far longer to resolve and the end result may take up to 3 months to achieve.

With regard to physical activity, you will need to rest for the first week and will not be able to drive a car during this period. A gradual return to normal activity can be expected and you should commence exercise with gentle walking and avoidance of strenuous activity for 4 to 6 weeks.

At WPRS, whilst we aim to achieve the best result from your surgery, there can be no guarantee of perfection. We pride ourselves in offering you the best possible experience with your surgery. If there are any questions or concerns we encourage you to ring WPRS to discuss these either with Mr Toma or the dedicated team of nurses at WPRS.

I **have read and understand the procedure and potential risks. I have no further questions regarding my surgery.**

Signed.....

Potential Risks of Surgery

- **Bleeding:** any bleeding after surgery is usually minor. Rarely may you bleed enough to require a return to theatre to drain the blood and stop any bleeding.
- **Blood transfusion:** is rare unless more than 4 litres of liposuction is performed. To avoid this complication we do not perform more than this volume of liposuction in one operation.
- **Wound site infection:** uncommon, however you may be required to commence treatment with antibiotics.
- **Skin infections:** although rare some serious skin infections can be life threatening. All patients are given antibiotics on discharge in an attempt to avoid this complication.
- **Wound separation/delayed healing:** Not common post liposuction due to the small incisions.
- **Scar widening or hypertrophy:** this can occur with any scar. Your wound will be carefully closed, however some people may develop widened or elevated scars.
- **Contour deformity:** Every effort is made to ensure that we achieve your goals with regards to contour and shape; we cannot however guarantee a perfect end result.
- **Skin rippling:** If liposuction is performed too close to the skin the skin may ripple.
- **Damage to internal organs:** although extremely rare this maybe life threatening. This can occur in people undergoing liposuction on their abdominal wall if they have had previous abdominal surgery.
- **Deep venous thrombosis/Pulmonary embolisms:** 1 in100 major surgical cases may develop this complication. Every effort is made to avoid this with early mobilisation and blood thinners in longer cases
- **Anaesthetic complications:** sore throat, nausea/vomiting, other rare complications (i.e. allergic reaction to anaesthetic) can be discussed with your anaesthetist.

