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What is Liposuction?

Liposuction is a surgical procedure that uses a suction technique to remove fat from specific areas of the body, such as the abdomen, hips, thighs, buttocks, arms or neck. Liposuction also shapes (contours) these areas.

Check the illustrative video [here](#).

Before the Surgery... Preparation and Expectations

It is important to know the following before deciding to undergo a liposuction surgery:

- Liposuction reduces the number of fat cells in a specific area. The amount of fat removed depends on the appearance of the area and the volume of fat. The resulting contour changes are generally permanent — as long as your weight remains stable.
- You may be a candidate for liposuction if you have too much body fat in specific spots but otherwise have a stable body weight.
- Liposuction isn't typically considered an overall weight-loss method or a weight-loss alternative. If you're overweight, you're likely to lose more weight through diet and exercise or through bariatric procedures — such as gastric bypass surgery — than you would with liposuction.
- Liposuction doesn't improve cellulite, dimpling or other skin surface irregularities. Likewise, liposuction doesn't remove stretch marks.

Before the surgery, a detailed interview is conducted with our medical team covering the following:

- Review of your medical history and current health situation including a complete physical examination and results of any laboratory tests, such as blood tests.
- Determine the desired body part for liposuction and its consistency with the rest of the body and discuss the required and/or possible changes and agreeing on them.
- Photographs of your body (required areas) from different angles and close-up photos of some features.
- An overview of the surgical intervention, expected risk, recovery stages as well as the expected results.
- Determining where your procedure will be performed and the date of operation.

Our medical team may advise against liposuction if you have a medical condition that prevents blood clotting, or experiencing ongoing weight fluctuations (or if you are significantly over weight), or if you are a heavy smoker. Liposuction surgery isn't for everyone.

Important Instructions

- Avoid taking aspirin, anti-inflammatory drugs, vitamins and herbal supplements, one week before the surgery, as they can increase bleeding.
- Take only those medications approved or prescribed by your surgeon.
- Stop smoking 3 weeks before the surgery.

- Arrange for someone to drive you home after the surgery.
- Arrange for resting at home for at least one week after the surgery.

During the Surgery

- **Anesthesia:** Type of anesthesia will be discussed and determined with our medical team before the surgery. Local or general anesthesia is applied according to your situation and the required intervention.
- **Procedure Steps:** Before your liposuction procedure, we may mark circles and lines on the areas of your body to be treated. How your liposuction procedure is done depends on the specific technique that's used. We will select the appropriate technique based on your treatment goals, the area of your body to be treated, and whether you have had other liposuction procedures in the past. Liposuction techniques include:
 - Tumescent Liposuction: This is the most common type of liposuction. A sterile solution — a mixture of salt water, is injected to aid fat removal, an anesthetic (lidocaine) to relieve pain and a drug (epinephrine) that causes the blood vessels to constrict — into the area that's being treated. The fluid mixture causes the affected area to swell and stiffen. Then we make small cuts into your skin and insert a thin tube called a cannula. The cannula is connected to a vacuum that suctions fat and fluids from your body.
 - Ultrasound-Assisted Liposuction (UAL): Sometimes used in conjunction with traditional liposuction. During UAL, we insert a metal rod that emits ultrasonic energy under your skin. This ruptures the fat-cell walls and breaks down the fat for easier removal. A new generation of UAL called VASER-assisted liposuction uses a device that may improve skin contouring and reduce the chance of skin injuries.
 - Laser-Assisted Liposuction (LAL): This technique uses high-intensity laser light to break down fat for easier removal. During LAL, we insert a laser fiber through a small incision in the skin, which emulsifies fat deposits. The fat is then removed via a cannula.
 - Power-Assisted Liposuction (PAL): This technique uses a cannula that moves in a rapid back and forth motion. This vibration allows pulling out tough fat more easily and faster. PAL may sometimes cause less pain and swelling and can allow removing fat with more precision. It can be a good option if large volumes of fat need to be removed or if you've had a previous liposuction procedure.
- The surgery lasts for 1-6 hours depending on the surgical details and patient's situation.

After the Surgery

- In most of the cases, you can leave the hospital later the same day of the operation, or else as needed.

- Expect some pain, swelling and bruising after the procedure. Medication will be prescribed to help control the pain and antibiotics to reduce the risk of infection.
- We may leave your incisions open to allow any blood or fluids to drain or place temporary drain tubes to promote fluid drainage.
- You usually need to wear tight compression garments, which help reduce swelling, for a few weeks.
- The swelling will improve by time along with the contour and size
- Do not worry if suction fluids and solutions come out and appear on the corset. These fluids may be in large amount and bloody. This is normal and will decrease gradually within 3 days.
- You may need to wait one week at least before returning to work and a few weeks before resuming your normal activities — including exercise.
- During this time, expect some contour irregularities as the remaining fat settles into position.

Post-Procedure Precautions

- You will need to wear a corset for 4-8 weeks (upon the doctor's advice). It should be tight in order to ensure the best results of contouring and avoid fluid accumulation.
- The corset will be removed for the first time on the 3rd day after the surgery. Then it can be removed for 15 minutes daily to shower. You will be instructed on how to care for the surgical site and drains.
- You might need to replace the corset with a smaller size after a while (after the swelling decreases).
- In case of abdominal liposuction, an abdominal belt might be needed over the corset for 1-2 months.
- It is advised to walk (a minimum of 30 steps daily inside the room), to avoid immobility risks.
- It is important to watch out for not standing up suddenly from a sleeping position. Yet, sit on bed firstly, then stand up gradually and get out of bed while bending your back and knees.
- It is highly recommended to perform massage (manual lymphatic drainage massage) on the treated area, as early as 3 days postoperative, for better results and faster recovery. You can do it yourself at home or ask our clinic for support. Check massage video [here](#).
- Avoid vigorous or aerobic activity or sports for 6 weeks after the surgery.

- Stop smoking. Smoking slows the healing process and may make you more likely to get an infection.
- Eat high-fiber foods, such as fruits and vegetables, to avoid constipation. Constipation can cause you to strain, putting pressure on the surgery site.
- Limit your dietary salt intake to help faster swelling recovery.

Recovery and Results

- Your improved body contour will be apparent when the swelling and fluid retention commonly experienced following liposuction subside. It takes a few weeks for the swelling recovery and several months to observe a leaner appearance on the treated area.
- It is natural for skin to lose some firmness with aging, but liposuction results are generally long lasting as long as you maintain your weight.
- If you gain weight after liposuction, your fat distribution may change. For example, you may accumulate fat around your abdomen regardless of what areas were originally treated.
- After liposuction, the skin molds itself to the new contour of the treated areas. If you have good skin tone and elasticity, the skin is likely to appear smooth. If your skin is thin with poor elasticity, however, the skin in the treated areas may appear a bit loose and a follow up surgery might be needed.
- Liposuction results are generally long lasting, provided you maintain stable weight and general fitness.

Follow-up

In the first month after the surgery, follow-up is done by visiting the clinic once or twice a week. In the following month, a visit is made every two weeks. Then monthly follow-up visits (once a month) during the next 6-12 months.

For Lipedema Patients:

- It is a chronic condition of abnormal irregular fat depositions, heaviness, pain, bruising and functional limitations, which might be accompanied with lymphedema in some cases.

- Body weight management, lifelong manual lymphatic drainage massage, complex decongestive therapy by a specialist with a compression wrap afterwards or having to wear a compression garment for life is usually mandatory.
- Liposuction can improve the size and shape of the treated area, enhance the mobility and the quality of life, however, chronic pain might not be completely cured but may be relieved.
- Usually multiple surgeries will be needed to reach a better outcome as it cannot be treated in only one setting with a high recurrence rate.
- Redundant excessive skin can occur after liposuction, which will require excision and lifting with extra scars in the same surgery setting or later, depending on your case.
- In addition, some dimples, creases or cellulite might still persist after surgery.
- There is a higher risk of developing lymphedema or a seroma which takes a longer than usual time to resolve.

Risk

The decision to have plastic surgery is extremely personal. You will have to decide if the benefits will achieve your goals and if the risks and potential complications of liposuction are acceptable.

Our medical team will explain in detail the risks associated with surgery. As with any surgical procedure, you will be asked to sign consent forms to ensure that you fully understand the procedure and any risks or potential complications. Photographs are taken before and after the surgery and for different periods to follow up the progress achieved.

Liposuction risks might include:

- Anesthesia risks
- Fluid accumulation, swelling and/or bruising
- Irregular contours or asymmetries
- Irregular pigmentation
- Poor wound healing
- Change in skin sensation that may persist
- Deep vein thrombosis, cardiac and pulmonary complications
- Rippling or loose skin, worsening of cellulite which might require a revision surgery

- Damage to deeper structures such as nerves, blood vessels, muscles, lungs and abdominal organs
- Thermal burn or heat injury from ultrasound with the ultrasound-assisted liposuction technique.

Medication

R/Tavanic 500mg	One tablet daily for 5 days
R/Ketolac SR	One tablet every 12 hours - after meals – till pain is gone
R/Panadol 500mg	Two tablets every 8 hours
R/Neurontin 300mg	One tablet before sleeping for 5 days
R/Alphintern	Two tablets every 8 hours – half an hour before meals – for 2-3 weeks
R/Controlloc 40mg	One tablet 30 minutes before breakfast for 10 days

Cited in :

— American Society of Plastic Surgeons; [HYPERLINK](#)

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