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## **Liposuction**

### General Information

Liposuction is a procedure that can help sculpt the body by removing unwanted fat from specific areas, including the abdomen, hips, buttocks, thighs, knees, upper arms, chin and neck. A new technique, the tumescent technique is helping provide selected patients with more precise results and quicker recovery times. Liposuction is not a substitute for dieting and exercise, but can remove stubborn areas of fat that don't respond to traditional weight-loss methods.

### **The best candidates for liposuction**

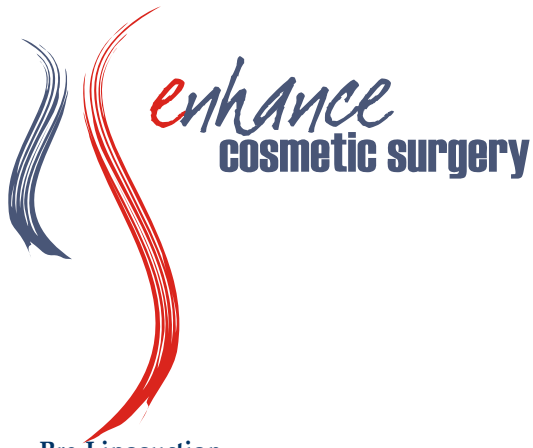
A good candidate for liposuction should have realistic expectations. It's important to understand that liposuction can enhance your appearance and self confidence, but it won't necessarily change your looks. Liposuction is not a treatment for obesity. Normal-weight people with firm, elastic skin who have localized pockets of excess fat in certain areas are the best candidates for liposuction. Those who have diminished skin elasticity may not achieve the same results as a younger patient with tighter skin.

### **Realistic expectations**

Although the results of liposuction are often quite spectacular it is not realistic to expect perfection. It is impossible to guarantee the exact amount of fat that will be removed by liposuction. Although a 50% improvement can be expected it is unreasonable to expect a 95% improvement or near perfection. A 50% improvement indicates a definite perceptible improvement, but something short of perfection. If a 50% improvement would make a patient then they will be satisfied with their result. Generally patients achieve a greater than 50% improvement.

### **Your Consultation**

In your initial consultation, your surgeon will evaluate your health, determine where your fat deposits lie and assess the condition of your skin. Your surgeon will explain the body-contouring methods that may be most appropriate for you



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### **Pre-Liposuction**

Mr Yelland will give you specific instructions on how to prepare for surgery, including guidelines on eating and drinking, smoking, and taking or avoiding vitamins, iron tablets and certain medications. If you develop a cold or an infection of any kind, especially a skin infection, your surgery may have to be postponed.

Also, while you are making preparations, be sure to arrange for someone to drive you home after the procedure and, if needed, to help you at home for a day or two.

### **Where your surgery will be performed**

Your liposuction will be performed in the Sussex Nuffield Hospital. Smaller-volume liposuction is usually done on a day case basis. However, all patients especially those undergoing larger volume liposuction will be offered an overnight stay, or if the liposuction is being performed in conjunction with other procedures.

### **Anesthesia for liposuction**

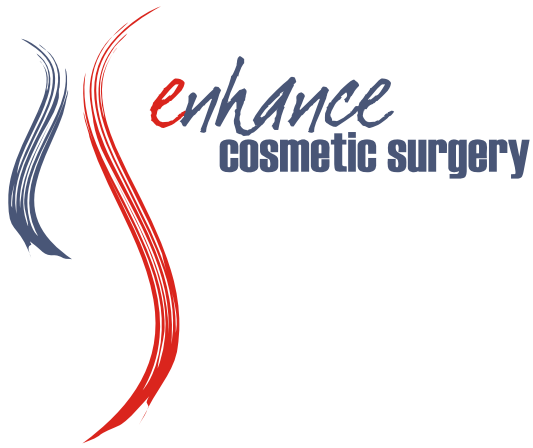
Mr Yelland most often performs liposuction under local anesthesia, which numbs only the affected areas. This is often used along with intravenous sedation to keep you more relaxed during the procedure. However, some patients prefer general anesthesia, particularly if a large volume of fat is being removed or if the area to be treated is near the face or may be combined with another procedure, for example, treatment of the male breast.

### **The surgery**

The time required to perform liposuction may vary considerably, depending on the size of the area, the amount of fat being removed, the type of anesthesia and the technique used.

Liposuction is a procedure in which localized deposits of fat are removed to recontour one or more areas of the body. Initially fluid is injected, which is a medicated solution - a mixture of intravenous salt solution, lidocaine (a local anesthetic) and epinephrine (a drug that contracts blood vessels) - helps the fat be removed more easily, reduces blood loss and provides anesthesia during and after surgery. Fluid injection also helps to reduce the amount of bruising after surgery.

Through a tiny incision, a narrow tube is then inserted and used to vacuum the fat layer that lies deep beneath the skin.



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### **All surgery carries some uncertainty and risk**

Liposuction is a safe procedure; however, it's important to keep in mind that even though a well-trained surgeon and a state-of-the-art facility can improve your chance of having a good result, there are no guarantees. Though they are rare, complications can and do occur. Risks increase if a greater number of areas are treated at the same time, or if the operative sites are larger in size. Mr Yelland will discuss potential risks with you at your initial consultation.

### **After your surgery**

After surgery, you will likely experience some fluid drainage from the incisions. To control swelling and to help your skin better fit its new contours, you will be fitted with a snug elastic garment to wear over the treated area, and Mr Yelland will also prescribe antibiotics to prevent infection.

Don't expect to feel entirely normal straight after your procedure - you may still experience some pain, burning, swelling, bleeding and temporary numbness. Pain can be controlled with medications prescribed by your surgeon, though you may still feel stiff and sore for a few days.

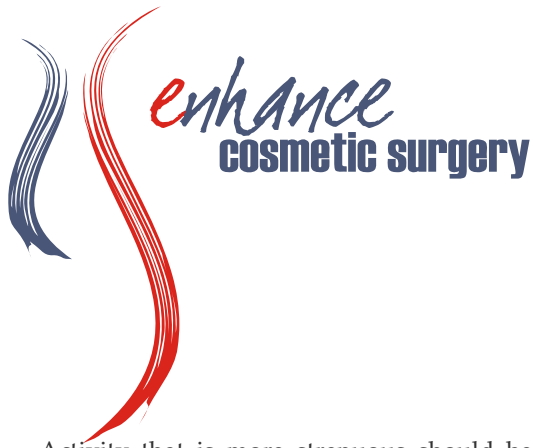
It is normal to feel a bit anxious or depressed in the days or weeks following surgery. However, this feeling will subside as you begin to look and feel better.

### **Longevity of results**

The fat cells that are removed by liposuction do not grow back. If the patient later gains or loses weight, the change tends to be distributed proportionately over the entire body. Although one can expect some changes with aging, provided that the patient does not gain large amounts of weight, the patient's new, more pleasing silhouette is relatively permanent. If there is a large weight gain after liposuction surgery, new fat cells may be created.

### **Getting back to normal**

Healing is a gradual process. Your surgeon will probably tell you to start walking around as soon as possible to reduce swelling and to help prevent blood clots from forming in your legs. You will begin to feel better after about a week or two and you should be back at work within a few days following your surgery. There will be no stitches to be removed.



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Activity that is more strenuous should be avoided for about a month as your body continues to heal. Although most of the bruising and swelling usually disappears within three weeks, some swelling may remain for six months or more.

### **Your new look**

You will see a noticeable difference in the shape of your body quite soon after surgery. However, improvement will become even more apparent after about four to six weeks, when most of the swelling has subsided. After about three months, any persistent mild swelling usually disappears and the final contour will be visible.

If your expectations are realistic, you will probably be very pleased with the results of your surgery. You may find that you are more comfortable in a wide variety of clothes and more at ease with your body. And, by eating a healthy diet and getting regular exercise, you can help to maintain your new shape.