



Aura

ADVANCED SKIN CARE
& PLASTIC SURGERY

LIPOSUCTION

ASPIRATION LIPECTOMY

What is Liposuction?

Liposuction refers to the removal of stubborn pockets of fat that cannot be eliminated by diet and exercise alone. Liposuction is the surgical procedure that suctions out fat through tiny hollow tubes called cannula. Popular areas treated by liposuction include the buttocks, thigh, abdomen, love handles and along the jawline (a.k.a. jowls).

Liposuction aims to create not only a slimmer body contour but also improves the balance between body parts, symmetry, and overall aesthetic appearance of the body. Liposuction can be performed on one or multiple body parts, and in conjunction with various other cosmetic procedures such as a tummy tuck or breast lift.

Candidates for Liposuction also include those who are:

- In general good health
- Nonsmokers
- Committed to a healthy lifestyle & regular exercise

Who is a Good Candidate for Liposuction?

Liposuction is an ideal procedure for those frustrated by stubborn areas of fat that exercise and diet seem to have no effect on. Liposuction should not be used as a primary method of weight loss and is not a substitute for proper diet and exercise. Liposuction also cannot reduce the appearance of cellulite or remove loose, saggy skin. However, other techniques can be combined with liposuction to address those issues.



HOW IS LIPOSUCTION DONE?

Before the Procedure

Meet with a Surgeon

First, you will need to meet with a board certified plastic surgeon. This is important because board certified plastic surgeons must meet rigorous qualifications and standards to receive their certification after completing four years of medical school and several more years of residency. Be wary of physicians who are certified by medical boards other than plastic surgery as they do not have the same extensive training.

During your surgeon visit

During your visit with the surgeon, you will discuss your issues and concerns. A good surgeon will carefully listen to your desired outcome and help you know if liposuction is the right procedure for you.

The Procedure

Anesthesia & Sedation

For your comfort during the procedure, anesthesia or sedation will be administered. During the pre-op visits you and the surgeon will decide which will be the best option for you.

Once the procedure has been completed, you'll be held in the recovery room until you wake up from the anesthesia or sedation.

Unless you are staying in a special post-op suite or the hospital, you will need to arrange for someone to drive you to and from surgery and stay with you the first few nights to help you recover.

Liposuction Technique

Once sedation or anesthesia has taken effect, your surgeon will start by making small, barely noticeable incisions. Liposuction is accomplished by suctioning out fatty tissue through small, hollow tubes inserted just under the skin through tiny incisions. These hollow tubes are called cannula and are attached to a machine that suctions out the fat. The duration of the procedure depends on the size of the area being treated.

WHAT IS RECOVERY FROM LIPOSUCTION LIKE?

After the Procedure is Complete

After having liposuction, you'll likely have some form of compression garment or bandage to keep the skin tight and reduce swelling. Areas treated are typically sore and bruising is not uncommon. Your surgeon will give you specific post-operative care instruction so be sure to follow them closely. Follow up appointments are usually scheduled within a few days to monitor your healing.

Medications may be prescribed to help with pain and inflammation.

As you Recover over time

Rest and avoidance of any activities that cause pain are strongly recommended for optimal healing.

Pain typically subsides within the first week, but soreness and swelling may be present for a few weeks.

Do not resume exercise or other physical activity until cleared by your surgeon.

WHAT ARE THE RESULTS & BENEFITS OF LIPOSUCTION?

Results & Benefits

After the bandages have been removed

After the bandages have been removed, a noticeable difference in the treated areas can be seen. However, final results may not be fully visible until after all the swelling has resolved, usually after a few weeks.

To achieve optimal liposuction results, be sure to follow all post-operative instructions and keep follow-up visits.

Benefits of Liposuction:

Areas that were treated will feel firmer and tighter resulting in a vibrant, more youthful and slender appearance. If committed to healthy eating and regular exercise, liposuction can have long lasting results.



BEFORE



AFTER

WHAT RISKS COME WITH LIPOSUCTION?

Risks are present with any procedure or medical treatment. Knowing what risks you may face will help you weigh the pros and cons so you can make the right decision for you.

Your surgeon will go over risks that may be more specific to you but in general there are some risks associated with liposuction.



Liposuction Risks:

- Infection
- Bruising
- Discoloration of skin
- Depressed areas of tissue due to poor blood supply
- Altered skin sensation, temporary or permanent
- Bleeding
- Blood Clots
- Chronic pain
- Adverse reactions to anesthesia or sedation medication

LIST OF QUESTIONS TO ASK DURING CONSULTATION

- ❓ Is the surgeon a Board Certified Plastic Surgeon?
- ❓ Are there any steps I can take to help me prepare for my surgery?
- ❓ What surgical technique would be best for me?
- ❓ Are there liposuction before-and-after photos of individuals with a similar body type as mine so I can see what a similar outcome might be for me?
- ❓ Are there any risks and complications specifically associated with my breast augmentation procedure?
- ❓ Will I be going home afterward or staying overnight?
- ❓ Will I be given any medication after the surgery?
- ❓ How should I expect to feel immediately following and for the first few days after the procedure?
- ❓ What will the bandages and dressings be like and for how long will I have to wear them?
- ❓ What is the typical time-frame for recovery?
- ❓ What daily activities should I avoid during recovery and for how long?
- ❓ Will I need help during my recovery? What kind and for how long?
- ❓ Is there a number I can call in case complications arise?
- ❓ How often will follow up visits be?
- ❓ Will stitches need to be removed? If so, when?
- ❓ What's the expected time-frame for healing? When can I expect to see the final results?
- ❓ Where will the surgery be performed?
- ❓ If it is a hospital, is it accredited by the Joint Commission? You can check at www.qualitycheck.org
- ❓ If it is an office-based surgical facility and not a hospital, is it accredited by a nationally or state-recognized accrediting agency? Specifically, the Accreditation Association for Ambulatory Health Care (AAAHC) and The Joint Commission? You can check at <http://www.aaahc.org/>