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Dr.Krishna S Chaudhari
 M.S.DORL.MB FJCCS(Cosmetic)
 MACSI, MCSI, MISFPS
 Cosmetic Surgeon



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LIPOSUCTION

POWER ASSISTED -
 EXTERNAL ULTRASOUND
 FAT RESHAPING
 PERMANENT RESHAPING OF
 YOUR BODY & CONFIDENSE
 LOOK BETTER FEEL BETTER



Fat is deposited in the subcutaneous layer in almost all areas of the body. Fat is a normal component of the subcutaneous tissue layer. Fat cells may not be distributed evenly, causing some areas to be more prominent than is ideal. Liposuction is a surgical procedure that attempts to contour specific areas of fat accumulation that patients see as undesirable.

Patterns of fat distribution differ among races, ages, and sexes. The actual number of fat cells remains stable during adult life. The cells get larger with weight gain and smaller with weight loss. In general, women have a proportionately higher percentage of body fat than men. Women typically have a disproportionate number of fat cells in their hips, upper thighs, and buttock, while men tend to have a more even distribution of fat cells in the trunk. Also, liposuction is effective in changing contour because it permanently removes fat cells that are distributed unevenly. The remaining fat cells still can store fat. Therefore, liposuction cannot prevent further weight gain but rather affects weight distribution.

A progressive accumulation of fat occurs intra-abdominally as one ages. This intra-abdominal fat is not treated by liposuction, thus must be differentiated carefully from subcutaneous fat when evaluating a patient for surgery. Common areas of treatment include the abdomen, flanks, back, hips, waist, thighs, buttocks, upper arms, neck, chest, and calves.

LIPOSUCTION AND FAT REMOVAL

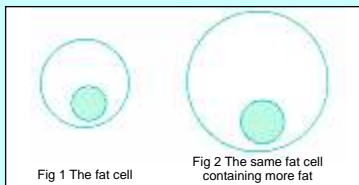
Liposuction in all its various guises has always been one of the most popular cosmetic surgical procedures. But before we go into details about how Liposuction is performed, lets take a brief look at the problem itself - Fat.

ABOUT FAT

Fat is an efficient way for our body to store energy. The basic unit of fatty tissue is the fat cell; technically known as an adipocyte. This simple form of cell consists of little more than a (membrane) bag within which sits the nucleus of the cell surrounded by fat. Throughout our childhood and into early adolescence, we continue to develop more and more fat cells. However, by our late teens to mid-twenties it is believed that we stop making new fat cells.

SO HOW DO WE STILL PUT ON WEIGHT AS WE GET OLDER?

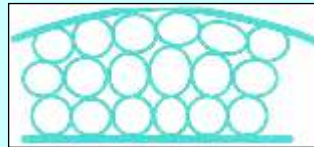
The answer, is unfortunately, very simple. We just increase the amount of fat stored in each of these fat cells. They simply balloon, sometimes to many thousands of times their original size.



If we take a very simplistic view of an area of the body, then one might imagine the skin, with subcutaneous fat on the inside, with muscles and other structures underneath. As weight is put on, the fat cells increase in size, with the result that the area becomes generally larger. Should weight be lost, then the weight tends to come off uniformly also.



Certain individuals have collections of fat in specific anatomical areas (e.g. saddlebags etc). When these patients put weight on, they feel that it has become localised to these areas. In fact, it is just that the greater number of fat cells accentuates the problem.



As a result of these localised deposits, many people are extremely self-conscious about particular areas of their bodies. They often relate that persistent exercise and dieting do little, if anything, to improve their abdominal paunch, or their saddlebags etc.

As weight is put on, all fat cells become larger (obesity). As weight is lost,



COSMETIC PROCEDURES

- HAIR** - Hairtransplant - Single hair [Follicular unit], FUE / BHT
Micrografting for baldness, eyebrows & moustaches artificial hair - biofiber - implant
- PERMANENT HAIR REDUCTION** - by Nd-Yag laser - any area of the body
- SKIN LASER TREATMENT** - Acne scars, burns & accident scars revision, tattoo / birth marks. Black / chocolate / brown / white patches & hyperpigmentation. Moles, Warts, skin tags, Rhytides, Wrinkles, Nevus of ota & full face rejuvenation . Facial resurfacing for ageing face. Botox / Restalyn / fat injections for wrinkles
Chemical peels - Glycolic \ TCA, Skin polishing
- DUFLEX RASER**- Skin Tightening
- IPL LASER** - For face rejuvenation
- FACE** - Rhinoplasty [nose job] , Lip reduction, chin & cheek implants, Eyelids [baggy] surgery. Bat ears, Face lifts & neck lifts. Facial liposuction and Dimple surgery
- BREAST SURGERY** - To increase or decrease the size, Breast implants. Surgery for sagging breasts, nipples and Areola, Gynecomastia - male breast reduction.
- LIPOSUCTION** - Fat reduction & body reshaping - Face, neck, arms, breasts, back abdomen, hips & buttocks, thighs
Mesotherapy - Beauty / Fat reduction by medicines.
- ULTRACONTOUR** - Non surgic fat reduction.

GALLERY

These photos are to give general idea about the liposuction results. Results vary from individual to individual.



these cells shrink again. However, in these specific stubborn areas, the greater number of cells remains constant even after dieting. Hence, these areas may reduce a little as the fat cells shrink, but are still relatively larger. This results in the classic liposuction patient, who describes that from a relatively early age these larger areas have been present. They have usually been inherited from a parent. If the patient puts weight on, it seems to focus on this area. If they lose weight or exercise, it makes considerably less difference (if any) to this area. Even at his or her lowest weight, this area persists. It can make buying clothes difficult, and can often be an area of considerable dissatisfaction.

However, these stubborn areas of excess fat may be easily and permanently, treated by liposuction. To reiterate, this is because, for any adult, the total number of fat cells is relatively constant. This means that they do not re-grow and are not replaced following their surgical removal.

Suction-Assisted Liposuction /Lipoplasty

"Suction-Assisted Lipoplasty" is the term that might be applied to a group of operations that are intended, in broad terms, to suck out the excess fat content of localised areas on a person's body. Their purpose is, in almost all situations, to improve the contour or shape of the body.

A progressive accumulation of fat occurs intra-abdominally as one ages. This intra-abdominal fat is not treated by liposuction, thus must be differentiated carefully from subcutaneous fat when evaluating a patient for surgery

Common areas of treatment include the abdomen, flanks, back, hips, waist, thighs, buttocks, upper arms, neck, chest, and calves.

Advantages:

Day surgery based procedure, does not involve clinic stay more than 8-10 hours.

Good cosmetic results in properly selected cases where patient has realistic expectations

Permanent lasting results

Affordable

In this sense, the term can be considered to

Liposculpture

Liposculpture is a more modern refinement of conventional liposuction. It uses far smaller cannulae and involves the cosmetic surgeon suctioning fat from much nearer the surface of the skin. As a result, it leaves far less fat behind, and in experienced hands produces much more smooth aesthetically pleasing results. Further, by producing such thin skin flaps, skin tightening is much more effective and predictable. The suction may be applied either by a machine or in a much gentler fashion by a simple hand-held syringe (so-called superficial syringe liposculpture). By using such small instruments, the cosmetic surgeon really is able to sculpt the body in a gentle controlled way.

Liposuction

In conventional liposuction a vacuum machine is used to help the plastic surgeon remove the fat. In liposculpture, a hand-held syringe is used. The cosmetic surgeon uses whichever technique, or combination of techniques, that he is experienced with. It is entirely wrong to say that liposculpture requires a day case local anaesthetic, whilst liposuction requires a general anaesthetic and an overnight stay. Both, in certain circumstances, may require general anaesthetic and an overnight stay.

Ultrasound-Assisted Liposuction

In this technique, much discussed recently, the probe that is used consists of two parts. The outer sheath and tip is an ultrasound producing device that fires ultrasound waves into the fat, helping to break it down. The inner part is a conventional suctioning cannula attached to a suction machine.



External Ultrasound Assisted Liposuction

In this technique, an ultrasound probe is used on the outside of the skin to attempt to soften the fat prior to the surgeon undertaking liposuction or liposculpture. The nature of the probe means that there is minimal risk of skin burns or other complication

Power Assisted Liposuction

The Latest Advance in Liposuction

Areas showing stubborn fatty deposits.



Liposuction, a surgical procedure that removes unwanted fat from the body, has been labor intensive process for the doctor as well as the patient, but now there is a new procedure that is less traumatic : power assisted liposuction (PAL).

While liposuction, like any surgery, has its risks, doctors are reporting less bruising, less swelling and a quicker recovery time for patients undergoing power-assisted liposuction. Dr. Chaudhari has been on the forefront of the new technology and has been one of the first few surgeons in the country that has adopted this procedure in his practice with excellent results.



In power-assisted liposuction (PAL), a new and improved microcannula powers through the fat and vacuums it out. The cannula is attached to a hand piece, powered by micromotor, which causes it to vibrate. The vibration, or reciprocation, is 3000 times per minute. This low speed reciprocation delivers enough energy to the tip of the cannula so it passes easily through the fat with almost no physical effort by the surgeon. This result is greater control and less trauma to the patient. The vibration also assists in passing the cannula through fibers and scar tissue.

Power assisted liposuction has several advantages over ultrasonic assisted liposuction: the power assisted liposuction cannula are smaller (microcannula), resulting in smaller scars: there is no potential for burns with the power assisted liposuction; operation takes less time with power assisted liposuction, therefore is safer for patients; and postoperative pain

FAT GRAFTING-LIPOFILLING-FAT INJECTIONS

1. What is fat grafting?

Fat grafting is a cosmetic procedure where your own fat is used to rejuvenate the face, augment the cheeks or lips, or correct problems such as hollowness around the eyes or acne scars. Many people lose facial fat as they age and develop a hollow or gaunt look. Fat grafting can be used to correct this and give a younger, more refreshed look. Fat grafting is also referred to as free fat transfer. Some of the fat reimplanted is reabsorbed within a few months, but some of the augmentation will be permanent.

2. At what age can fat grafting be performed?

Fat grafting can be performed at any age to help correct deep acne scars or fix a facial asymmetry. For lip or cheek augmentation, it is usually done anywhere from age 20 up. It is often done on people in their 40s or 50s for correcting the hollowness that can come with age (or to correct the removal of too much facial fat in a previous cosmetic surgery).

3. What does a typical FAT GRAFTING consultation entail?

A consultation is your chance to meet and interview a cosmetic surgeon. The surgeon will go over your desires with you and explain your options. He or she will discuss what can realistically be achieved with fat grafting, discuss with you the risks, and determine the amount of augmentation you will need. The two of you will also discuss your medical history.

4. How is fat grafting performed?

The fat used in fat grafting is taken from elsewhere in your body. This can be done in a liposuction procedure, but a small amount of fat can be taken from the abdomen or elsewhere can be removed and used. This fat is treated to concentrate viable and whole fat cells, which are then carefully reimplanted in the treatment area. The reimplantation is done by injection or using other techniques. This is a simple in-office procedure in most cases and done under local anesthesia. You may have a small incision at the site where the fat was taken if you are not having liposuction there.

5. What should I expect postoperatively?

You can expect to be swollen, a bit bruised, and a little sore both at the treatment site and the donor site. This is normal. You should keep the treatment area as still as possible for the first few days to allow proper healing. Avoid high-impact exercise or activities for the first 2 to 3 weeks, depending upon the extent of the surgery. Your surgeon will tell you how to care for the treatment area.

7. When will I be able to see the results?

You will be a bit swollen at first and it might look like you were too augmented. This is usually just due to the swelling, but some surgeons graft in more fat than immediately needed because some fat is reabsorbed and doesn't last. However, not all surgeons do this so find out your surgeon's preference. The swelling will subside and you will usually be able to see your true results in 3 to 4 months, although you may still lose some of the grafted fat after that.

8. What are the risks of fat grafting?

The risks for fat grafting include infection, asymmetry, fatty cysts, hematoma, fat embolism, seroma, and permanent discoloration from the bruises. Most complications are rare.

What are the complications & side effects?

Most patients are pleased with the outcome of their liposuction surgery. However, like any other medical procedure, there are risks involved.

Remote possibility of infection, bleeding, swelling, reaction to drugs, rippling, dimpling, fat thromboembolism & undesired cosmetic results.

Can Tumescent Liposuction help me with weight loss?

Liposuction is not an effective weight loss treatment. Liposuction is effective for uneven proportions, that is, when one or several body areas are enlarged with fat deposits out of proportion to the rest of the body. While obesity in general is more responsive to diet and exercise, localized fat deposits are less responsive. But fortunately, tumescent liposuction is effective for treating these localized areas. This does not mean that you have to be at your ideal body weight in order to have liposuction. But liposuction will not decrease your weight; it will only improve the relative proportions of your fat deposits. For example, if you are somewhat overweight, but your hips are extra large, liposuction can even things out, so that your hips would no longer look so large compared to the rest of you. But your weight would not change, at least not very much. The reason for this is that if your caloric intake and expenditure stay the same as before the liposuction, your weight will still tend to gravitate to the same level; however your fat distribution would be more even, so that fat you gained would go everywhere else but your "trouble areas."

Can Tumescent Liposuction tighten loose skin?

Yes, liposuction can tighten loose skin. After liposuction, as the area heals, a layer of scar forms which tightens the different areas of the skin relative to each other and also relative to the tissues underneath. You can not see the scarring responsible for this, because it is in the deep dermis (lowermost portion of the thick part of the skin) and in the fatty layer.

How soon will I see liposuction results?

It is possible that you will see some results immediately after the liposuction procedure. At least it is possible to easily feel that the fat has been removed if you touch the area. However, some of the tumescent anesthetic solution will remain for several days. Because of this, you will not likely be able to see much if any difference in the size of the liposuctioned areas for several days afterwards. The body also swells somewhat during healing, and this "makes up" for the missing fat for a while too. There is not usually enough swelling to cause enlargement compared to before liposuction, but it is usually enough to hide the improvement from liposuction for a few to several weeks. Most patients notice a definite result by four weeks. Patients frequently need to buy some new clothes by this time, or they are able to wear some that hadn't fit for a long time. Improvement then continues, though more slowly, such that the final results from liposuction usually occurs only after 6 months.

Is liposuction long lasting, or permanent?

The effects of liposuction are essentially permanent. Your body's tendency to store fat in the same old favorite areas will be no longer. This is due to the scarring which occurs in the fat layer, which limits how much fat the layer can hold after liposuction, as well as a permanent decrease in the number of fat cells which were permanently removed by liposuction. This does not mean that liposuction will keep you from gaining weight. Rather, if your caloric balance is such that you would gain weight, you will gain it; it will just go to new areas, not the former trouble spots.

How safe is Liposuction?

There has never been a serious life-threatening complication from liposuction done under local anesthetic. It has been performed millions of times all over the world. It has shown to be one of the safest cosmetic surgeries available. The problems that have made the press have all been liposuction being done under general anesthetic. The patient satisfaction from Liposuction is enormous, allowing people to feel more comfortably in a wide variety of clothes and at more ease with their body.

is less with power assisted liposuction. Also with PAL there is less fatigue for the surgeon, allowing being more precise and focusing his attention to the sculpting aspect of the procedure. Power assisted liposuction is more effective in revisional surgery and in areas that are traditionally more difficult like chest and back.

Dr. Chaudhari feels that all these advantages make power assisted liposuction the way of the future, where high technology is used in combination of an artistic touch to create a beautiful result.

Who are the best candidates ?



There are no definite weight or age guidelines or restrictions. Most patients have localized fatty deposits, are within 30lbs of their ideal weight, and have been stable at that weight for years. Best candidates for body sculpting are patients who:

- Have reasonable expectations of results.
- Are only slightly to modestly overweight.
- Have good skin tone and are in good health.
- Have localized areas of fat.
- Believe that liposuction is not a weight loss program.
- Whose weight is stable and are exercising

Your Liposuction Consultation with Dr. Chaudhari



A suction lipectomy consultation takes a good deal of time in Dr. Chaudhari's clinic. We are interested in evaluating your health. Your medical history, previous problems, and current medication are important to determine if you are a candidate for this operation. Bring a list of your medications, vitamins, and other drugs. Current cigarette smoking and tobacco use increases surgical risks. Large weight losses or gains at any time are important. Dr. Chaudhari will examine you for

- ⚡ locations of fat deposits
- ⚡ skin tone
- ⚡ possible underlying hernias



During your consultation we will discuss risks, benefits, and alternative methods of care. Alternatives for redundant skin include (tummy tuck), breast lift, face lift, arm lifts, and thigh lifts. If your problem is one of extra tissue, not just localized fat, let us know so we can start you in the right direction for your preliminary educational material in our office. Sometimes a combination approach is necessary.

Most liposuction surgery is done as an outpatient (you go home right after surgery). It is essentially done in my clinic,

GETTING THE ANSWERS YOU NEED

Individuals considering liposuction often feel a bit overwhelmed by the number of options and techniques being promoted today. Your in person consultation with Dr. Chaudhari will help in deciding which is the right treatment approach for you, Dr. Chaudhari will consider effectiveness, safety, cost and appropriateness for your needs. This is called surgical judgment, a skill that is developed through surgical training and years of experience. Dr. Chaudhari will use this judgment to avoid complications, to handle unexpected occurrences during surgery, and to treat complications if they occur.

Preparation for surgery

Our clinic will give you specific instructions how to prepare for surgery including guidelines on eating, smoking, and taking or avoiding vitamins and certain medications. If you develop an infection of any kind, especially a skin infection, your procedure will have to be postponed. Make certain to arrange for someone to drive you home after your surgery, and if necessary to help you out for a day or two. If someone is available in the waiting area after surgery, Dr. Chaudhari can discuss the surgery and post surgery instructions again. A snug compression garment worn after surgery helps reduce swelling. Wear loose fitting clothing on the day of surgery that will easily fit over the liposuction sites & dressings.

Liposuction Technique

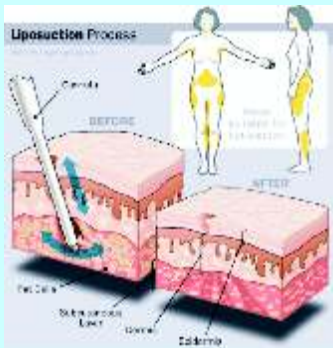
Liposuction may take anywhere from 30 minutes to 2-3 hours to perform. If you are having additional procedures, this time may be increased. Oral sedative usually Tab Valium 10mg is given to relieve you of anxiety. You will be marked with a surgical marker before you are sedated, while standing up. This will help the surgeon see how the skin and fat hangs naturally and will determine the incision areas and the reference points. Photographs with digital camera are taken by surgeon for medical records This is usually done even before you get an IV inserted although it depends upon the preference of the surgeons

After you have been briefed by your surgeon you may have an IV inserted for a saline drip to keep you hydrated and have a vascular "doorway" for anesthesia, antibiotics, and other medications. If you are having tumescent liposuction, you more than likely will not have a saline drip. If you had been given an oral sedative or valium prior you will have less anxiety. Various medications may be given through a drip system with this saline. As said before, the saline will keep you hydrated (if applicable) both intra- (during) and post-operatively as well as will be a carrier for your medications.

You are then brought to the operation room. You will then have monitoring electrode "pads" attached to your chest so that the surgical team can properly monitor your vital statistics before, during and after your operation. The machine will be "plugged" to your electrodes which are connected to the monitoring equipment.

How is Tumescent Liposuction performed?

The areas to be treated by liposuction are numbed first with a tiny injection of standard local anesthetic, just as would be the case for the removal of a mole or skin lesion. A very small incision is then made in this anesthetized area. A very narrow infusion instrument or infusion cannula is then inserted into the incision, and a very dilute local anesthetic solution is then delivered to the fatty tissues. This continues until the fat tissue is "plumped" up somewhat, or "tumesced." The same tiny incision that was used to infuse the tumescent anesthetic solution is used to remove the fat.



What happens during liposuction?

Small punctures about a 2-3mm across are made in inconspicuous areas around the part of the body to be treated. A narrow hollow tube is partially inserted into the layers of fat under the skin, with the other end of the tube connected to a device which sucks the fat up the tube. As fluid is lost along with the fat, you are given replacement fluids via a drip into a vein in the back of the hand. At the end of the procedure, tight dressing is done & compression garment fitted. Patient is discharged same day evening with instructions & prescription.

How much fat is removed?

60-70% of existing fat below the skin is removed. Excess removal will cause rippling, dimple formation & skin to hang.

It is safe to remove 1-5 kg fat in one sitting. more sittings can be utilized to remove more fat.

Amount of fat removal varies from case to case.

Once fat removed, does not grow again.

Dietic control & regular exercise should be permanent policy.

Why compression garments are essential?

You will wear an elastic binder, girdle or body stocking over the treated area for the next 2 -4 weeks. You will visit clinic after 72 hours for removal of dressing. You will go home after the procedure and rest for at least 24 hours, after which you may gradually increase your activity as tolerated. You are encouraged to walk. Following surgery, you will wear a snug, tight fitting "girdle" for several weeks. This is to reduce swelling and to help the skin shrink to your new body frame. With Liposuction, there can be some temporary bruising or skin discoloration. This of course will subside. Most people return to work in about a week

How will my skin look like after surgery?

Dimples, ripples and stretch marks remain unchanged. The changes following liposuction are similar to what you would expect if you could lose an equal amount of localized fat through diet or exercise alone. The use of smaller cannulas allows the fibrous connections between your skin and body to remain. These connections will help the skin retract over time. For the lower abdomen the skin contracts extremely well, thereby rarely needing any skin excisions

Is fat removal permanent?

Yes! After puberty we do not create new fat cells. Therefore, when you gain weight, you expand the existing fat cells that you have. Tumescent liposuction permanently removes fat cells to improve your body's shape. Should you gain weight after liposuction, it goes to the fat cells that remain in your body. The localized fatty deposits that existed prior to liposuction can no longer enlarge.

What is Narrower Waist Liposuction?

After one to two pregnancies, female patient tend to put on too much fat which often do not respond to dietary control & exercise. Simply removing isolated areas of fat from the stomach, hips, or waist will not achieve narrower waist. In fact, because the body might distribute weight, or the patient may gain weight after the procedure, this would create an appearance that the body is out of balance.

3-D liposuction of midportion

The most artistic lipo sculpture of the body shapes the body, rather than merely removing the fat. Dr. Chaudhari considers the entire three dimensional unit, so that the body will be in proper proportion, and clothing will fit better.

The abdomen, flanks, and under the bra area all make up the borders of the waist. These areas should be treated during any single procedure if one is attempting to achieve "Narrower Waist" Liposuction. If other areas need to be treated, a separate procedure should be planned. The two procedures should be designed to complement each other.

FREQUENTLY ASKED QUESTIONS

Why are the fat deposits on my hips, thighs and waist so hard to budge, even though I am exercising and have a sensible diet?



Many women gain weight on their hips and thighs during their teenage years. Often this is of a genetic predisposition.

The main contributors to later fat deposition, however, are hormonal changes in a woman, such as pregnancies, menopause or hormone replacement therapy.

We encourage patients to have a healthy diet and regular exercise, but this is not sufficient for many patients. Treatment options include liposculpture either with a traditional procedure or the newer ultrasonic method, or sometimes other surgical procedures such as a tummy tuck, or a thigh or body lift.

I am only 28 and I have a double chin. What can I do?

A double chin is not only a sign of aging or being overweight but can also be a hereditary area for fatty deposits. For persons in their teens to thirties who still have good elasticity in their skin (and even older in some cases) Liposuction to the chin can produce remarkable results. Naturally, the surgeon must be artistically skilled in remodelling the patient's profile to suit their features and facial balance

I exercise regularly and eat carefully but I can't get rid of the fat round my waist.

What can I do?

It is no secret that the well-known " Beer belly " is not a good look. Diet and exercise go a long way to helping get rid of it, but liposuction can offer a more rapid and predictable result. Liposuction for men generally includes the "love handle" area, the abdomen and sometimes the chest. The average male's skin contracts better than women's and skin etching techniques can define the "six-pack", the pectorals and the waist area. If diet and exercise have failed to give you the shape you need, then you should not only keep up the good work but consider liposuction. I use the ultrasonic and power cannula techniques to refine the male torso. We have been delighted with the definition that can be achieved by using the newer operating procedures. This 40 year old male is a recent case shown here before and after liposuction. Liposuction Before After To find out more about liposuction and other procedures for male patients,

My tummy bulges out no matter what I try since I've had children.

What can I do about it?

Unfortunately after you have had children (especially large babies or multiple births) your stomach muscles may remain stretched, and while you can strengthen these muscles, no amount of exercise will shorten them.

If you find the protuberance bothers you when wearing swimwear or fitted clothes, then a tummy tuck (abdominoplasty) can be an option to regain or even create a flat tummy.

In fact, as an extra bonus with a tummy tuck the stretch marks on the skin are often also eliminated

"What can you do for my 'love handles'? " Exercise and diet don't seem to help at all!

Liposuction is extremely effective for the love handle area. Men store fat in different areas to women and just like women, find these isolated pockets of fat hard to shift with diet and exercise. Liposuction, or the removal of fat cells, is ideal in such areas to restore or even improve a man's physique. The major difference in liposculpture for men and women, is that in men the goal is to expose muscularity, whereas in women the emphasis is on creating sensuous curves. This procedure can be carried out as an outpatient at my day surgery facility.

About 10-20 minutes after an area is infused, it becomes numb, and the actual removal of fat by liposuction is performed. The fat is suctioned away via a very thin tube-like instrument, a liposuction cannula, which has small openings or slits about half an inch from its rounded tip. The other end of the cannula is attached to a hose which is connected to a collection vessel and to a vacuum source, an aspirator. The cannula is moved back and forth, that is advancing and withdrawing, throughout the fatty area which is to be reduced. Depending upon whether just one or several areas are treated, areas may all be numbed at once, and then liposuctioned, or each area may be numbed and liposuctioned individually. You will actually be able to see the fat exit through the tube if you wish (almost everybody does look, at least after a while, and, it's pretty gratifying to see). You certainly will occasionally feel some discomfort, and you should be prepared for that. But for the most part, you will be quite comfortable and talking and joking, (perhaps even reading or watching a video) etc., throughout the procedure. Because of the tumescent technique with local anesthetic only, there is very little bleeding, the safety level of the procedure is greatly enhanced, and you are not groggy or feeling "out of it" afterwards. Immediately after all areas are treated, you will stand up and walk under your own power, get into a compression garment, and receive post-operative instructions. After you are briefly monitored to see that both you, your doctor and the staff are all comfortable that you are feeling fine and doing well, you can be taken home by a friend or relative.

How long does Tumescent Liposuction take?

How long it takes for your physicians to perform liposuction depends on many factors. The removal of fat by suction itself can take from as little as twenty minutes for a very small area (below the chin, for example), to two hours if larger or multiple areas are being done. Infrequently, it can take more than a couple of hours. In our office, the average suctioning time is about one to two hours. The infiltration of local anesthetic (tumescent) solution also takes time, approximately one-half as long as the liposuction itself. The amount of fat removed also affects the amount of time required to perform the liposuction procedure.

After everything is in place, your surgeon /anesthesiologist will tell you to relax and start counting or thinking of something calming. You will then be given your choice or your surgeon's preference in anesthesia as discussed prior to your surgery date. Alternatively you may receive an injection of something such as Versed to calm you and render you slightly unconscious. After you are sedated, you will be prepped for the surgery. This is usually done by scrubbing the treatment areas for up to 10 minutes with Betadine. The surgical markings will remain although not as dark. You may be injected with a solution of Lidocaine, epinephrine and saline - depending upon your technique. The Lidocaine is for pain relief and the epinephrine, a vasoconstrictor, the saline is a tumescing agent. A vasoconstrictor impedes your ability to bleed excessively by narrowing the bore of the blood vessels. Basically, it causes the capillaries and vessels to constrict. The incisions are normally made in very inconspicuous places, although this is dependent upon your own needs and surgeon preference. Through these incisions, 2-4 mm diameter straw like tubes-cannula- are passed & moved to & fro to remove fat & reshape the area.

Your surgeon will allow your incisions to remain open to drain excess tumescent fluid and reduce swelling, apply tissue glue, surgical paper tape & bandages and dressings. Compression garment is placed around operative area. You are then gently woken up.

Safety and Complications

A surgical complication is defined as any undesirable result of surgery. The most common complication of liposuction is a result that produces an unhappy patient. The most common cause of an unhappy patient is a patient's unrealistic expectations before surgery. Avoiding unrealistic expectations requires careful and accurate communication between patient and surgeon.

Remote possibility of reaction to aesthetic drugs, bleeding, infection swelling and undesired results is there.

Safety is a Relative Term

It is impossible to prove that a surgical procedure is absolutely safe. On the other hand it is realistic and appropriate to compare two procedures and conclude that one is relatively safer than the other. Prospective liposuction patients should strive to understand the options that are available and choose the safest procedure.

Preventing Complications

Preventing complications should be the most important concern of both patients and liposuction surgeons. Surgeons can reduce the risk of complications by proper selection of patients. Surgeons should avoid patients who have 1) unrealistic medical expectations, 2) a history of significant medical problems. Patients can reduce the risk of complications by 1) resisting the temptation to save time by attempting to do multiple unrelated surgical procedures along with liposuction, and 2) resisting the temptation to maximize the volume of fat removed on a single day. It is much safer to divide one very large liposuction procedure into two or more separate procedures done on separate days. Liposuction by general anesthesia can be considered safe, however, liposuction totally by local anesthesia is safer.

LIPOSUCTION AFTER CARE FROM NOW ON IT'S UP TO YOU.....

It's been successful. Liposuction has removed excess fat from your body. The bulges that have plagued you for so long have disappeared. You've made your last post-operative visit to your surgeon.

What's next?

If you are like most of the patients I see and treat at clinic, or if you have read all the information, you probably already know the answer.

What's next is-literally-up to you.

Body contouring ... body sculpturing ... however you want to think of liposuction, the surgery has done all it can do for you. The skill of your surgeon has given you the best possible figure. By now you should be happy with your appearance. The swelling has gone down, the bruises have faded, the size of your body parts that gave you so much unhappiness has been reduced.

If you feel a little scared and shaky, not quite sure how you will manage in the months ahead, you are not alone. An informal survey I took among my patients recently showed that more than two-thirds of them had similar feelings. They worried whether or not the bulges would come back. They were afraid of getting fat. They were not quite sure how to live with the new image that liposuction had made possible for them. They were not quite sure how to live with the new image that liposuction had made possible for them.

Let's deal with these questions and fears, one at a time.

MANY PEOPLE FEEL THE SAME WAY

It may take you several months, or even longer, to get used to the new, trim, streamlined "you." That's not so surprising. You lived with your old image for a number of years before deciding to have liposuction. If your trouble was fat deposits in your upper arms, you were ashamed to be seen in a sleeveless dress. Some time may elapse before you feel comfortable wearing such clothes, even though liposuction and your post-operative exercises have given you a firm, trim look. Your mind still remembers your embarrassment when your arms were heavy. It will take time to change your thoughts, your image, your behavior ... time until you have learned new patterns of action that go with your "new" self-image.

INSTRUCTIONS FOLLOWING SURGERY

Immediately After Surgery Rest at home for a 1-2 days following surgery with legs elevated when sitting or lying. Short walks are permitted and encouraged, the day after surgery.

Apply ice packs to suctioned areas as much as possible for the first 48 hours.

Stay in the company of a responsible adult, the first night.

It is quite normal for wounds to ooze excessively in the first 24-48 hours due to the local anesthetic fluid injected as part of the procedure. Ensure bed clothes are protected with plastic sheeting.

TOO MUCH ACTIVITY IN THE IMMEDIATE POST-OPERATIVE PERIOD WILL RESULT IN EXCESSIVE SWELLING AND POSSIBLE BLEEDING.

No drinking of alcohol, driving or operating machinery, while on pain medications or on the first day after surgery.

PAIN For pain relief, please take medicine as directed by doctor Do not make any legal decisions while under the influence of an anesthetic or medications, that may cause drowsiness. Please contact the Clinic if pain cannot be controlled with prescribed medications.

DIET Fluids are encouraged for the first few days. Light meals are preferable after general anesthesia.

THE FIRST WEEK: WOUND CARE

Bandages are to be removed 72 hours after surgery, prior to the first post-operative appointment. You may shower fully once bandages are off. Removal of Bandages Visit clinic for removal of dressing as decided earlier.

COMPRESSION GARMENT

You must wear the recommended stockings or support garments for 24 hours a day for first week, subsequently 12-18hours a day for next two-three weeks.

SWELLING AND BRUISING

Swelling and bruising are a normal part of the recovery process and will begin to subside one or two weeks after surgery. It is expected that your clothes will be tight for the first week or two after surgery. Intermittent swelling may persist for several months in the ankles.

Elevating the legs on pillows will reduce this more quickly.

You should see a general decrease in your size and shape approximately 1-2 weeks after surgery. Your size and shape will continue to decrease each week.

Swelling following liposuction recedes rather slowly. It will take some time before the contour finalises, usually between three and six months.

Pain and aches are normal especially the first week; this will decrease as bruising subsides. All the puncture marks will shrink & disappear by six weeks. If dark mark persists please apply Prescribed ointment

ACTIVITY

Return to sedentary type work is permitted after one week.

Short walks can be commenced after 1 week and increased as tolerated weekly.

Driving and flying are permitted after one week.

Tennis, jogging, aerobics and other vigorous sports may be resumed approximately 6 weeks after surgery.

Easy swimming is permitted three weeks after surgery. Protect your skin from sunburn by using a sun screen with a Sun Protection Factor 15 or higher.

MASSAGE

It is important after surgery to massage the areas that have been liposuctioned although it is difficult when bruising is present. Try to massage lightly after 1-2 weeks.

FOLLOW-UP

For routine questions and follow-up visits call the clinic.

For Emergencies ONLY call - 9822058916

