

Liposculpture/Liposuction Information Sheet

Are you thinking about Liposuction?

If you are considering surgery, we want you to be thoroughly informed about this procedure. Reading this information is the first step. However, a personal consultation with Dr Peterson is the best way to obtain the additional information you will need.

What is Lipoplasty?

Lipoplasty, also called liposuction, is a body contouring procedure. It removes localized deposits of excess subcutaneous fat from specific areas of your body using small cannula's, or tubes introduced through small incisions. A vacuum apparatus applies a negative pressure and the fat is extracted from your body. Liposuction can slim your hips and thighs, flatten your abdomen, trim your arms, eliminate a double chin, as well as reduce fat in other areas. Is

Liposuction for me?

Liposuction can reduce those areas of fatty deposits that previously created unflattering bulges. Ideally the areas of your contour concerns are well localized. It is important to stress that this technique is in no way of substitute for weight loss or exercise. Liposuction is particularly well suited for women and men who are of relatively normal weight but have fat deposits making some parts of the body appear disproportionate. These fatty regions may be inherited and typically do not respond to diet or exercise. Liposuction is often the only way to eliminate these fatty regions. Liposuction is popular not only among women, but also among men, particularly for eliminating bulging fat around the waist. It is also very successful in a condition called Gynecomastia, or enlargement of male breasts. Collections of fatty tissue in any of the following areas may make you a good candidate for Liposculpture: • Abdomen • Buttocks • Outer thighs • Inner thighs • Knees, calves and ankles • Upper arms • The waist area • Chin and neck • Breast enlargement in men Although it is possible to have Liposuction at almost any age, the best results will be

obtained if your skin still has enough elasticity to achieve a smooth contour following fat removal. In some patients where skin is excessive or not elastic, skin excision may be necessary for optimal results.

The Initial Consultation

During the initial consultation, you will be asked to point out exactly what you would like to see improved. This will help Dr. Peterson to understand your expectations and determine whether they can be realistically achieved. Your weight and your plans to lose or gain weight in the future will be factors in evaluating you for Liposuction. You may be asked about the effects of prior weight loss on the appearance of those areas which you have indicated for contouring. He will also assess the elasticity of your skin and he will judge whether any skin needs to be removed.

You will be asked about your medical history including previous operations, past and present medical conditions and medications. In order to provide you with the best information and safest options, it is important that you provide your complete information.

Photographs may be taken during your initial consultation and at subsequent visits for the purpose of preoperative planning and documentation. We will discuss with you the details of the operation and the possible risks and complications associated with the procedure.

Preparation for Surgery

The Athena Clinic would like to make your surgical experience as easy and comfortable for you as possible. Smokers will be asked to stop smoking before surgery. Aspirin, some anti-inflammatory medications, and some herbs cause increased bleeding, so you should avoid taking these medications for 2 weeks before surgery and 2 weeks after surgery.

You will have a preoperative visit in the office about two weeks prior to the date of surgery. You

will be asked about your medical history including previous operations, past and present medical conditions and medications. In order to provide you with the best information and safest options, it is important that you provide complete information. You may be asked to obtain an EKG prior to your surgery or have medical clearance from your primary care physician before proceeding with the surgery.

At this visit, instructions will be explained about what to do before and after surgery. You will have an opportunity to ask questions about your surgery, sign consent forms, and complete necessary laboratory work.

The operation is performed on an out patient basis, allowing you to leave after the operation is finished and you have recovered sufficiently from the anesthetic. You will need to arrange to have someone drive you home after surgery and to stay with you at least the first night following surgery.

The day of Surgery

You will arrive at The Athena Clinic and be checked in for surgery. This process takes about one hour. Dr. Peterson will meet with you and answer any last minute questions. He will also make markings on your body with a marker and take more pictures. You will meet with the anesthetist, who will review your medical history and discuss the anesthesia with you. During the anesthetic, various monitors are used to check your heart, blood pressure, pulse and the amount of oxygen circulating in your blood. Your anesthesia during the procedure is administered and monitored by a certified registered nurse anesthetist (CRNA) or an anesthesiologist.

You will then go to our in-office operating suite, which is approved by The Joint Commission. The surgical team will prepare you for the surgery by washing the surgical area. It can be cold in the operating room, however we will provide plenty of blankets and you may want to bring socks. The anesthetist will begin the intravenous (IV) sedation and administer antibiotics intravenously to minimize the chance of infection. Dr. Peterson will then begin the surgery once you are comfortable.

Your Operation

Because of individual factors not everyone will achieve the same results from Liposuction. The majority of Liposuction operations are performed using the tumescent technique. This technique involves the injection of large volumes of sterile fluid into the area that is to be contoured. The volume of fluid which needs to be injected depends on the estimated volume of fat which needs to be removed. The fluid improves the efficiency of liposuction and it also minimizes possible bleeding.

The surgeon will have determined the site of incisions through which he can best perform the procedure. Small incisions, approximately 1 cm long, are made and the suction cannulas are introduced through them. The cannula is connected by tubing to a vacuum suction apparatus and the fat is removed from the body. The incisions are sutured after the planned fat has been removed.

How long does the operation take?

The operation takes from 1 to 3 hours, depending on the areas to be treated.

What about ultrasonic lipoplasty?

Liposuction can be performed with the help of an ultrasound probe which breaks down fat cells in the treated area before the suction cannula is used. Ultrasonic liposuction provides excellent results and often decreased bruising. Dr. Peterson will discuss this method with you and include it in your procedure if you are a good candidate for ultrasonic Liposuction.

After Surgery

When surgery is completed, you will be taken into the recovery room where you will continue to be closely monitored. You will spend about an hour in the recovery room before going home. You will not be discharged to go home until you are no longer very drowsy.

Because the surgical area is infiltrated with long-lasting local anesthetic, you may have little or no pain when you wake up. As the anesthetic wears off, some discomfort may be present. We provide a prescription for oral pain medicine to be used after

your surgery in case you need it. If you have post-operative pain, it usually diminishes over several days. It is important to realize that the amount of time it takes for recovery varies greatly among individuals. You will want to bring cloths that are comfortable and easy to put on after surgery.

It is very important that a supportive dressing to be worn after surgery. A commercially made support garment such as long leg girdle or abdominal binder is worn immediately after surgery. The garment needs to be worn all day and night with the exception of showers for two weeks. You will then need to wear the garment for an additional four to six weeks at night. You will be instructed at your post-operative visits regarding your individual garment and compression needs. You will also be instructed on massage of the skin in order to achieve optimal results.

You may have stitches along the incisions which will be removed at about a week. You can expect surgical fluid to drain from the incisions the first day.

Although fat reduction occurs with the procedure, swelling can last from weeks to months. The final results are not seen until the swelling has disappeared. It is important to realize that the amount of time it takes for recovery varies greatly among individuals. Irregular results such as rippling or dimpling are not uncommon but can be improved with postoperative massage. Very occasionally a second procedure is necessary to correct these irregularities.

When can I resume my normal activities?

Walking and normal daily activities should be possible after surgery. You should be able to return to work in just a few days. Straining, lifting, and exertion activities should be avoided for two to three weeks. Vigorous aerobic activity such as jogging should be avoided for four to six weeks. The resuming of activities for each individual should be discussed with Dr. Peterson at your post-operative visits.

Risks and possible complications of Liposuction

Fortunately, significant complications from Liposuction are infrequent. Every year, many thousands of operations are performed without major problems and with good results. However, everyone considering surgery should be aware of both the benefits and risks. The subject of risks and potential complications of surgery is best discussed on a personal basis between you and Dr. Peterson.

- Irregular contours are the most common problem seen after Liposuction.
- Bruising can last up to three weeks or longer and swelling can last for weeks to months.
- Postoperative bleeding, which can result in a collection of blood, is infrequent but if serious, may necessitate evacuation in the operating room.
- Blood clots in the leg veins are an uncommon complication of this surgery but may be serious because of the potential risk of blood clots travelling to the lungs.
- An area of skin loss is an extremely rare complication but has been reported in the surgical literature.
- Infection can also occur and depending on severity, antibiotics by mouth or intravenously may be prescribed.
- Skin burns are a potential risk with the use of ultrasound probes, however, burns are very uncommon.

You can help to minimize certain risks by following the advice and instructions both before and after your surgery.

Keep in touch with your Plastic Surgeon

Should there be any questions regarding Liposuction be sure to voice your concerns to Dr. Peterson. Before proceeding with the operation, consider your options and feel comfortable with your decision.

After surgery, you will return to The Athena Clinic for follow-up care at prescribed intervals, at which time your progress can be evaluated. Once the immediate postoperative follow-up is complete, we encourage our patients to come back for periodic check-ups to observe and discuss the long-term results of surgery.

Please remember that the relationship with your plastic surgeon does not end when you leave the operating room. Post-operative and follow up visits are very important. If you have questions or concerns during your recovery, or any time, please contact us.