

Cosmetic Surgery: Liposuction (Lipoplasty)

This is a guide for people who are considering having a Liposuction operation. We advise that you talk to a plastic surgeon and only use this information as a guide to the procedure.

Also known as Lipoplasty, liposuction slims and reshapes specific areas of the body by removing excess fat deposits, improving your body contours and proportion, and ultimately, enhancing your self-image.

Liposuction

Despite good health and a reasonable level of fitness, some people may still have a body with disproportionate contours due to localized fat deposits. These areas may be due to family traits rather than a lack of weight control or fitness.

Liposuction slims and reshapes specific areas of the body by removing excess fat deposits, improving your body contours and proportion, and ultimately, enhancing your self-image.

Liposuction techniques may be used to reduce localized fat deposits of the:

- **Thighs**
- **Hips and buttocks**
- **Abdomen and waist**
- **Upper arms**
- **Back**
- **Inner knee**
- **Chest area**
- **Cheeks, chin and neck**
- **Calves and ankles**

In some cases, liposuction is performed alone, in other cases it is used with plastic surgery procedures such as a facelift, breast reduction or a tummy tuck.

What it won't do: Liposuction is not a treatment for obesity or a substitute for proper diet and exercise. It is also not an effective treatment for cellulite, the dimpled skin that typically appears on the thighs, hips and buttocks, or loose saggy skin.

What to expect during your consultation

The success and safety of your liposuction procedure depends very much on your complete candidness during your consultation. You'll be asked a number of questions about your health, desires and lifestyle.

Be prepared to discuss:

- Why you want the surgery, your expectations and desired outcome
- Medical conditions, drug allergies and medical treatments
- Use of current medications, vitamins, herbal supplements, alcohol, tobacco and drugs
- Previous surgeries

Your surgeon may also:

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Take photographs for your medical record
- Discuss your options and recommend a course of treatment
- Discuss likely outcomes of liposuction and any risks or potential complications

Preparing for surgery

Prior to surgery, you may be asked to:

- Get lab testing or a medical evaluation
- Take certain medications or adjust your current medications
- Stop smoking well in advance of surgery
- Avoid taking aspirin, anti-inflammatory drugs and herbal supplements as they can increase bleeding

Special instructions you receive will cover:

- What to do on the day of surgery
- The use of anaesthesia during your liposuction
- Post-operative care and follow-up

Your plastic surgeon will also discuss where your procedure will be performed. Liposuction may be performed in an accredited office-based surgical center, outpatient or ambulatory surgical center, or a hospital.

Procedural Steps:

What happens during liposuction?

Step 1 – Anaesthesia

Medications are administered for your comfort during the surgical procedures. This procedure would be done under general anesthesia.

Step 2 – The incision

Liposuction is performed through small, inconspicuous incisions.

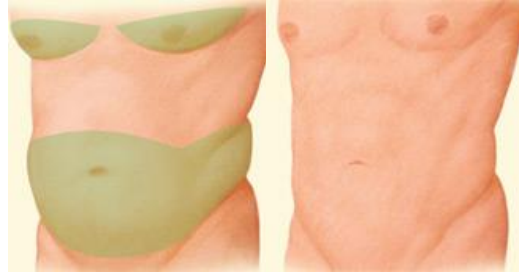
First, sterile liquid solution is infused to reduce bleeding and trauma. Then a thin hollow tube, or cannula, is inserted through these incisions to loosen excess fat using a controlled back and forth motion.

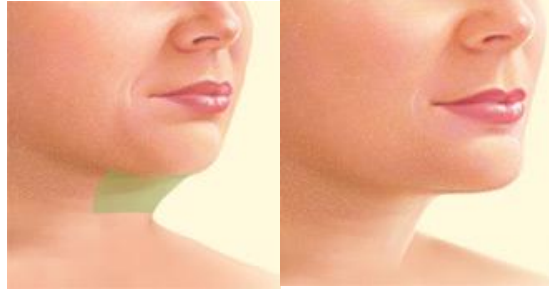
The dislodged fat is then suctioned out of the body using a surgical vacuum or syringe attached to the cannula.

Problem areas that can be addressed with liposuction:

Upper Back, Upper Arm, Hips, Buttock, Outer Inner thighs

Male breast and Abdomen liposuction





Whole Abdomen Liposuction; buttocks and thighs

Submental Liposuction

Step 3 – See the results

Your improved body contour will be apparent when the swelling and fluid retention commonly experienced following liposuction subside. With continued practices of healthy diet and fitness, the loss of excess fatty tissue should be permanently maintained. However, substantial weight gain can alter an otherwise permanent result.

Important facts about the safety and risks of liposuction

The decision to have liposuction is extremely personal and you'll have to decide if the benefits will achieve your goals and if the risks and potential complications are acceptable.

Your plastic surgeon and/or staff will explain in detail the risks associated with surgery. You will be asked to sign consent forms to ensure that you fully understand the procedure you will undergo and any risks or potential complications.

Possible risks of liposuction include:

- Uneven contours
- Rippling or loose skin
- Skin or nerve damage
- Irregular pigmentation
- Infection
- Fat clots
- Blood clots
- Excessive fluid loss or fluid accumulation
- Unfavorable scarring
- Thermal burn or heat injury from ultrasound with the ultrasound-assisted lipoplasty technique and pulmonary complications
- Possibility of revisional surgery
- Anesthesia risks
- Bleeding (haematoma)
- Change in skin sensation
- Skin discoloration or swelling
- Asymmetry
- Pain, which may persist
- Damage to deeper structures such as nerves, blood vessels, muscles, lungs, and abdominal organs
- Poor wound healing
- Persistent swelling in the legs
- Deep vein thrombosis, cardiac
- Other side effects (Please note this list is not exhaustive)

Is it right for me?

If you are bothered by excess fat deposits - located anywhere on your body - that don't respond to diet or exercise, liposuction may be right for you.

Ideal candidates for liposuction are:

- Adults within 30% of their ideal weight who have firm, elastic skin and good muscle tone
- Healthy individuals who do not have a life-threatening illness or medical conditions that can impair healing
- Non-smokers
- Individuals with a positive outlook and specific goals in mind for body contouring

Be sure to ask questions: It's very important to ask your plastic surgeon questions about your liposuction procedure. It's natural to feel some anxiety, whether it's excitement for your anticipated new look or a bit of preoperative stress. Don't be shy about discussing these feelings with your plastic surgeon.

Be careful

Following your physician's instructions is key to the success of your surgery. It is important that the surgical incisions are not subjected to excessive force, swelling, abrasion, or motion during the time of healing. Your doctor will give you specific instructions on how to care for yourself.

Once your procedure is completed, **a compression garment or elastic bandages may cover treatment areas.** These help to control swelling and compress the skin to your new body contours. In addition, small temporary drains may be placed in existing incisions beneath the skin to remove any excess blood or fluid.

You will be given specific instructions that may include: How to care for the surgical site(s), medications to apply or take orally to aid healing and reduce the potential for infection, specific concerns to look for at the surgical site or in your general health, and when to follow up with your plastic surgeon.

A special note: Secondary procedures may sometimes be recommended to reduce excess skin. Special considerations are needed when large amounts - usually more than 5 liters of fat - are suctioned.

Be sure to ask your plastic surgeon specific questions about what you can expect during your individual recovery period.

- Where will I be taken after my surgery is complete?
- What medication will I be given or prescribed after surgery?
- Will I have dressings/bandages after surgery?
 - When will they be removed?
- Are stitches removed? When?
- When can I resume normal activity and exercise?
- When do I return for follow-up care?

When you go home

If you experience shortness of breath, chest pains, or unusual heart beats, seek medical attention immediately. Should any of these complications occur, you may require hospitalization and additional treatment.

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The practice of medicine and surgery is not an exact science. Although good results are expected, there is no guarantee. In some situations, it may not be possible to achieve optimal results with a single surgical procedure and another surgery may be necessary

The results will be long-lasting

It may take several months for the swelling to fully dissipate. As it does, your new contours and enhanced self-image should continue to develop. The fulfillment you feel from the initial results of liposuction should continue as long as you control your weight and maintain a healthy lifestyle.

A significant weight gain can reverse your results. Following liposuction, your slimmer and better-proportioned body should more accurately reflect the healthy and active life you lead.

Duration of stay in Kuala Lumpur Malaysia: The recommended stay in Malaysia for this as a single procedure is 10 nights, depending on how many areas you are treating and how well you recover post operation. The surgeon may recommend a longer stay if you combine this with other procedures.

Our procedures guide is intended to give you a general outline on all aspects of our standard cosmetic surgery procedures. It is not in any way meant to be a substitute for a thorough consultation with the surgeon, as each of our client cases are bespoke to the individual's needs and medical background.

Please take time to read through and familiarize yourself with the procedures available at our Medical Centre and use our after surgery guide to help estimate how long you will need to stay in Malaysia for after surgery before flying home or returning to work.

For more information or to request a medical questionnaire and quotation please email enquiries@beverlywilshiremedical.com

The final explanation and decision for your cosmetic surgery treatment/s will be made at the time of the consultation with the respective plastic surgeon.

Following your consultation with the consultant plastic surgeon you will be asked to sign a consent form prior to surgery.

The below statement should be understood before signing the consent to surgery form.

I recognise that the practice of medicine is as much an art as a science and therefore acknowledge that no guarantees have been or can be made regarding the likelihood of success or outcomes. The aim is to give you significant improvement and not perfection.

Cosmetic Surgery

I understand that the effects of cosmetic surgery may not be immediately visible. I understand that the effect of cosmetic surgery is much more limited for smokers, that mild asymmetry is normal and that the rate of healing will depend upon age, skin type, compliance with doctor's advice or factors beyond control.

I have carefully read, understand and fully agree with the above declaration and the information I am providing is true and accurate to the best of my knowledge.

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