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LIPOSUCTION EXPERIENCE

Liposuction, also known as lipoplasty, slims and reshapes specific areas of the body by removing excess fat deposits and improving your body contours and proportion.

Liposuction can be performed alone or along with other plastic surgery procedures, such as a **facelift, breast reduction** or a **tummy tuck**.

What happens during liposuction?

Liposuction is performed through small, inconspicuous incisions.

First, diluted local anesthesia is infused to reduce bleeding and trauma. Then a thin hollow tube, or cannula, is inserted through the 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.

Your improved body contour will be apparent once the swelling and fluid retention commonly experienced following liposuction subside.

Smart Liposuction liquefies the fat before it is removed from the body.

Smart Liposuction

Laser and ultrasound assisted liposuction, like traditional liposuction aren't a weight control method or a fix for obesity. They are used to help contour your body in those areas that are not responsive to diet and exercise such as saddlebags or a paunchy stomach.

- **Managing your discomfort:** You'll probably be sore and a little swollen for a few days following laser or ultrasonic liposuction.
- You will wear a special compression garment to speed healing. Everyone's recovery is slightly different, but most people are able to return to work within a few days.
- As you recover you'll notice that your skin may begin to tighten as the new layers of skin form. This firming may continue for up to six months after your procedure.
- These techniques remove fat cells that are not recreated. If you should gain weight, it's likely that fatty deposits will not expand in the areas where the procedure was performed.
- **Here's how it works**
- Traditional liposuction, one of the most popular forms of cosmetic surgery in the U.S. - typically starts with the administration of some form of anesthesia including local anesthesia, intravenous sedation, or general anesthesia accompanied with the infusion of a saline solution into the area of the body where liposuction will be performed. The solution contains medication to minimize pain and bleeding. Then, a small hollow tube attached to a vacuum is inserted through a small incision into the fat layer beneath the skin. It's moved around to break up the fat, which is then sucked out of the body.
- Laser assisted liposuction takes advantage of the power and technology associated with medical laser beams to liquefy the fat which is then sucked out of the area.

- Ultrasound assisted liposuction uses a special cannula that vibrates very rapidly and gives off ultrasound energy. As the cannula passes through the fat cells, that energy liquefies the fat cells, which are then suctioned out. The ultrasound can be administered either above the skin (with a special emitter) or below the surface of the skin (with an ultrasound cannula).
- Medical devices are used for a variety of medical procedures, but only certain devices are FDA approved or cleared for liposuction. Before considering laser or ultrasound assisted liposuction, it is important to determine that the device being used is cleared by the FDA.
- **What happens during smart liposuction?**
- Laser liposuction focuses low-energy waves delivered by a thin laser fiber that's inserted through small incisions. The laser energy is focused on the part of the body where you'd like to have a fatty pocket removed. After the fat is melted, a small cannula is used to suck out the liquefied fat.

Liposuction recovery

During your **liposuction recovery**, a compression garment or elastic bandages may cover treatment areas once your procedure is completed. 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.

- Your improved body contour will be apparent when the swelling and fluid retention commonly experienced following liposuction subside.
- Although good results are expected from your procedure, 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.
- It is not possible to improve lax skin tone with liposuction.

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.