



# LIPOSUCTION

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## **What is Liposuction?**

For some of us, certain areas of the body are immune to exercise. No matter how many miles we run, sit-ups we do, weights we lift, or laps we swim, the fat remains, unless it is removed—with liposuction. While definitely not a replacement for a healthy diet and regular exercise, modern-day liposuction surgery (sometimes referred to as liposculpturing) can safely and permanently address those hard-to-loose fatty deposits that simply don't respond to diet and exercise, creating big improvements in body contour and shape.

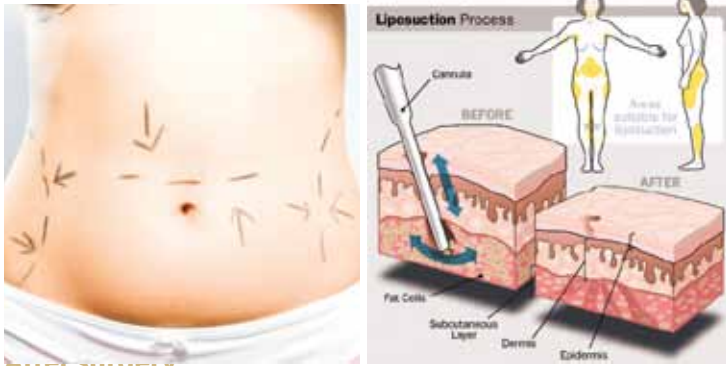
Liposuction is appropriate for large, disproportionate hips, buttocks, thighs, the abdomen and 'love handles', as well as fat deposits on arms, back, knees, sides, and under the chin. Very often, many different areas can be treated during a single operation.

## **Is Liposuction safe?**

Liposuction is a relatively safe surgery when performed within the safe limits. However, even large volume liposuctions have been performed safely without complications. Liposuction should be safely performed in a hospital setting by an experienced plastic surgeon.

## **The Surgery**

Surgery begins with a tiny incision inconspicuously located in a natural skin fold or crease in an area to be treated. Next, a salt water / anaesthetic solution is injected through a micro cannula. During surgery, the doctor moves the micro cannula back and forth under the skin. With the help of a high pressure suction machine, the unwanted fatty deposits are removed permanently and the desired shape is created.



#### After surgery

After surgery a tight-fitting garment must be worn over the area. This will help the skin shrink and conform smoothly to the new shape of the underlying tissue. The patient will be up and around in a day or two after surgery but strenuous activities should be restricted the first week or two. For several days after surgery the patient may experience mild discomfort and stiffness, which can usually be controlled by medication. Some patients experience numbness or discomfort for varying periods of time.

The scars will be barely noticeable and will soon seem to disappear. To help the skin shrink properly, we provide the patient with an appropriate garment which is to be worn for several weeks. If the patient had skin dimpling (cellulite) before surgery, the dimpling will still remain afterward, but it may be somewhat improved. Some swelling and bruising is expected, which will subside within a few months.

Sometimes the skin may have an uneven or slightly rippled effect. The final body contour after liposuction may take between 3 to 6 months to be noticeable. This is due to the swelling in the tissues, and by wearing the garment continuously the final result will be apparent in the due course of time.

Occasionally, permanent sagging of the skin happens when the amount of fat removed exceeds the ability of the skin to shrink. Overweight patients who have localized areas of fat removed must be willing to accept a greater chance of contour irregularities and less than ideal skin redraping in exchange for improving the way they look in clothing.

### Abdominoplasty What is abdominoplasty?

Abdominoplasty (also known as tummy tuck) is a popular form of cosmetic surgery for people wishing to regain a flatter abdomen. It is designed to flatten the abdomen by removing excess skin and fat and to tighten the muscles of the abdominal wall. It is an excellent procedure to correct excess abdominal skin and repair muscle laxity following childbirth, prior surgery, or as a result of significant fluctuations in weight.

### How is abdominoplasty performed?

A full abdominoplasty is performed under general anaesthesia. The procedure takes 3 to 6 hours, depending on the individual patient. The doctor will make a horizontal incision in the area immediately above the pubic bone. The length and shape of the incision will be determined by the degree of correction necessary. Excess skin is removed and the weakened abdominal muscles are sutured together resulting in a smooth, tight abdominal wall. If necessary, liposuction may be used to achieve the desired correction. A small incision around the navel will be necessary to re-position the belly button.

### Who is a good candidate for an abdominoplasty?

A patient may be considered a good candidate for an abdominoplasty if he or she is physically healthy and the weight is stable. Patients considering abdominoplasty should have realistic expectations regarding the outcome of their surgery.

### Recovery

After the surgery, the doctor will apply a dressing to the incision. The patient will wear a removable compression garment in order to minimize swelling while supporting the abdomen while recovering for the first few weeks. The doctor may also place a temporary drain tube under the skin to drain any excess fluids that would otherwise collect around the incision.

Typically patients can return to work after about one to two weeks. However, strenuous activity must be avoided for four to six weeks. After this time, the patient should be standing tall and confident with a new slimmer profile. The scars will take approximately three to twelve months to fade and flatten. *EZ*