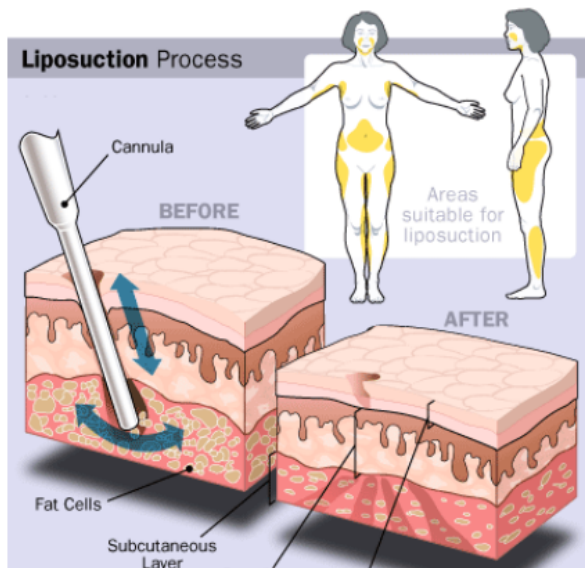


## WHAT IS LIPOSUCTION?

Liposuction, or suction assisted lipectomy, is a body contouring procedure to remove fat deposits from body areas that are resistant to diet and exercise. Liposuction is a common cosmetic treatment for both men and women and can produce very effective results.

Popular areas for liposuction including the abdomen, inner and outer thighs, hips, waist, buttocks, inner knees, arms and chin. Ideal candidates for liposuction are fit and healthy people with good skin tone and discrete pockets of unwanted fat. Following liposuction, it is still necessary to exercise and maintain a balanced diet. Liposuction is not intended as a weight loss treatment, nor will it remove existing cellulite or improve stretch marks. Moderate amounts of skin will contract and 'take up' over a period of 12 months post liposuction.

Liposuction is commonly performed using the 'tumescent technique' where large amounts of fluid and local anaesthetic are injected through small incisions. This helps to reduce unwanted bleeding. A liposuction cannula is then passed into the softened fat cells and suction through the cannula removes the fatty tissue and fluid



## ALTERNATIVES TO LIPOSUCTION

**Abdominoplasty (tummy tuck):** for patients with more significant lower abdominal skin laxity, extensive stretch marks or stretched abdominal muscles, an abdominoplasty may better produce a flatter abdominal wall.

**Transcutaneous US guided lipolysis:** a technique promoted as minimally invasive. Useful for small areas and small volumes.

**Mesotherapy:** involves a number of injections in the treatment site, intended to 'melt away' unwanted fat. Treatment with mesotherapy can leave uneven and lumpy results with little proven efficacy.

## POST-OPERATIVE COURSE

Liposuction is usually performed as a day procedure in hospital. It is normal to experience some discomfort, swelling and bruising post-operatively and you will be provided with medication for pain relief. Depending on your treatment area and the amount of liposuction performed you will be required to wear a compression garment for between 4 to 6 weeks.

There may be some fluid discharge from your liposuction sites in the first 24 hours. You will be provided with replacement dressings if required and you will be able to shower with your dressings in place. You will attend WPRS one-week post operatively for a wound review and you will be provided with scar-management education.

Bruising is common after liposuction and may take a number of weeks to resolve. Swelling takes longer to resolve and the end result may take up to several months to achieve. With regard to physical activity, you will need to rest for the first week and will not be able to drive a car during this period. A gradual return to normal activity can be expected and you should commence exercise with gentle walking, avoiding strenuous activity for 4 to 6 weeks.

# POTENTIAL RISKS OF SURGERY

**Bleeding:** any bleeding after surgery is usually minor. Rarely may you bleed enough to require a return to theatre to drain the blood and stop any bleeding.

**Blood transfusion:** is rare unless more than 4 litres of liposuction is performed. To avoid this complication, we do not perform more than this volume of liposuction in one operation.

**Wound site infection:** uncommon, however you may be required to commence treatment with antibiotics.

**Skin infections:** although rare, some serious skin infections can be life threatening. All patients are given antibiotics on discharge in an attempt to avoid this complication.

**Wound separation/delayed healing:** Uncommon after liposuction due to the small incisions.

**Scar widening or hypertrophy:** this can occur with any scar. Your wounds will be carefully closed, however some people may develop widened or elevated scars.

**Contour deformity:** Every effort is made to ensure that we achieve your goals with regard to contour and shape; we cannot however guarantee a perfect end result.

**Skin rippling:** If liposuction is performed too close to the skin the skin may ripple.

**Damage to internal organs:** although extremely rare this may be life threatening. This can occur in people undergoing liposuction on their abdominal wall if they have had previous abdominal surgery.

**Deep venous thrombosis/Pulmonary embolisms:** 1 in 100 major surgical cases may develop this complication. Every effort is made to avoid this with early mobilisation and blood thinners in longer cases.

**Anaesthetic complications:** sore throat, nausea/vomiting, other rare complications (i.e. allergic reaction to anaesthetic) can be discussed with your anaesthetist.

Whilst we aim to achieve the best result from your surgery, there can be no guarantee of perfection. We pride ourselves in offering you the best possible experience.

If there are any questions or concerns, we encourage you to contact WPRS to discuss these either with your surgeon or the dedicated team at WPRS.

I .....  
have read and understand the procedure and potential risks. I have no further questions regarding my surgery.

I consent to WPRS using my images for presentations and educational purposes.

Yes ..... No .....

Signed:.....