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Liposuction Information sheet

This is also part of your informed-consent document that has been prepared to help inform you concerning Liposuction surgery, its risks, and alternative treatment.

It is important that you read this information carefully and completely. Please initial each page indicating that you have read the page and sign the consent for surgery

INTRODUCTION

Liposuction is a surgical technique to remove unwanted deposits of fat from specific areas of the body including trunk, abdomen, buttocks, hips and thighs, and the knees and calves. This is NOT a substitute for weight reduction, but a method for removing localized deposits of fatty tissue that do not respond to diet or exercise. Liposuction may be performed as a primary procedure for body contouring or may be combined with other surgical techniques such as facelift, abdominoplasty, or arm lift or thigh lift procedures to tighten loose skin and supporting structures.

The best candidates for liposuction are individuals of relatively normal weight who have excess fat in particular body areas. Having firm, elastic skin will result in a better final contour after liposuction. Hanging skin will not reshape itself to the new contours and may require additional surgical techniques to remove and tighten excess skin. Body-contour irregularities due to structures other than fat cannot be improved by this technique. Liposuction itself will not improve areas of dimpled skin known as “cellulite”. Scars can be particularly difficult and can highlight dimpling.

Suction-assisted fat removal (lipectomy)

The surgery is performed by using a hollow metal surgical instrument known as a cannula that is inserted through small skin incision(s) and is passed back and forth through the area of fatty deposit. The cannula is attached to a vacuum source, which provides the suction needed to remove the fatty tissue. There are a variety of different techniques used by plastic surgeons for liposuction and care following surgery. Liposuction may be performed under local or general anesthesia. Tumescent liposuction technique involves the infiltration of fluid

containing dilute local anesthetic and adrenaline into areas of fatty deposits. This technique can reduce discomfort at the time of surgery, as well as reduce post-operative bruising.

Support garments and dressing are worn to control swelling and promote healing after the procedure.

Pre operative care

Having a shower with an antibacterial shower gel is helpful to decrease the number of bacteria on your skin. Also avoidance of garlic, Vitamin E tablets, omega oil tablets, ginseng, and ginger will help with the bruising as all these products can thin the blood and prevent normal clotting. It is best not to have these for about 5 days before surgery.

ALTERNATIVE TREATMENT

Alternative forms of management consist of not treating the areas of fatty deposits. Diet and exercise regimens may be of benefit in the overall reduction or excess body fat.

Direct removal of excess skin and fatty tissue may be necessary in addition to liposuction in some patients. Risks and potential complications are associated with alternative forms of treatment that involve surgery.

RISK of LIPOSUCTION SURGERY

Every surgical procedure involves a certain amount of risk, and it is important that you understand the risks involved with liposuction. An individual's choice to undergo a surgical procedure is based on the comparison of the risk to potential benefit. Although the majority of patients do not experience these complications, you should discuss each of them with me to make sure you understand the risks, potential complications, and consequences of liposuction.

Patient selection – Individuals with poor skin tone, medical problems, obesity, or unrealistic expectations may not be candidates for liposuction. NOTE: it takes about 3 months for the true result of the liposuction to become apparent as the fluid in the tissues and the fat cells have to settle over this period.

Bleeding – It is possible, though unusual, to have a bleeding episode during or after surgery. Should post-operative bleeding occur, it may require emergency treatment to drain accumulated blood or require a blood transfusion. Do not take any aspirin or anti-inflammatory medications for seven days before surgery, as this may increase the risk of bleeding.

Infection – An infection is quite unusual after this type of surgery. Should an infection occur, treatment including treatment including antibiotics or additional surgery may be necessary. I will administer antibiotics at the time of your anaesthetic to cover for infection.

Skin scarring – Although good wound dealing after a surgical procedure is expected, abnormal scars may occur within the skin and deeper tissues. In rare cases, abnormal scars may result. Scars may be unattractive and of a different color than surrounding skin. Additional treatments, including surgery, may be needed to treat abnormal scarring.

Change in skin sensation – A temporary decrease in skin sensation after liposuction usually does occur. This usually resolves over a period of time. Diminished (or complete loss of skin sensation) infrequently occurs and may not totally resolve. Some people have significant diminishing in skin sensation which does improve over a couple of months.

Skin discoloration/swelling – Skin discoloration and swelling normally occurs following liposuction. In rare situations, swelling and skin discoloration may persist for long periods of time. Permanent skin discoloration is rare.

Skin contour irregularities – Contour irregularities and depressions in the skin may occur after liposuction. These can be visible and is due to the different sized fat cells under the surface of the skin. Dimpling occurs in about 10% of patients. Visible and palpable wrinkling of skin can occur. Additional treatments including surgery may be necessary to treat skin contour irregularities following liposuction.

Asymmetry – It may not be possible to achieve symmetrical body appearance from liposuction surgery. Factors such a skin tone, bony prominence, and muscle tone may contribute to normal asymmetry in body features.

Seroma – Fluid accumulations infrequently occur in areas where liposuction has been performed. Additional treatments or surgery to drain accumulations of fluid may be necessary.

LONG TERM EFFECTS – Subsequent alterations in body contour may occur as the result of aging, weight loss or gain, pregnancy, or other circumstances not related to liposuction.

TUMESCENT LIPOSUCTION – There is the possibility that large volumes of fluid containing dilute local anesthetic drugs and adrenaline that is injected into fatty deposits during surgery may contribute to fluid overload or systemic reaction to these medications. Additional treatment including hospitalization may be necessary.

Other considerations– You may be disappointed with the results of surgery. Infrequently, it is necessary to perform additional surgery to improve your results.

Surgical anesthesia – Both local and general anesthesia involve risk. There is the possibility of complication, injury, and even death from all forms of surgical anesthesia or sedation.

Allergic reaction – In rare cases, local allergies to tape, suture material, or topical preparations have been reported. Systemic reactions which are more serious may occur due to drugs used during surgery and prescription medicine. Allergic reactions may require additional treatment. Please inform me about any allergies you have

Pulmonary complications – Fat embolism syndrome occurs when fat droplets are trapped in the lungs. This is a **very rare** complication of suction-assisted lipectomy. Should fat embolism or other pulmonary complications occur, additional treatment including hospitalization may be necessary.

Chronic pain – Chronic pain and discomfort following liposuction is very rare.

Please feel free to discuss any of the above points during your consultation and when we go through the consent for surgery.