

Liposuction

Patient Information

What is Liposuction?

Liposuction involves removing excess body fat by sucking it out through a tube. It is most effective for people whose weight is normal and who have firm, elastic skin. It is not a substitute for losing weight. Liposuction can help to correct and improve the contours of parts of the body it is difficult to shift weight from. The areas that are most commonly treated by liposuction are the tummy, hips, buttocks, thighs, knees, neck and upper arms. Liposuction can also be used to remove lipomas (non-cancerous tumours of fatty tissue) and fatty swellings that can develop under men's nipples to look like breasts (gynaecomastia). Fat cells are thought not to be regenerated in adult life. Therefore, their removal by liposuction will give a permanent change in contour and be independent of any changes in your body weight.

Is the procedure right for me?

A detailed consultation with your consultant plastic Surgeon is essential prior to undergoing any surgical procedure. During the consultation, your Surgeon will discuss your area/s of concern, desired improvements, options available (including no treatment at all) and expected outcomes. Your surgeon will examine you and may take some photographs for your medical records. They will ask you if you want to have someone with you during the examination and ask you to sign a consent form for taking, storing and using the photographs. The surgeon will measure your height and weight to make sure that it is safe to do an operation. If you are overweight, or planning to become pregnant, your surgeon may suggest delaying your operation. If you decide to proceed with surgery, you will be given a 'cooling-off' period of at least 2 weeks between initial consultation and the date of your operation to ensure you have ample time to reflect on all aspects of the procedure before proceeding (although please bear in mind the waiting lists for our Surgeons mean this period is invariably significantly longer).

How is the procedure carried out?

Should liposuction be agreed upon as the most suitable treatment, the procedure will be carried out by your Surgeon in our state-of-the-art operating theatre. Liposuction is carried out using a thin tube called a cannula that is inserted through tiny cuts in the skin. Different Surgeons adopt different techniques. Some surgeons inject the area being treated with solutions (known as a wet or tumescent technique), and others do not. Suction is usually performed with a powerful vacuum machine, but it is sometimes possible to use a simple syringe for small areas. Ultrasound assisted lipectomy, where ultrasound waves are used to help disrupt the fat cells and make them easier to remove, is another technique. The cannula is used to loosen the fat and make the body part being treated a more pleasing shape.

Next, a special suction device is attached to the cannula, and the fat is sucked from the body. Finally, the skin edges are closed with dissolvable stitches and very light dressings are applied. The surgery is usually performed as a day case under a general anaesthetic or twilight anaesthesia. Our highly experienced medical team will be on hand during your stay to care for your needs.

Recovery and aftercare

Following liposuction patients can expect considerable bruising which will be uncomfortable and at times, painful. The larger the area treated the greater this may be. Some people bruise more easily than others. The discoloration of this bruising will usually last for about a month, but the lumpiness and swelling of deep bruising can take up to six months to disappear, particularly when the abdomen or ankles have been treated. Rarely, a greyish stripe can discolour the skin for several months and is more commonly seen when the ankles have been treated. If you have a tendency to be anaemic, or if you were to have a large area treated, you may need to take iron tablets for a month. You can expect some numbness in the treated skin which tends to last for several months. You will have small scars one to two centimetres long at the site of insertion of the suction cannula. If you are having treatment to your legs, you may find that your ankles are swollen for a few months. Normally, where a small area has been treated, patients will only need to take a few days off work, but larger areas may necessitate 7-10 days off work. It is common for the surgical site/s to ooze a little, this is usually associated with the local anaesthetic discharging but can look a little pink. Swelling at the treatment site should be expected for at least 10 days. Light exercise may be recommenced immediately. Showering is permitted on the second post-operative day. You are likely to need simple pain killers for a day or so after the operation and you will probably be asked to return a week after surgery to have sutures removed. A snug pressure garment or corset is usually advised around the lower part of the body. This is used to reduce bruising but can be taken off to wash, quickly dried and put back on. You can take this opportunity to bathe yourself. The corset is usually worn for two to three weeks.

T. 01904 675222

info@coppergateclinic.co.uk | www.coppergateclinic.co.uk

CC06-21



COPPERGATE
CLINIC

Liposuction

Patient Information

Risks and Complications

All surgical procedures are associated with risks. Your Surgeon will explain these in detail during initial consultation, enabling you to reach an informed decision on whether you wish to proceed. Serious complications are uncommon, however patients should be aware of the following complications prior to undergoing liposuction-

- Anaesthesia risks
- Bleeding
- Infection
- Poor scarring of skin
- Fluid accumulation (seroma)
- Pain, which may persist
- Possibility of revisional surgery

Other Considerations

It is important for patients to understand that liposuction is not a treatment for obesity. The amount of fat that can be removed from a localised area is limited by what is safe (maximum of 3 litres) and a natural limitation when no further fat can be removed. It may not, therefore, be possible to slim down an area as much as you might like. Further treatments may be carried out in the same area after six months. In certain situations, the skin is inelastic and loose. Liposuction in these areas will then tend to leave the skin looser and it may be recommended that a skin excision be carried out to correct this, either at the same time as the liposuction, or as a second procedure. This is most likely in the abdomen, after pregnancy or weight loss, the buttocks or the neck. Dimples and wrinkles of the skin, sometimes called cellulite will not be improved by liposuction.

Results

The results of liposuction are not immediately visible; as swelling can take a long time to settle you may not see the full benefit of the operation for up to six months. Over time, post surgical swelling will subside and incision lines will fade. Satisfaction with your new image should continue to grow as you fully recover from surgery. In order to achieve optimal results it is important that you follow your Surgeon's post-operative instructions and follow-up visits.

Cost

Prices for liposuction can vary. Costs may include-

- Anaesthesia fees
- Hospital or surgical facility costs
- Medical tests
- Post-surgery garments
- Prescriptions for medication
- Surgeon's fee

After consultation and if you are planning to proceed with surgery, you will be given a written quotation regarding the cost of the planned procedure.

Alternative treatments

Liposuction is the only surgical technique to remove pockets of fat. A non-surgical alternative to the procedure is cryolipolysis (often referred to as fat freezing) which uses carefully controlled, cold temperatures to remove fat cells.

If you experience any problems or have concerns following surgery, please do not hesitate to call our direct patient line for assistance on 07908 891059.



Liposuction

Patient Pre & Post-Operative Care Guide

Pre-Operative Preparations

6 week period before surgery-

Patients requiring twilight or general anaesthesia should not travel long haul for the 6 week period before and 6 week period after surgery.

4 weeks before surgery-

Stop taking the contraceptive pill and HRT 4 weeks before surgery if this has been advised by your Surgeon or anaesthetist.

2 weeks before surgery-

We would recommend that you start taking Arnica anti-bruising tablets, three times a day, two weeks prior to and two weeks after surgery. These are available from several health and wellbeing stores, including Holland & Barratt.

1 week before surgery-

Avoid Aspirin, Ibuprofen, Nurofen and other similar painkillers one week before and two weeks after surgery. Paracetamol is the safest painkiller to take, if necessary.

Stop taking Vitamin E and its compounds (such as evening primrose oil, fish oils, garlic and garlic capsules) one week before surgery and two weeks after surgery. Taking Vitamin E in any form can cause bleeding and post-operative complications.

1 day before and on the day of surgery-

Shower all over (including your hair and face) with Hibiscrub antiseptic liquid soap (provided on prescription from Coppergate Clinic) the day before and morning of your surgery before coming into the clinic. Do not apply moisturiser after showering.

Day of surgery-

You must avoid eating solid food and milky drinks for 6 hours prior to your appointment for sedation. Water, clear drinks, black tea and black coffee can be consumed for up to 2 hours before your sedation/general anaesthetic.

You must take your routine medicines at the usual time, unless advised otherwise and bring them with you (including inhalers).

At least one nail must be free from acrylic or nail polish nails as a monitor will be placed on a finger.

Post-Operative Instructions

Average length of stay-

The surgery will be performed as a day case under a general anaesthetic or twilight anaesthesia unless your Surgeon advised otherwise during consultation. **If you live further than a 1 hour drive from the clinic, it is mandatory to stay in the vicinity until the following day.**

6 week period after surgery-

Patients requiring twilight or general anaesthesia should not travel long haul for the 6 week period before and 6 week period after surgery.

0-2 weeks after surgery

- It is essential to ensure activity is kept to a minimum and to rest as much as possible
- Wear the provided compression garment and TED stockings day and night, except for when showering
- Shower if you wish, but please be as quick as possible and do not linger. Dressings should be gently patted dry before the compression garment is put back on. At your follow up appointment, your surgeon will guide you on when leisurely showers and baths may resume
- Paracetamol can be taken as required
- Drink plenty of fluid to replace fluid removed during liposuction

2 weeks after surgery

- All physical activities may resume

0-12 weeks after surgery

- Once well-healed, apply micropore tape to scars. The tape should stay on during showers and bath and be patted dry afterwards. Tape should not be removed and replaced until it is very loose and almost falling off. Frequent removal and replacement of tape may irritate the scar.

12 weeks after surgery

- Scars and surrounding skin can be moisturised daily

If you experience any problems or have concerns following surgery, please do not hesitate to call our direct patient line for assistance on 07908 891059.

T. 01904 675222

info@coppergateclinic.co.uk | www.coppergateclinic.co.uk

CC06-21



COPPERGATE
CLINIC