

# VASER Liposuction

## Patient Information

### What is VASER Liposuction?

A ground-breaking alternative to traditional liposuction techniques, VASER Liposuction uses innovative ultrasound technology to effectively reshape, contour and define the body. VASER Liposuction's industry leading system differentiates fatty tissue from other important tissue structures such as nerves, blood vessels and connective tissue to break up fat while preserving other important tissues. This targeted technique of liposuction achieves excellent body sculpting results with reduced downtime and bruising. VASER stands for 'Vibration Amplification of Sound Energy at Resonance'. It is a liposuction technique that uses ultrasound waves to break up and liquify fat cells, making them easier to extract. The liquified fat can then be drawn out through a needle, resulting in less damage to nearby tissues compared to traditional liposuction.

### How does VASER Liposuction work?

VASER Liposuction features advanced ultrasound technology to precisely target and remove unwanted fat. Taking advantage of the ultrasound energy and the heat produced by the VASER probe, the plastic surgeon can strategically melt the fat before extracting it, achieving far better results and causing less trauma than traditional liposuction, where the fat is not melted. For this reason, VASER Liposuction is considered far superior to traditional liposuction.

### Is the procedure right for me?

A detailed consultation with a consultant plastic surgeon is essential prior to undergoing a VASER Liposuction procedure. During the consultation, your surgeon will discuss any problem areas, desired improvements, options available (including no treatment at all), and expected outcomes. It is vital that prospective VASER Liposuction patients understand the anticipated results and the limitations of the treatment before deciding to proceed. Your surgeon will examine you and will 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 proposed treatment 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 VASER Liposuction surgery be agreed upon as the most suitable treatment, the procedure will be carried out by your surgeon in our cutting-edge operating theatre. Following the administration of an appropriate anaesthetic, a tumescent solution is injected into the area being treated. This helps to facilitate the procedure by acting as a coolant, as well as reduce bleeding. A small probe is then inserted through an incision. It emits ultrasound waves to break down and liquefy fat cells. The liquefied fat is then gently extracted through a cannula. The length of your VASER liposuction can vary from one to several hours depending on the extent of your treatment. After the procedure, you will be taken to a recovery area to allow the effects of the sedation or general anaesthetic to wear off. The surgery is usually performed as a day case under a general or twilight anaesthesia or occasionally under local anaesthetic. Our highly experienced medical team will be on hand during your stay to care for your needs.

### Recovery and aftercare

VASER Liposuction patients are usually able to leave on the day of surgery to continue recovery and recuperation within the comfort of a familiar home environment. Patients will be discharged from the clinic wearing drains and a compression garment (and 4D vest if advised). The drains will stay in place for 48 - 72 hours as advised by your surgeon. The compression garment is provided to control post-operative swelling and must be worn as instructed by your surgeon. The garment must be worn at all times but may be removed briefly twice daily for showering or to carry out ultrasound treatments at home\*. For the first 48 hours after surgery patients should expect significant leakage from incision sites. Whilst the fluid may appear red, it is mostly anaesthetic solution and saline and only around 1% blood. In general, the more leakage, the less bruising and swelling there will be. Leakage may continue for some days after the procedure, particularly where surgery has been more extensive. Whilst leakage continues, disposable bed sheets should be used around the home, in the car or wherever you sit or lay down to protect from stains. Brands such as TENA lady are of a good quality, offer good absorbance and are available in a range of sizes. Disposable pads or sanitary towels can be applied near to leakage sites and must be replaced regularly, generally every 4-6 hours. Arnica tablets are recommended to treat post-operative bruising and muscular aches. It is not unusual for patients to experience a drop in haemoglobin and feel anaemic after surgery. Taking iron supplements and eating iron-rich foods can alleviate this. Following surgery, patients should drink plenty of fluids to stay hydrated. Recovery time will vary depending on the areas that have been treated and how much fat has been removed. Your surgeon will help to give you an idea of what to expect. For

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the first 12-24 hours after surgery, patients should rest, before resuming gentle daily activities on day 2 or 3. Normal activities should resume as tolerated. **If surgery has been more extensive this may take up to 10-14 days.** After the initial day or two of rest, it is important to move around and avoid being stationary for extended periods of time. Remaining mobile will aid blood and lymph circulation, ensuring fluid drains and swelling subsides more quickly. Keep your muscles moving by bending the knees in gentle half squats or standing on tiptoes to help this process. Keep activity gentle and frequent to avoid stiffness and heaviness of your limbs. Pain following VASER liposuction is usually manageable, and it is unlikely that you will need strong painkillers. Ice or heat packs must not be applied to the surgical area(s). For neck procedures, patients should sleep with the head of the bed elevated 30 degrees and keep the neck extended with a neck or towel roll. Some swelling will usually remain around the treatment area for up to six weeks and there may also be some bruising or numbness during this time.

### 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
- Lumpiness
- Skin numbness
- Skin pigmentation or discolouration
- Persistent bruising
- Possibility of revisional surgery

### Other Considerations

It is important for patients to understand that VASER 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 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. 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 or skin tightening procedure such as Renuvion skin tightening 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 VASER 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 CoolSculpting (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, including symptoms of infection such as shortness of breath, redness, unusual bleeding, marked increase in swelling, increased pain, skin that is warm/hot to the touch or a fever above 38.3, please do not hesitate to call our direct patient line for assistance on 07908 891059.**

\*Please ask your surgeon for more details on recommended devices

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## 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.**

**Wear comfortable, loose-fitting clothes. It is a good idea to choose dark colours as oozing at the treatment site may stain.**

**Where possible, remove all jewellery.**

### 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. Please make arrangements for a responsible adult to collect you from the clinic and stay with you overnight.**

#### *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 days after surgery*

- 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
- Paracetamol can be taken as required
- Drink plenty of liquids to replace fluid removed during liposuction
- Expect significant leakage from incision sites and guard against possible staining by using disposable bedsheets around the home until leakage subsides.
- Apply disposable pads near to leakage sites and replace every 4-6 hours or more often if required.

#### *2-3 days after surgery*

- Gentle daily activities may resume as tolerated
- Once drains are removed by your surgeon on day 2 or 3, you may remove the compression garment to take a brief daily shower 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.

#### *3 days -2 weeks after surgery*

- Normal activities may resume as tolerated.
- Remain mobile, keeping activity gentle and frequent to avoid stiffness and heaviness of your limbs.

#### *2 weeks after surgery*

- All physical activities may resume

#### *0-8 weeks+ after surgery*

- Compression garments should be worn continuously for 6- 8 weeks post operatively. Many patients choose to wear the garments during the day or at night beyond this time, at their own discretion. By this point the tape applied to the wounds in theatre should have naturally peeled away. If any tape still remains at this stage feel free to gently remove it.

**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.**

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