

## AFTER THE SURGERY

After liposuction a compression garment must be worn for 4-6 weeks to minimise the bruising and swelling and help produce an even contour. For areas on the abdomen, thighs or buttocks this garment is like a girdle, and can be worn under normal clothes. Resting quietly in the first few days will also minimise the bruising and swelling. The areas will feel tight and bruised, however most people do not find the operation very painful. Recovery times vary with most people being able to return to normal everyday activities including driving within 7-10 days. It is important to restrict heavier activities including heavy lifting, exercise and gym work for 2-3 weeks.

### SUMMARY

Liposuction is a commonly performed body-contouring procedure which improves the shape of your body and your self-confidence.

North Shore Cosmetic Surgery is a group of Plastic Surgeons dedicated to providing a high standard of service to the North Shore.

All members are Fellows of the Royal Australian College of Surgeons, Australian Society of Plastic Surgeons and Australian Society of Aesthetic Plastic Surgeons, and have been trained to the highest possible standards.

North Shore Cosmetic Surgery provides a comprehensive range of cosmetic and reconstructive plastic surgery procedures, as well as a full range of the latest skin care, lasers and aesthetic treatments.

## PRACTICE LOCATIONS

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North Shore  Cosmetic Surgery

## A patient guide to understanding

### Liposuction

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## INTRODUCTION

Liposuction is a commonly performed body-contouring procedure to improve the shape of your body. This operation is often referred to as 'liposculpture'. The operation is suitable for people with localised fatty bulges, especially those that can not be removed despite diet and regular exercise. A better result is obtained in patients with good skin tone, with little or no stretch marks, sagginess or cellulite.

Liposuction is not a weight loss operation, and patients with significant amounts of loose skin are best treated with body-contouring procedures that remove loose skin eg abdominoplasty (tummy-tuck), thigh lift, buttock lift or arm lift. Liposuction is commonly performed as part of these procedures.



The surgery results in an improved contour with a decrease in fatty bulges. Large amounts of liposuction can reduce your waist measurement and clothing size, making it easier to find clothing that is comfortable and flattering. The operation will also improve your self-confidence.

## PRE-OPERATIVE ASSESSMENT

As in all cosmetic surgery, it is important for you to tell your surgeon the specific areas that concern you. An assessment will also be made of any loose skin, stretch marks, or cellulite, which may affect the result. It is important to discuss with your surgeon any pre-existing medical conditions which you may have, as well as any problems with previous operations or anaesthetics.

It is ideal for you to be as close as possible to your target weight, as this optimises your final result. People contemplating significant weight loss are best to defer surgery, as significant weight change after liposuction can affect the result.

Your surgeon will discuss the operation with you, show you photos of other patients who have had the procedure, and will give you written information about the operation. Both the expected result as well as the risks of the operation will be explained.



## PREPARING FOR THE SURGERY

If you smoke it is important to stop smoking at least a few weeks before the surgery – smoking significantly increases the chance of healing problems after the surgery.

Aspirin, anti-inflammatory medications eg Nurofen, and some vitamins and herbal medications can cause increased bleeding and these also need to be stopped 10 days before the surgery.

## THE SURGERY

Liposuction can be performed under local anaesthetic and sedation or general anaesthetic depending on the amount being performed, and usually takes 1-2 hours. Most patients go home the same day, however if large amounts of liposuction are performed then you may need to stay in hospital overnight.

A solution containing local anaesthetic and a product to minimise bruising and swelling is injected into the area, and following this the fat is removed using a suction tube through a few small cuts. At the end of procedure padding and a compression garment is put on the area.

