

LIPOSUCTION

WHAT IS LIPOSUCTION?

Liposuction is a procedure that removes excess fat in order to slim, reshape and improve the contours of your body. The areas that most often benefit from this procedure are the waist, abdomen, thighs, buttocks and hips, but liposuction can also be performed on the face, legs and back. It can be performed in conjunction with other cosmetic procedures, like tummy tucks or face lifts. It is not a treatment for obesity or for cellulite.

WHAT CAN YOU EXPECT?

Once the swelling subsides, you will begin to notice improved shape and body contours. When fat is removed with liposuction, it cannot 'grow back', however the fat cells in the treated area can enlarge if you put on weight, but as long as you maintain your general fitness and weight, the results of this procedure can be long lasting. Remember that while the results are permanent, your body will continue to age naturally and this procedure does not correct loose or sagging skin.

SOME FREQUENTLY ASKED QUESTIONS ABOUT LIPOSUCTION

How do I plan for my Liposuction?

Before any surgery is performed, your first consultation with your cosmetic surgeon will be a discussion about what your surgical goals and expectations are, and what liposuction can achieve. Your surgeon will examine the area that needs treatment, evaluate your general health status and explain the procedure to you so you know all you need to in order to make an informed decision.

He or she will take photographs and discuss what outcomes you can realistically expect, as well as options for treatment, and the risks. This consultation is the time to ask any questions and discuss any anxiety you have about the procedure.

What is the procedure for a Liposuction?

Liposuction is performed through small, barely visible incisions. The procedure involves the insertion, through the incisions, of a cannula, which is a thin tube with a surgical vacuum attached to it. The cannula loosens the excess fat in a back and forth motion, which is suctioned out with the surgical vacuum.

How should I prepare for Liposuction?

Before your surgery you may be asked to stop smoking for 2 – 4 weeks prior to the procedure. Nicotine retards the healing process, and quitting for as long as possible before surgery helps improve blood flow.

You will also have to have a blood test before surgery is performed.

You should stop taking certain medication, like aspirin and some anti-inflammatory drugs. Avoid recreational drugs, and disclose to your surgeon any other medication you're taking, since you may need to adjust these.

Be sure to arrange for transport to and from the clinic, since you will not be able to drive yourself after the procedure.

Where will my Liposuction be performed?

The procedure will be performed in one of our fully equipped operating theatres.

What anaesthetic will be used for my Liposuction?

Liposuction can be performed under local anaesthesia, intravenous sedation or general anaesthesia. Your surgeon will recommend the best option for you.

How do I recover from my Liposuction?

You may spend just a few hours at the clinic after the procedure, or your surgeon may recommend that you stay overnight. During recovery, you will have small temporary drains beneath the skin to remove excess blood or fluid. You will wear a compression garment over the treatment areas to help to control swelling and compress the skin to the new contours of your body.

Your surgeon will advise you not to place any excessive force on the incisions as they heal, and to avoid excessive movement, treating the area gently for the first few weeks. You will also be advised on how to care for the treatment area, and you'll be prescribed medication to avoid infection.

What can I expect after Liposuction?

You may have quite a lot of swelling after the surgery, which may last several few months, so the results will not be visible immediately; you'll need to be patient for a while. Most of the swelling will subside within about a month and you will wear a compression garment for the first four to six weeks after your procedure to minimize swelling, and help with pain control.

When can I return to normal activities?

The time period differs from patient to patient, but you will probably be able to return to work a few days after the surgery, and you should be able to resume your regular activities within about 2 weeks.

What are the risks involved in Liposuction?

With this procedure, like all other surgery, there is a (low) risk of post-operative infection, bleeding and swelling, as well as the risk associated with anaesthesia.

Some of the other risks specific to liposuction include irregular pigmentation, rippling skin, persistent swelling, unsatisfactory wound healing, asymmetry or irregular contours, and thermal burn from ultrasound when this technique is used.

Other possible risks include nerve damage, damage to muscles, lungs, blood vessels, and abdominal organs, as well as deep vein thrombosis and cardiac and pulmonary complications. Your surgeon will discuss all the risks with you before you consent to the procedure.

QUESTIONS OR CONCERNS?

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