

Looking Forward to Liposuction in 2011

Now that the holiday season is a faint memory, many patients are looking forward to sunny Spring skies. With these thoughts of warmer weather, come visions of bodies in bathing suits. This mental picture can evoke plain old FEAR— especially on the heels of holiday indulgences! Immediately, our thoughts turn to liposuction.

Liposuction, also known as liposculpture, contours specific areas of the body, by removing stubborn fatty deposits. This makes your body appear slimmer, looking appreciably better in lighter clothing. Often, good health, diet and exercise are not enough. These patients who are in relatively good condition find stubborn areas of localized fat to be extremely frustrating. Common areas where fat deposits can occur are the “love handles”, “saddle bags”, back and abdominal areas. The liposuction procedure can be done alone or in combination with other

procedures, such as Tummy Tucks, Breast Reduction or even with a Facelift.

What needs to be remembered is that liposuction is not a treatment for obesity— not a replacement for a healthy diet or exercise program. The best surgical candidates for liposuction are those who are in good shape, but have areas of resistant fat deposits. These patients would also have good skin elasticity. Some other common treatment areas are: thighs, arms, neck, waist, hips, inner knees, chest, cheeks, calves and ankles.

The results of liposuction surgery are typically long lasting, but could be affected by pregnancy, the aging process or significant weight gain. Usually during your initial consultation with the Doctor, you will be asked to look in the mirror and show what areas are troublesome to you. Now is also the time that your skin elasticity will be assessed.

This will help your plastic surgeon to know your expectations and to determine whether or not they can be realistically accomplished. Just as with any other surgery, you should come prepared to discuss your medical history, which includes previous surgeries, any medical conditions, allergies and current medications. It is extremely important that you include everything, so that your surgery and recovery will go well.

When liposuction or liposculpture surgery is performed, a hollow metal tube called a cannula, is passed through the fatty tissue. There are several different types of liposuction surgery that will be discussed with you during your consultation. Liposuction is one of the most commonly performed procedures done by plastic surgeons. Liposuction is a very low risk procedure. You, as the patient, can help to minimize risks by following the pre and post operative instructions given to you by your Doctor.

It is good to remember that the first 48 hours after surgery, you will experience varying degrees of swelling and bruising. The bruising is typically gone in seven to ten days, but the swelling lasts longer. Tiny stitches are placed where the cannula is inserted, and these are removed about a week after surgery. This is not a particularly painful surgery. It feels more like you have done a strenuous workout. The compression garment provided by your doctor should be worn for six to seven weeks after the

procedure. This helps to reduce swelling and to speed up the recovery process. In most instances, you will be able to return to most of your normal activities within ten days or less.

Liposuction surgery prices can vary depending on the amount of liposuction that needs to be done, and the length of time involved. This is all determined by the Doctor at your first appointment.

Liposuction can truly be a very elevating self esteem experience. If you are interested in making a positive difference in your looks without much pain or downtime, this may be a surgery to investigate in the New Year. Call our office at 724.759.7777 to schedule your consultation and speak to a member of our staff.

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