

What is Liposuction?

Liposuction is one of the most popular cosmetic procedures in body contouring to remove fat with minimal scarring. This can create aesthetic contours and address stubborn collections of fat that do not change with weight loss.

Liposuction is a well-studied and established procedure which is safe when performed by an expert who understands the unique components of the surgery.

Who Are Good Candidates for Liposuction?

Liposuction results are best when the goal is to target specific areas for fat removal. Common areas of liposuction include the:

- abdomen
- flanks
- inner thighs
- lateral breast and chest, near the bra line
- inner arms
- under the chin

The most satisfied patients for the surgery will be at a BMI less than 30, do not smoke cigarettes, and have a stable weight.

Expectations must be reasonable. Liposuction is not a substitute for healthy weight loss and diet control. Patients with heart or lung problems, active smoking, poorly controlled diabetes, or have a history of poor wound healing should not undergo liposuction.

Unwanted fold of stretched skin with stretch marks may occur after weight loss or pregnancy. Liposuction will not improve these areas, and may actually make it worse. Ask your surgeon about surgical contouring options (tummy tuck, thigh lift, arm lift etc..) for these changes.

How is The Surgery Performed?

Liposuction is performed safely by removing fat through small skin incisions, less than 1 cm ("ports"). Fluid containing

anesthetic and adrenaline is injected into the fat through these ports. This helps reduce bleeding and pain. Once the fluid has soaked in the fat, hollow tubes are carefully placed to suction fat in the target area. The tubes break down the compartments under the skin containing fat. The fat is removed until a satisfying contour is achieved.

Is This Minor or Major Surgery?

Although the scars are small, the treatment area is larger than what most people see. The area of the body, the amount of fat to be removed, and personal preference, play an important role in your surgical plan. You may need some tests before surgery as well as an anesthetic assessment.

Minor liposuction, performed awake, can be done safely as long as this is tolerated. Smaller volumes of fat are removed, and you go home the same day.

Larger volumes or areas are best treated with sedation in an operating room. The surgery requires careful balancing of your fluids and is performed at a hospital. The care team will monitor your health, and if safe, you may go home the same day. If needed, you may stay in the hospital overnight to maximize your safety and comfort.

Recovery

The initial recovery time is 1-2 weeks after surgery. During this time you will feel sore, like a heavy body workout. Most people are able to appear in public, with clothes, after 1 week. The skin may appear bruised for 2 weeks. However, final results are not truly seen until 3-6 months after surgery.

You will be provided a special compression garment that keeps the swelling down. For best results, you will need to wear the garment as much as possible and avoid exercise for 1 month.

Schedule your personal consultation with Dr. Lee to talk about liposuction and body contouring.