


# Liposuction Information and Tips:

 18 essays on a series of liposuction health topics



Edited by: [CalfReduction.Net](http://CalfReduction.Net) – Calf Reduction Resources Center

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## **An Introduction To Liposuction** - *by carl formby*

Many people are looking for ways to make their body look better, and one of the ways that has gained popularity in recent years is the use of liposuction techniques, which is a surgical technique that enables the removal of fatty deposits from various parts of the body.

Liposuction has many advantages compared with other types of cosmetic surgery, including the fact that recovery from liposuction tends to be fairly rapid, the technique can be carried out on many parts of the body, and the surgery itself is essentially painless.

Liposuction removes fat deposits from the body by making a small incision in the place where the fat is to be removed, and then using suction techniques to remove the fat from the body. The incisions are quite small, which makes the whole process a fairly safe one, and one which can be carried out in a short period of time, usually a few hours.

One of the most recent developments in liposuction techniques has been that of tumescent liposuction. One of the main advantages of this type of liposuction is that there is no need for a general anesthetic. Some people have trouble with general anesthetics, and therefore tumescent liposuction may be better for these individuals. But with the tumescent liposuction technique there is also much less bleeding, which again makes the technique very safe and recovery very rapid.

The very quick recovery from having liposuction done is a big advantage for many people, since within a few days of having the surgery done most people can return to work. The fact that the incisions are small also makes it much less likely that there will be any permanent scars to show that an individual has undertaken any type of surgery whatsoever. Liposuction recovery times are covered in more detail at <http://www.liposuctionchoice.com>

Liposuction can be used to reshape almost any part of the body, and this can include the stomach, the face, the arms, and even the chin. The liposuction techniques that are used on the different types of the body are more or less the same, with the main difference being the amount of fat that is removed. When liposuction is carried out on areas of the body

such as the face, it is often known as micro-liposuction, since the incisions are very tiny and the amount of fat removed will be very small.

It should be noted that liposuction is not an alternative to a diet or other methods of losing weight, but is simply a way to reshape the body to make for a more pleasing shape. Before deciding to undertake any type of cosmetic surgery it is better to get the opinion of a qualified professional to ensure that the surgical technique is the right one for you.

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**About the Author**

Carl Formby owns and operates <http://www.liposuctionchoice.com>, a website dedicated to information on [Liposuction](#)

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## **How Is Liposuction Performed** - *by Katrin Rogers*

Before you think about [liposuction](#), you may want to educate yourself in the way the procedure is performed. Once you decide to have liposuction your surgeon will explain the procedure he plans to use, but it doesn't hurt to educate yourself in advance or even discussing liposuction with your doctor. There are variations to the basic liposuction procedure, but once you have chosen a surgeon and consulted with him on the procedure, he will advise you of the best methodology based on the areas of your body that are of concern.

You want to first understand exactly what liposuction is before you consider having the procedure. Liposuction is a procedure that is used to remove excess fat pockets from various areas of your body. The surgeon will make one or more tiny incisions close to the area he plans to suction and will insert a small hollow tube (cannula). The incisions the surgeons makes are less than one-quarter of an inch long and are placed in places where they are difficult to see such as in the folds of the skin or contour lines. The surgeon will then connect the cannula to a vacuum pressure unit by using tubing. He will then use the suction device like a vacuum cleaner to vacuum the unwanted fat from the patient's body.

There are some variations to the basic liposuction technique that your surgeon may choose to use depending upon the areas where you need fat removed and the amount of fat pockets that are involved. One method involves putting fluid into the areas to be suctioned prior to performing the liposuction procedure. Surgeons may also use a "dry" technique or a tumescent technique which involves the introduction of a great abundance of fluids. There are also other variations of the basic [liposuction](#) methodology that your surgeon may use depending upon your individual needs.

There may be other methods your surgeon may choose to use when performing liposuction, and these will be based upon your individual needs. The end result will always be the same—suctioning of excess fat from your body—no matter what methodology your surgeon may use to perform liposuction. There are reasons one surgeon may prefer one method over the other or it may be based upon your individual needs.

Before your surgery you want to discuss with your surgeon the method he plans to use and the reasons he has chosen that method for you. There is no need for you to remain in the dark about your [liposuction](#) procedure—it is much easier for you to remain calm and confident in your surgeon if he provides the information about how he will perform your procedure. When you are well-informed and have a rapport with your surgeon you are more likely to be willing to follow his instructions before and after surgery. When you build a rapport with your surgeon you have more faith in him and trust him to make the decisions that are in your best interest.

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**About the Author**

Katrin Rogers Sanders is a published author and knows her stuff concerning of the information about how it will perform a Liposuction procedure.

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## **Liposuction Techniques and Methods** - *by ARINDAM CHATTOPADHYAY*

Liposuction is a way to remove fat quickly and can help sculpt your body. Specific areas may include the abdomen, hips, buttocks, thighs, knees, upper arms, chin, cheeks and neck. Although no type of liposuction is a substitute for dieting and exercise, it can remove stubborn areas of fat that do not respond to traditional dieting and exercise.

Over the last 10 years, surgical liposuction (also known as lipoplasty or suction lipectomy) has undergone some refinements. New techniques in the market now include ultrasound-assisted lipoplasty (UAL), the tumescent technique, and the super-wet technique.

### **Surgical Liposuction**

During liposuction, localized fat deposits are removed to re-contour certain areas of the body. Through a tiny incision, a narrow tube or cannula is inserted and used to vacuum the fat layer that lies beneath the skin. The cannula breaks up the fat cells, suctioning them out. The suction action is provided by a vacuum pump or a large syringe, depending on the surgeon's preference.

The problem with liposuction plastic surgery is that fluid is lost along with the fat, and it is vital that this fluid be replaced during the procedure to prevent shock. For this reason, patients need to be carefully supervised and receive intravenous fluids during and immediately after this procedure.

Fluid injection: a medicated solution is injected into fatty areas before the fat is removed. The fluid is a mixture of intravenous salt solution, lidocaine (a local anesthetic) and epinephrine (a drug that contracts blood vessels). The fluid helps to remove fat easily, helps reduce blood loss and provides anesthesia pre and post surgery and also helps reduce bruising.

Tumescent liposuction: a technique used on patients who only need a local anesthetic. This procedure can take up to 5 hours. Large volumes of fluid, often as much as three times the

amount of fat to be removed are injected in this technique. The injected fluid contains an adequate amount of anesthetic, which could cut the anesthetists costs.

The Super-Wet technique: similar to the tumescent technique, except that lesser amounts of fluid are used. Usually the amount of fluid injected is equal to the amount of fat removed. This technique often requires IV sedation or general anesthesia and typically takes one to two hours of surgery time.

Non-surgical Liposuction A new breakthrough in non-invasive body technology is Body Contouring, which removes excess fat cells without surgery, focusing on the hips, stomach, thighs, bottoms and flanks.

This non-surgical liposuction is a safe, painless, surgery-free body contouring treatment. The process sends ultrasound beams into the problem area to destroy fat cells. The entire procedure is guided by innovative tracking technology that ensures smooth, uniform contouring.

Body Contouring is the latest successful technology for the effective removal of excess fat. Together with Ultrashape, a scientific breakthrough which redefines the contours of your body, it is a great alternative to surgery. There are no side effects to this treatment that takes between 1 and 2 hours, and it is possible to resume your daily routine immediately thereafter. Liposuction can give you the body you so desire, but do remember to know all about the procedure before you decide to take the plunge.

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**About the Author**

Arindam, the author of the article is an expert in obesity management. Visit his sites [Liposuction](#) and [Diabetes](#) for more latest information on weight management

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# **Laser Liposuction - Is It One Of The Best Alternatives For You? -**

*by Korbin Newlyn*

Liposuction is one specific way for a person to get rid of fat in a relatively quick way. The majority of individuals turn to this option when they discover that they are incapable of adhering to a diet program for a long enough period to make a significant difference while simultaneously they want to look better as well. The latest advancement in this field currently is laser liposuction.

## **What Exactly is Liposuction?**

Prior to educating yourself in the deeper aspects of liposuction you need to know the basics of this type of procedure. Liposuction is a way of taking out fat from different places in the body, such as thighs, buttocks, neck, abdomen etc.

The fat is dispatched by way of aspiration with the assistance of a thin tube which is inserted underneath a persons skin through a two or three millimeter surgical incision.

Even though this type of procedure initially appears simple in nature it is classified as surgery and sometimes there will complications that do happen.

On the positive side of the situation, liposuction can furnish you with an ideal way to lose fat with a minimum amount of inconvenience. However, the success of this type of procedure is greatly dependent on the flexibility of your skin. Because of this reason the procedure is not recommended for people over a certain age regardless if they were in ideal physical condition.

## **What Are The Differences In Laser Liposuction?**

The majority of people develop some amount of bruising after a regular liposuction procedure which in normal circumstances disappears after a few days. This after effect is expected and should not be alarming, though for many patients they end up shocked anyways. Primarily this does not happen with laser liposuction since a laser is utilized to

blast the fat that is beneath the skin. This is opposed to saline that is used in the older procedure in order to break down the fat.

Because of this laser liposuction has less pain, does not have a tendency to create bruising which essentially means having to spend less time for post-surgery recuperation and lastly, it is much quicker as well as more thorough. There is also less chance that there would be any type of scarring or any type of significant tissue damage when utilizing a laser.

Another excellent benefit is that because of the heat that the laser generates, it encourages the production of collagen which enriches the skins elasticity. This is one of the reasons why laser liposuction can be used on individuals who are middle age, because the odds of the skin having a greater chance of recovery are good as well as the skin having a better appearance after surgery are also good.

### **What Are The Risks and Limitations?**

This kind of procedure is generally recommended for areas that are smaller. For instance the neck, face, upper arms, etc. because there is a danger of retaining fat fluid which could end up being a serious health threat in greater instance when used on larger areas. There are other factors to consider but using the laser option is certainly a great benefit over past procedures to those looking for a relatively quick way in sculpting their bodies.

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#### **About the Author**

Listen to Korbin Newlyn as he shares his insights as an expert author and an avid writer in the field of health. If you would like to learn more go to [Laser Liposuction](#) education and at [Chin Liposuction](#) learning.

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## **Liposuction Vs LipoDissolve - Which is Better?** - *by Dr Barry Eppley*

Even though we are in the middle of the summer (or maybe because we are), you may have decided to get serious about getting rid of those unsightly fat areas that diet and exercise just won't. But with different methods of fat removal available, which one is right for you? It may be tempting to think that a non-surgical method such as LipoDissolve which offers low cost and no recovery time is best, but let's examine the facts first.

Traditional liposuction is still the gold standard to which all other methods of fat removal must be compared. Done through small incisions near where the fat is to be removed, a small thin hollow tube (cannula, about the width of a pencil or less)) is placed under and the dislodged the skin. By moving the cannula in and out repetitively, fat is broken loose and then vacuumed out. This is the preferred method among board certified plastic surgeons for removing larger amounts of fat tissue and has been used in the United States for almost thirty years. All liposuction today is done with the tumescent or wet technique which keeps blood loss to only about 1% of the total fat removed.

Liposuctioned fat volumes removed today are kept around five or six liters in a single operation to keep the risk of complications low. Serious side effects with liposuction are very rare. The most common problem with liposuction is skin irregularities but this problem is kept limited when done by skilled and experienced hands. Very good results can be obtained in the neck, stomach, waistline, outer thighs, and knees. More modest results are seen in the arms, back, inner thighs, and buttocks.

Liposuction done with the aid of a laser, also known as Smart Lipo, is one of the newer FDA-approved types of liposuction. A laser is inserted through tiny incisions in the skin. When the laser is fired, it melts the fat purportedly tightening the skin at the same time.

Smart Lipo has not been proven to produce better results than traditional liposuction but may be an alternative for removing smaller fat areas. This is certainly the way it is currently being sold, particularly to non-plastic surgeons which make up a significant percent of the targeted market. Because the removed fat volume is more limited, serious side effects are

unlikely. The real question in my mind is whether Smart Lipo can help perform smaller liposuction procedures under local anesthesia in the office setting. This is where it would offer an advantage over traditional liposuction.

Lipodissolve, also known as injection lipolysis, uses a mixture of emulsifying chemicals (lecithin and cholic acid) which are injected under the skin to the targeted fat areas. This is a non-FDA approved treatment method although in my experience has proven to be safe. I have not seen any of the complications that are widely reported. Lipodissolve is certainly not a replacement or alternative to liposuction. It is best viewed as a fat removal technique when any form of liposuction is a bigger solution than the problem justifies. It is done as a series of injection done in the office over three or four months. I have found that it works well for small fat areas in the neck, jowls, bra rolls, stomach, flanks, thighs, and knees. Small areas, no bigger than the size of a hand, is the concept of a treatable fat area. Liposuction, like all plastic surgery, is an issue of value...what result do you get for what you pay. It is also a great method to touch-up any excess areas of fat after a liposuction procedure.

Since liposuction and lipodissolve remove fat by different methods (mechanical vs. chemical), they are best used for differently-sized fat issues. Small areas may be taken down with LipoDissolve, larger areas require traditional liposuction.

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**About the Author**

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## **Smart Lipo: Reduce Fat in Shorter Time** - *by Articles Manager*

Everyone wants to look slim and trim, but it is not possible for all. If you have extra fat, you want to reduce it. Sometimes fat deposits presume unusual size in areas such as under the chin, upper arms, knees, thighs, hips and waist. Even when the person's body weight is normal for their height. Attempt to reduce these localised fat deposits by diet or exercises alone are often ineffective. Therefore, to diminish extra fat, there are many options. Smart Lipo is suitable and better option compared to others.

It is an innovative and new liposculpture process for the removal of obstinate areas of fat such as double chin, inner and outer thighs, upper and lower abdomen and love handles etc. it is helpful to reduce fat areas without the risk and recovery time associated with traditional procedure. Laser Lipo surgery is significantly less expensive than liposuction as it does not require the use of a hospital theatre or general anesthetic.

It can be performed in clinic by using sterile techniques and a local anesthetic. Smart Lipo is a minimally invasive way of removing small, localised fat removal. The procedure is performed by introducing a fine fiber-optic probe through 1mm cannula inserted under the skin. It delivers pulses of low-level laser energy that selectively break up fat cells. The fat is transformed into an oily substance that is captivated and abolished by the body in a usual way over several weeks.

During the procedure, no fat is sucked out of the body. Main advantage of the Smart Lipo is that its procedure has minimal healing time. The results with Smart Lipo are generally accepted around 75% successful. It is fact that next creation of smart Lipo will distribute better results and higher client satisfaction. New machines have come in the cosmetic healing that houses a power range, resulting in greater energy being delivered and larger amounts of fat cells rupture in less time.

For smart Lipo you are to search over the internet and you will find many clinics, surgery centers and cosmetic physicians that are providing this facility with affordable prices and in less time. You are to select one according to your requirements. You must read details

carefully because this matter is related to your health. Therefore don't ignore anything about Smart Lipo.

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**About the Author**

Skincareclinic is the best clinic that offers Laser skin Treatments, [Smart Lipo](#) experts, Liver spots removal, Age spots removal, [Fat Removal](#) treatments, Breast reshaping and augmentation.

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# **Tumescent Liposuction - Understanding The Differences - *by***

*Korbin Newlyn*

The majority of individuals know of the procedure of liposuction and the different facets that are involved in it, however there are few people that are cognizant of a particular liposuction procedure known as tumescent liposuction. This type of procedure is a highly common type of liposuction which is normally done while under local anesthetic, and which requires the pumping of a combination solution of saline, epinephrine, and lidocaine. During this type of procedure the surgeon injects the solution into the areas that are fatty on a persons body prior to the fat being removed.

The procedure of tumescent liposuction was initially developed by dermatologists surgeons many decades ago, in the mid 1980's, nevertheless it has never truly come into its own until more recent years. The method of tumescent liposuction utilizes much smaller cannulae than that of any other kind of liposuction procedure which has an effect of generally less bruising and bleeding.

## **Some Benefits**

With the tumescent liposuction procedure there are a number of different benefits, particularly over other types of liposuction treatments. In comparison to other types of surgical methods it provides much fewer irregularities to the skin, lessened amounts of bleeding, lower amounts of bruising and a much quicker time to recover for the patient.

## **The Risks Associated**

Just as with any other procedure there are risks involved as well as possible complications associated with tumescent liposuction. Some of these includes dimpling, lumpiness, irregularities to the skin, loose skin and possible infection. Even though these risks are associated with this kind of procedure, it is significant to note that tumescent liposuction is a relatively less complicated procedure, one that normally has very few side effects.

## **Time To Recovery**

Typically it takes roughly six weeks for many of the scars to start to soften, however after this point they will start to become so faint in appearance that they will usually not be noticeable, if at all. It is possible that you will feel a numbness that is temporary in the area that is treated since because the anesthetic that was administered to you prior to your procedure remains in your tissues for one to two days after your surgery is completed.

It is recommended that you avoid any type of physical activity, at a minimum for the first week after you have had your surgery, as this can result in various amounts of strain on the treated area and the end result would be problems. The majority of patients that end up going through this procedure are mentally alert and capable of functioning even immediately after the surgery, and don't experience any grogginess or nausea.

Liposuction has the ability to be a very beneficial procedure, one that is capable of helping shape your body while at the same time remove excess fat, leaving you with the body that you want. Also, it is a pretty inexpensive procedure when looked at in comparison to other types of procedures, hence making it available to the average person. The utmost important thing is to find a qualified as well as experienced surgeon and who you are personally comfortable with so that the procedure will go as smoothly as possible.

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**About the Author**

Listen to Korbin Newlyn as he shares his insights as an expert author and an avid writer in the field of health. If you would like to learn more go to [Tumescent Liposuction](#) education and at [Liposuction Alternatives](#) learning.

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## **Ultrasonic Liposuction Information** - *by Franchis Adam*

You may be a candidate for ultrasonic liposuction (UAL) if you have excess subcutaneous fat, which is resistant to diet and exercise or if you wish to change the contours of your body. Suction-assisted lipectomy also known as liposuction, fat suction, or suction lipectomy is a technique to remove unwanted fat deposits from specific areas of the body, including the chin, neck, and cheeks; the upper arms and above the breasts; the abdomen, buttocks, hips, and thighs, and the knees, calves, and ankles. Liposuction is a surgical procedure designed to remove small pockets of excess fat that are resistant to diet and exercise. How are the benefits of UAL measured?

Cosmetically speaking, successful Ultrasonically Assisted Lipoplasty is measured in inches rather than pounds. The weight removed is not as important as the improvement in your body's contour. Most important is our patient's improved self-image and self acceptance.

Main advantages to an ultrasound assisted liposuction (UAL) procedure are typically: less tissue damage, less bleeding, and large volumes of fat removed. Commonly involved areas are the anterior part of the neck (under the chin), upper arms and armpits, male chest/breasts, trunk, abdomen, waist, hips, thighs, inner knees, calves, and ankles. The use of UAL allows safer removal of larger amounts of fat than with standard liposuction.

### Two Types of UAL

There are two types of UAL: Internal UAL and external UAL. Internal UAL delivers ultrasonic energy directly to subcutaneous fat by a metal rod or cannula inserted through an incision in the skin. External UAL delivers ultrasonic energy to subcutaneous fat by means of applying a paddle-shaped instrument directly to the overlying skin.

Internal UAL produces heat and elevates the temperature of targeted fatty tissue.

Ultrasonic liposuction also has complications such as nerve damage but probably causes less bleeding and irregularity. Usually the incisions required for this technique are bigger to accommodate some sort of skin shield that protects the adjacent areas of skin from being burned by the probe. Injury to peripheral nerves is possible with UAL.

Complications resulting from UAL are the same as for traditional liposuction. But here are some additional ones. A unique risk is the possibility of blisters or burns. This can happen if the surgeon is inexperienced and lets the tip of the probe point up right under the skin. The energy from the ultrasound causes the burn.

The high-frequency ultrasonic vibrations will weaken all generations of internal ultrasonic cannulae. The ultrasonic waves damage the probe with each use, and even the newest probes must be rejected after as little as twenty operations. Such mounting costs can be prohibitive and are always passed onto the patients. An emerging generation of devices uses an external ultrasound diffuse to treat areas before engaging in a more traditional liposuction procedure.

Ultrasound can also help break up tough fats in the face, neck, abdomen, back, buttocks, and calf. In areas like this, the tough and fibrous fat cannot be removed with traditional methods without great damage to the tissue. There's also the possibility that ultrasound liposuction can be used to break up cellulite.

So, even though it is more expensive and a bit more dangerous than traditional liposuction, an ultrasound assisted liposuction procedure could be right for you under certain circumstances.

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About the Author

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## **Liposuction - Risks & Potential Complications** - *by Dave Stringham*

What Are the Major Risks and Potential Complications of [Liposuction](#)?

Like any non-cosmetic major surgery, liposuction has potential risks and complications. Therefore, you should consider it as seriously as you would any major surgery.

What Are the Common Minor Complications, or Consequences?

Changes in Skin Sensation. This is a normal consequence of liposuction that occurs in everyone to a different extent. You may experience "paresthesias," which is an altered sensation at the site of the [liposuction](#). This may either be in the form of an increased sensitivity (pain) in the area, or the loss of any feeling (numbness) in the area. This sensation is permanent in very rare cases. However, in almost all patients it goes away within the first two to four months after surgery. Massaging the area helps increase circulation, and facilitate return of normal skin sensation.

Swelling. This is also a normal occurrence that occurs in every patient. Compression garments and post-operative massage help to minimize this, as well as reducing its duration to less than two months.

Bruising: There will be bruising in many areas that are liposuctioned, as well as in adjacent or dependent areas. For example, people who have abdominal liposuction experience swelling and bruising in their genitalia. This is not because these areas are actually liposuctioned. However, bruises usually move downward due to gravity, and can thus temporarily accumulate in the genitalia. Some bruising can last a long time or even lead to permanent skin pigmentation. Sun tanning immediately after surgery can cause these bruises to become permanent skin stains.

Skin Irregularities or Wrinkles: The extent of this depends on the elasticity of the suctioned skin areas. People who have many stretch marks, cellulite, or skin dimples have poor elasticity and therefore will have more skin irregularities or wrinkles. Usually, post-operative

massage helps to smooth these areas.

**Asymmetry:** No two halves of the body are identical. Therefore, following surgery, there may appear to be very slight differences between the contour and size of the two sides. Scoliosis or other spine derangements can magnify body asymmetry.

**Muscle Spasm:** It is very common to get temporary muscle spasm or cramps in the areas that were worked on. This usually resolves quickly by itself or can be helped by gentle heat and massage.

**Pain and Discomfort:** You should expect to have pain or discomfort similar to a feeling of having worked out too hard. Some of this may feel like a stabbing pain in the liposuctioned areas, and in adjacent areas. This can usually be managed by pain medications, and it generally lasts for a few weeks. Rarely, and in people with Fibromyalgia, or other forms of chronic pain syndrome, there can be a worsening of the patient's baseline pain.

**Depression, emotional, or sexual changes:** There have been reported incidents of post-liposuction depression similar to postpartum depression. While this is usually temporary, patients need to address it with their physician.

**Seroma or fluid collection:** After surgery, there may be a pooling of serum, the straw colored liquid from your blood, in areas where tissue has been removed. While this can be a common problem with Ultrasound Assisted Liposuction (UAL), it rarely occurs with standard Tumescence Liposuction. Your surgeon can alleviate these by draining them with a small needle in an office procedure.

**Rare and Severe Complications:**

**Infections.** Infections may happen after any surgery and may rarely occur after surgery. Because we routinely prescribe an antibiotic to all patients we have never yet seen a patient who has developed post-operative infection after liposuction. Extremely rarely, infections may be serious or life threatening such as in cases of necrotizing fasciitis (bacteria that eat

away at the tissue) or with toxic shock syndrome, a serious, sometimes fatal infection caused by a bacteria, that is associated with surgery (such as is sometime caused by the use of tampons).

Embolism. This is also extremely rare and is lessened by early postoperative mobility so that blood does not have time to become stagnant in calf muscles. Fat embolism may occur when fat is loosened and enters the blood through blood vessels ruptured (broken) during liposuction. Pieces of fat get trapped in the blood vessels, gather in the lungs, or travel to the brain. The signs of pulmonary emboli (fat clots in the lungs) may be shortness of breath or difficulty breathing. If you have the signs or symptoms of fat emboli after liposuction, it is important for you to seek emergency medical care at once. Fat emboli may cause permanent disability or, in some cases, be fatal.

Visceral Perforations (puncture wounds in the organs). During liposuction, the physician is unable to see where the cannula, or probe, is. It is possible to puncture or damage internal organs during liposuction. This may happen, for instance, if the intestines are punctured during abdominal liposuction. When organs are damaged, surgery may be required to repair them. Visceral perforations may also be fatal.

Skin Necrosis (skin death). The skin above the liposuction area or at the site of stab wound incisions may become necrotic or "die." This is more prevalent with Ultrasound Assisted Liposuction. When this happens, skin may change color and be sloughed (fall) off. Large areas of skin necrosis may become infected with bacteria or microorganisms.

Burns. During Ultrasound Assisted Liposuction, the ultrasound probe may become very hot and can cause burns.

Fluid Imbalance. Fat tissue, which contains a lot of liquid, is removed during surgery. Also, physicians may inject large amounts of fluids during liposuction. This may result in a fluid imbalance. While you are in the physician's office, surgical center or hospital, the staff will be monitoring you for signs of fluid imbalance. However, this may happen after you go home and can result in serious conditions such as heart problems, excess fluid collecting in

the lungs, or kidney problems as your kidneys try to maintain fluid balance.

Toxicity from Anesthesia. Lidocaine, a drug that numbs the skin, is frequently used as a local anesthetic. You may have had a similar drug, Novocaine, to numb your mouth at the dentist. Large volumes of liquid with lidocaine may be injected during liposuction. This may result in very high doses of lidocaine. We try to minimize the potential for Lidocaine toxicity by greatly limiting the extent of Lidocaine used during general anesthesia. The symptoms of this toxicity are lightheadedness, restlessness, drowsiness, tinnitus (a ringing in the ears), slurred speech, metallic taste in the mouth, numbness of the lips and tongue, shivering, muscle twitching and convulsions. Lidocaine toxicity may cause the heart to stop, resulting in death. In general, any type of anesthesia may cause complications and is always considered a risk during any surgery.

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**About the Author**

Dave Stringham is the President of LookingYourBest.com an online resource for [plastic surgery](#) procedures. Learn more about [liposuction](#) and other plastic surgery procedures.

Article Source: [ArticlesBase.com](http://ArticlesBase.com)

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## **How Safe Liposuction Is** - *by Jeff Adams*

If you are thinking of undertaking a liposuction, you are probably asking yourself how safe it would be for you. In any case, you had better bear a few things in mind. You have to be informed about all the possible problems that may occur after the operation. The fact that sounds amazing is how many people had the operation done without knowing all the after-effects liposuction may lead to.

If you are troubled whether liposuction is safe or not, look carefully through the following points of interest.

1. Liposuction can be safe for you if you reveal all your medical history, and the medical history of your parents to the surgeon. Whether you have taken medications can also be vital as information. You have to be as much informative as possible: because that is the only way that your surgeon can decide whether or not to undertake the operation.
2. The ability of the surgeon to assess whether or not liposuction will be safe for your health is another big point.
3. Your safety depends also on the training and experience of the surgeon, the skill of the surgical staff, the training of the anesthesiologist and the quality of the aftercare taken by the recovery staff.
4. Liposuction can be safe if there is a minimal incidence of inherent risks occurring intraoperatively
5. There exists also the postoperative risk of deterioration. After the operation, you have to stick to the exact directions given by the medical staff. This stage of the operation depends basically on your personal involvement in the recovery process. It is up to you whether liposuction will be safe for your health. If you strictly follow the post-operative protocol, you minimize the risk of bad things happening.

Of course, no-one can say for sure if liposuction will be safe in a concrete case. Nothing is known with precision until the operation itself is accomplished. There is the tiniest possibility that your liposuction be lethal for you: this risk is reported to be 1 in 5,000. That makes 20 in 100,000 patients dead after the operation. That happens mostly because of the neglect of post-operative protocol from the patient and the caring staff. Liposuction can be safe if appropriate care is taken during recovery.

Patients should be carefully monitored to omit any negative consequences.

Two diseases may occur after liposuction. The first one is Pulmonary Thromboemboli-a blood clot to the lungs. The second one is Fat Emboli- a fat in the blood vessels. To ensure that liposuction goes safe, the patient need to do special exercise after the operation. Medical staff supervises that he or she doesn't sit or lie immobile for longer periods of time. These complications may occur from 24 to 72 hours after the operation. The patient should be kept in hospital for an overnight after the operation to prevent the risk. Clotting can be prevented using pneumatic compression "sleeves".

How safe liposuction is has become a many-dimensional problem. There are other sides of the issue that haven't been explored yet and may influence the safety of the patient. It is vital to have a clear perspective of the problem as a whole before making any decision for or against liposuction.

Read more at: <http://www.weight-loss-guide.biz/How-Safe-Liposuction-Is.php>

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**About the Author**

A weight loss and fitness Author and the maker of the website: [www.weight-loss-guide.biz](http://www.weight-loss-guide.biz)

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## **Baby Got Back - the Dangers of Liposuction** - *by Cody Pohlmann*

Remember the old rap song "Baby Got Back"? It emulated the sexiness of, shall we say, a larger derriere. However, with the unrealistic expectations for the perfect figure, more and more people are opting for the quick fix. The easy way to shed pounds. One such way is liposuction. Just the word itself brings on a gross sounding connotation. Lipo - from the Greek meaning fat or fatty and suction meaning removal via a vacuum through a syringe type device. Nothing like "sucking" fat out of your body! While the success rate of liposuction is well documented, the realities of some procedures are tucked away, hiding the dangers of liposuction.

While people who are average or above average in weight or have firm elastic skin and are in overall good health, are the best candidate for the procedure, not all procedures have expected outcomes; consider the five deaths that occurred after tumescent liposuction.

The five patients reportedly between the ages 33 to 54. Only one of the patients was a man and all five had lidocaine injected into their systems - a drug sometimes used to slow dangerously rapid heart rates in emergency situations. Three of the five died because their blood pressure dropped and a slower heart rate ensued - the result of lidocaine.

A female victim died of too much fluid in her body. This woman essentially drowned to death when her lungs filled with liquid. During the procedure over 13 quarts of liquids had been given to this woman; and a blood clot which made its way to her lungs was the cause of the demise of the fifth patient - a clot that developed in her calf veins then freed itself and wound up in her lungs.

Tumescent liposuction involves pumping several quarts of a solution consisting of salt water, lidocaine - a numbing agent, - and epinephrine - a vessel constrictor to help minimize bleeding. Afterward, the fat is then suctioned out of the body through small tubes.

What makes tumescent liposuction a higher danger is in part due to the use of lidocaine - the drug itself is toxic, the patient may be taking medication that may cause complicated

reactions to lidocaine.

Ultrasonic-assisted liposuction (UAL) is when the cannula - a hollow instrument - is energized with ultrasonic energy which causes the fat to melt away on contact. While an advantage to UAL is that it treats scar tissue, the dangers appear to be more pronounced.

UAL needs longer incisions in the skin whereas the potential for infection increases and the potential for skin or internal burns are greater because of the use of ultrasonic energy. The dangers notwithstanding, there is also a greater cost associated with UAL and the healing time is often longer.

In general liposuction has a good track record of safety, however, as with any surgery; there are risks of infection and skin discoloration. Although, you can minimize these risks by avoiding long procedures or excessive fat removal.

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**About the Author**

Worried about liposuction risks? Go check out the new [laser lipo](http://www.liposuction-prices.net/) technique at <http://www.liposuction-prices.net/>

Article Source: [ArticlesBase.com](http://ArticlesBase.com)

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## **Comparing the Benefits of Diet and Exercise with Liposuction -**

*by Marcus Ryan*

If you've been tempted by those body sculpting ads and think that having a liposuction procedure will be your shortcut to the firm tight body of your dreams, you might benefit from a better understanding of the liposuction procedure before you plunk down your hard-earned money. You may be surprised to learn that diet and proper exercise can achieve liposuction like results at no cost to you!

Liposuction is a surgical procedure in which fat deposits are literally vacuumed from specific parts of the body, most often the thighs, hips, buttocks, upper arms, and abdomen. Like all surgery, liposuction can cause side effects including heart complications, infection, and excessive bleeding. In very rare instances, liposuction has proven fatal.

But liposuction does provide results in the form of quick body contouring. Could that same type of body contouring be achieved with diet and exercise, while eliminating the expense and risks of liposuction? In some instances, yes.

Women naturally accumulate fat in the buttocks, stomach, and thighs, and women who have given birth often find that they store fat around their stomachs which does not respond to their diet and exercise efforts.

For those women, liposuction may seem like the only solution, and a quick fix which will get them to the flat, trim physiques of which they dream. But is that completely realistic?

### **How to Diet Away That Stubborn Fat**

It's not only the amount of calories and fat you eat when you're dieting, but the sources of those calories and fat which will determine your success. Fats from nuts, seeds, and cold water fish like salmon are far better for your weight loss efforts than the fat in cheeses and red meats (it makes sense that fat from cheese would produce those cottage cheese cellulite deposits, doesn't it?).

If you want your exercise to hit those same fat deposits, you'll have to choose it carefully and perform it consistently. Aerobic exercise is great for boosting your metabolism and increasing your overall calorie burn, but you'll need to start some core, abdominal, and full body strengthening exercises as well.

Using diet and exercise to attach those fat deposits won't work nearly as well unless you also:

Drink at least 64 ounces of water each day, but more is better.

Eliminate alcohol and tobacco.

Include between five and nine half-cup servings of hydrating and nourishing fresh fruits and vegetables in your daily meals. Again, more is better.

If you must consume dairy products (research is ongoing as to whether we really benefit from them) then go with nonfat ones.

Research the 'superfoods' like salmon, oatmeal, blueberries, spinach, and soy, and eat as many of them as possible.

Before you turn to liposuction, at least give these diet and exercise tips a fair trial and see if they aren't the answer to your stubborn fat deposits. If, after a genuine effort, you find they are not working, then liposuction is certainly an option, but its cost of \$10,000 or more will not be paid for by your insurance, and it may not give you the perfect body you want.

And remember, even if your liposuction surgery is 100% successful, you'll still need to eat properly and exercise regularly in order to maintain those results!

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**About the Author**

See Marcus Ryan's [www.wrinklecreamsreview.com](http://www.wrinklecreamsreview.com) for the ideal [alternative to botox](#) that works in minutes. The wrinkle creams that work are the ideal alternative to botox and have taken Hollywood by storm. See why they have made so many headlines recently.

Article Source: [GoArticles.com](http://GoArticles.com)

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## **Why Liposuction May Not Be Right for You** - *by Katrin Rogers*

Even if your weight is currently within normal range there may be reasons [liposuction](#) is not right for you. One of the main reasons you may not be a good candidate for liposuction even if your weight is normal is your age. To be a good candidate for liposuction your skin must be firm and elastic, but as you age your skin loses its elasticity. Without having elasticity in your skin there would be no need to have liposuction since the procedure would not provide any benefits. Even if you have the money to pay for the procedure, a good surgeon is not going to risk his reputation on something that he doesn't feel is going to be beneficial to his patient.

If you are seriously overweight and not attempting to lose weight, liposuction is not going to be of any benefit to you. Liposuction is not a way to lose weight or to get rid of all the fat that is in your body. No more than ten pounds of fat is removed from the body during liposuction so for the procedure to provide the results you want it's necessary for you to embark upon a strict diet and exercise program prior to having liposuction. Its purpose is to remove fat that refuses to leave in spite of proper diet and exercise but not to remove all of the excess fat that exists within your body.

Your overall health may also be a reason you may not be a good candidate for [liposuction](#). Even when you have surgery that is medically necessary the doctor will evaluate your overall health condition before scheduling surgery. He will also consider whether the surgery may cause your health to deteriorate and will make a decision accordingly. In most cases only surgery that will improve your quality of life will be performed. Since liposuction is an elective procedure that will not improve your health, your surgery will only perform it on healthy patients.

If you're considering liposuction, always let your surgeon decide if you are a good candidate. If you know that your health is poor or your skin no longer is firm and elastic, save the surgeon's time and yours by working with your doctor to choose the right exercises to remove the fat pockets. There is no need to even schedule a consultation if you know you are not going to be a good candidate for liposuction. Your doctor is the best judge of

your candidacy for liposuction, and if he feels you will not benefit from the procedure, work with him to develop something that will work for you.

If you know you don't qualify for liposuction you should still work on a program of exercise and diet to resolve the issues. Not being a good candidate for [liposuction](#) doesn't mean you should give up your fight against fat pockets. If you have some areas that are stubborn, perhaps you can work with a fitness instructor to develop an exercise program to help you concentrate on those areas.

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**About the Author**

Katrin Rogers Sanders is a published author and knows her stuff concerning the information about who is a good candidate for the Liposuction procedure.

Article Source: [GoArticles.com](http://GoArticles.com)

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# **Cosmetic Plastic Surgery Procedure Costs and Financing Fees -**

*by Dr. Sean Younai*

Plastic surgery is no longer exclusive to the Hollywood elite! Nowadays, people of every walk of life are having cosmetic surgery and the reason for this upsurge in plastic surgery is its affordability.

There are several reasons why people now can afford the cost of plastic surgery procedures, including:

1. Availability of Financing for Cosmetic Surgery - In the old days, no financial company would loan money without collateral, especially if it was for cosmetic surgery. Now, some of the major financial institutions are marketing primarily to the plastic surgery crowd. They realize that those with a steady income can make payments for cosmetic surgery, just as if they were making it for a new car. In fact, some loan companies are becoming even more creative. They are willing to give patients a cosmetic surgery home equity loan, with the payments added to patient's monthly mortgage payment.

2. Cost of Cosmetic Surgery - Whether it is because the relative cost of cosmetic surgery procedures has come down or that the price of most other things have gone up, the prices of plastic surgery procedures are now within people's spending budget.

3. Plastic Surgeons Offer Financing - While it used to be that one had to pay cash for plastic surgery, now plastic surgeons accept credit card payments, financing, or even offer cosmetic surgery savings plans.

Most people have a false perception of what cosmetic surgery costs. In fact, most think that they could never afford plastic surgery. Once they realize that getting the body that they always wanted is no more expensive than buying a used car, they are eager to change their life for the better.

## **Hidden Costs of Plastic Surgery**

The American Society of Plastic Surgery (ASPS) publishes annual statistics on the cost of different plastic surgery procedures, which are stratified to the region of a specific country.

Although this is an approximate price that plastic surgeons charge to perform such procedures, the total cost could widely vary, depending on the cost of the operating room facility, anesthesia, follow-up care, and necessary equipment or garments. Don't be fooled by the seemingly amazing prices that you might see published in throw-away magazines, or from the ads you hear on the radio or watch on TV. They might not have included the overall price.

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For example, some competitive national chains that are owned and operated by non-plastic surgeons offer ridiculously low prices, with a small footnote that the cost of anesthesia or operating room fees are extra. Others might advertise attractive prices that fail to mention that your anesthesia is going to be provided by a nurse and not a board certified anesthesiologist. Others even advertise "board certified cosmetic surgeons," when only later you find that your surgeon is a dentist, gynecologist, or even a general practitioner and does not hold board certification in plastic surgery. Please know that there is only one accredited and nationally accepted board of plastic surgery. The so-called "Academy of Cosmetic Surgery" is a non-accredited corporation that offers certificates to any doctor that takes their weekend courses...So don't bargain with your life!

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Any surgery is a serious endeavor that has costs associated with it, due to the basic expenses of an accredited surgical facility and board certified staff. While it doesn't hurt to get a good price, it is not worth possibly compromising your well-being and health for the sake of the cheapest price.

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The average total price for some of the common plastic surgery procedures including fees for the plastic surgeon, anesthesiologist, surgery center, implants (if indicated) and follow-up care is noted below. These do not include the cost of pre-operative testing (blood test & EKG), special equipment, implants, garments, or specialty aftercare, and if necessary, the cost of revisions.

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Cost of Plastic Surgery Procedures:

Body Contouring



Liposuction of the abdomen and flanks \$ 5,500-10,000

Liposuction of arms and outer chests \$ 4,500-7,500

Liposuction of thighs (complete) \$ 6,000-12,000

Liposuction of neck & face \$ 2,800-5,000

Liposuction of calves \$ 4,500- 7,500

Tummy Tuck (abdominoplasty) \$ 7,500-15,000

Lower Body Lift \$ 15,000-25,000

Upper Body Lift \$ 10,000-20,000

Arm Tuck (brachioplasty) \$ 6,800-14,000

Thigh Lift \$ 9,500-16,000

Calf Augmentation \$ 6,000-10,000

Pectoral augmentation of male chest \$ 7,500- 14,000

Male Breast Reduction (for gynecomastia) \$ 5,000- 9,500

Male Breast Reduction (after bariatric surgery) \$ \$9500-18,000

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Breast Enhancement Surgery

Breast Augmentation (saline) \$ 5,500-10,000

Breast Augmentation (silicone) \$ 7,500-12,000

Breast Implant Exchange (saline) \$ 6,500-12,000

Breast Implant Exchange (silicone) \$ 8,500-14,000

Capsulectomy \$ 6,500-12,000

Breast lift (minor) \$ 6,800-12,000

Breast lift (major) \$ 8,500-16,000

Breast reduction \$ 9,500-20,000

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#### Facial Cosmetic Surgery

Upper Blepharoplasty (eyelid tuck) \$ 2,600-4500

Lower Blepharoplasty (eyelid tuck) \$ 2,800-5,500

Canthopexy (lower eyelid lift) \$ 3,500-6,000

Brow Lift, Forehead Lift \$ 3,500-6,000

Mid-Facelift \$ 4,500-8,000

Facelift (neck & face) \$14,000-25,000

Thread Lift (limited) \$ 5,000-

Thread Lift (major) \$ 12,000-

Lip augmentation (temporary fillers per cc) \$ 330-1,500

Lip augmentation (permanent implant) \$ 3,000- 5,000

Rhinoplasty (nose job) \$ 5,500-10,000

Nasal augmentation (with implant) \$ 5,500-10,000

Septoplasty with Turbinectomy (nasal blockage) \$ 4,500-12,000

Cheek augmentation (with implant) \$ 4,500-8,000

Chin augmentation (with implant) \$ 4,500-8,000

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**About the Author**

Dr. Sean Younai is a Board Certified Cosmetic Plastic Surgeon with experience in all aspects of cosmetic surgery, including breast augmentation, liposuction, and tummy tuck. Dr. Younai practices at the California Center for Plastic Surgery (<http://www.beautifulfigure.com>) and receives patients from Beverly Hills, Los Angeles, Santa Monica, Hollywood, Burbank, Sherman Oaks, Encino, Calabasas, Woodland Hills, Thousand Oaks, Westlake Village, Pasadena, Glendale, Valencia, Palmdale, Fresno, Bakersfield, and Oxnard.

Article Source: [http://EzineArticles.com/?expert=Sean Younai](http://EzineArticles.com/?expert=Sean_Younai)

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## **Liposuction Costs - Surprising Facts** - *by Korbin Newlyn*

For some people there comes a time in their lives where they are simply not happy with specific parts of their body and they consider getting a little liposuction done. However, while the majority of individuals are innocently enough thinking of getting these procedures completed, not many really understand the liposuction costs that are involved.

A person who is considering these procedures on one or more areas is looking at somewhere between \$3,000 to \$10,000. The reality for many people is unless you have been budgeting for a while, it is more than likely that you will need to take out a loan so you can get the surgery since liposuction costs money.

While there are numerous unique costs that each individual surgeon asks for their respective services, many of the costs involved are primarily universal. However, it is usually a wise idea to consult with a few different doctors so that you can make certain the amount you are paying is standard for the industry for the kind of procedure you are asking for.

Nevertheless, you should be prepared, since regardless of where you go, it is likely to be expensive regardless of how you look at it. You are obviously going to make certain that the surgeon that you pick is a good choice.

### **Basic Liposuction Costs**

The costs are highly dependent on what you are going to get however let's say for instance that you really are just looking to focus on one specific area that you wish to improve. The basic liposuction costs for one specific area is roughly \$3,500 and that just covers a basic fee for the surgeon and the anesthesiologists and the primary run of the mill fee for the facility.

Certainly, the bulk of the funds is going to go to the surgeon, since they are the ones that are performing the main task. If you are looking to get three areas done the fees run

around \$7,000 which is not that bad for the quantity of body mass that is being removed from the three separate areas on the body.

In the case of you looking to get as much fat sucked out of you as possible while you are on the operating room table you are going for five areas of the body. The basic liposuction cost for five areas of your body can run you roughly \$10,000. Quite a few surgeons may also suggest some added work for when you are on the operating room table.

If you are thinking of getting a buttock lift to your already expensive liposuction costs, you are looking at an added \$5,000 and if you are considering a tummy tuck that will run you an added \$5,000. However, for those individuals on a budget, you can always get a laser treatment if they have leg veins and that is just a lesser fee of \$400.

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**About the Author**

Listen to Korbin Newlyn as he shares his insights as an expert author and an avid writer in the field of health. If you would like to learn more go to [Laser Procedure](#) education and at [Liposuction of Calves and Ankles](#) learning.

Article Source: [GoArticles.com](http://GoArticles.com)

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## **Things to Consider when Picking a Plastic Surgeon** - *by Mel Smith*

Choosing the right plastic surgeon is important. In order to do so a potential patient should know what to look for in a plastic surgeon or cosmetic surgeon. Knowing what to ask and what to look for can help make the interview process more efficient and productive.

First and foremost you want to make sure that the surgeon is experienced in the type of plastic surgery you are considering. You should feel comfortable asking him or her for the number of procedures they have personally handled and for before and after photos of their work. You will be more at ease knowing that your surgeon is experienced in this exact procedure

In addition to finding out their credentials, you want to have an honest dialogue with them about your reasons for the procedure and your expectations. Their responses to these questions are important and so is their demeanor. You should feel comfortable speaking to the surgeon about these things and they should put you at ease as they answer your questions. If you feel the surgeon is not comfortable answering your questions or you are uncomfortable because of their demeanor, you may wish to find a different surgeon.

Make sure you spend time discussing the potential complications of the procedure and that the surgeon is frank in the discussion. You want to make sure that the plastic surgeon you are considering is open and honest.

During your visit or visits to the surgeon's office, see how the atmosphere makes you feel and how the staff behaves. Does the staff seem happy or unhappy? You do not want to undergo a procedure in a negative atmosphere. The more you can observe the more comfortable you will be with your procedure.

There are a variety of [plastic surgery](#) procedures and non-surgical treatments available to improve the appearance of your face, breasts, body contour, and skin. With everything from facelift to [breast enlargement](#) and liposuction, a talented plastic surgeon can transform the way you look and feel.

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**About the Author**

Cosmetic surgery writer.

Article Source: [GoArticles.com](http://GoArticles.com)

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## **Liposuction Do's and Don'ts** - *by Charlene J. Nuble*

On the hit show "Nip/Tuck", credible surgeons Sean and McNamara do their best to provide appropriate service to their long clientele list with a price. Whereas their former colleague Bob Botox perform cheaper procedures in a run-down and hidden area of Miami. Picture yourself as a character on that TV show: would you pay big bucks and get the best or save more by paying a low rate only to wonder what the possible consequences could be?

If the physicians are not licensed to practice [liposuction procedures](#) in any state, the consequences are grave. In fact, liposuction deaths are more frequent in clinical settings which do not have licenses. Black-market cosmetic treatment is not a safe haven to go to when in need of liposuction.

Nowadays, liposuction has become a product each consumer can purchase - as long as they can afford it. That being the case, consumer only deserves the best. But here are some do's and don'ts to serve as reminders for a person considering to go through liposuction.

Do's:

1. Get a medical evaluation. First thing's first. Ask your doctor if liposuction is right for you. Your doctor is there to keep you informed. He will tell you the pros and cons of liposuctions.
2. Talk to family and friends. People you trust can convince you whether or not you should undergo the procedure.
3. When you do decide on having liposuction, choose the location well. Stay aware of places that aren't a physician's office. Some procedures are done at salon, mall, hotel room or even someone else's home. This procedure must be done at a clinic or a hospital, not anywhere else. Otherwise, if an emergency happens to take place, there are no care facilities to run to.



4. Check the physician's background and achievements. Cosmetic procedures must be performed by a licensed physician who holds a dermatology specialty, training and experience. Go to google and type in the physician's name. To make it easier, there are dermatology and cosmetic sites with names of credible physicians to supervise the sensitive procedure. You have to make sure that the physician is certified by a board with the approval of the American Board of Medical Specialties.

5. Discuss pain management. This lessens the possible side effects of general anesthesia.

6. Ask questions. Ask the physician if this is the right procedure for you. Ask if this could have side effects on your skin type. Ask if the physician has performed this before. You, as a consumer, have a right to know.

7. Walk away or turn it down. If you feel that you deserve something more than they can offer or queasy with the whole process, then you can just say no.

Don'ts:

1. Be fooled by diplomas hanging on the "physician's" wall. You have to check your state medical board. Make sure that the physician does not have any complaints filed against him.

2. Base your entire decision on price. If it is lower than the usual rate, then you will not be getting the best treatment.

3. Undergo the procedure if they don't give you an assurance that you are in safe and good hands.

Most importantly, go with your instincts. If you feel that this isn't right, then you can always walk away. But if you are determined to go through the sensitive procedure, then just make sure that your health won't be at any risk.

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**About the Author**

Charlene J. Nuble

For All the things you need to know about liposuction, please go to: [Liposuction Procedure](#)

Article Source: [GoArticles.com](#)

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## **Frequently Asked Questions About Liposuction** – *by Dave Stringham*

A good candidate for liposuction should have realistic expectations about the results of this procedure as well as these basic qualities: Average or slightly above-average weight, firm, elastic skin good overall health, concentrated pockets of fat that do not respond well to diet and exercise

### **What Do I Need To Know Before Undergoing Liposuction?**

During an initial consultation your plastic surgeon will evaluate your health, assess the condition of your skin, and discuss the options that are best for you. Body contouring methods that are appropriate for your particular situation, the effectiveness and safety of the procedure, and your expectations will be discussed in detail.

Once you have decided to undergo liposuction, your plastic surgeon will give you the necessary instructions that you will need to prepare for the surgery.

### **How Is Liposuction Performed?**

In general, liposuction procedures use small incisions in selected areas and with a high vacuum suction device attached to a small, stainless steel instrument called a cannula, remove fat cells. After the fat is removed, sutures (stitches) will be used to close the incisions, followed by the application of a dressing and compression garment (girdle) to minimize the post-operative swelling.

### **Are There Different Liposuction Techniques?**

Though the basics of liposuction remain the same, there are different techniques that can be used during liposuction.

"Tumescent Liposuction" During this technique the plastic surgeon will inject a medicated solution into the fatty areas before the fat is removed. The solution is a mixture of intravenous salt water, a local anesthetic (lidocaine) and a drug that contracts the blood vessels (epinephrine).

This fluid injection helps the fat to be removed more easily, reduces blood loss and bruising after surgery, and provides anesthesia during and after the surgery. The amount of fluid injected varies and depends on the preference of the surgeon.

"Ultrasound-Assisted Lipoplasty (UAL) This technique requires the use of a special cannula that produces ultrasonic energy. As the ultrasonic energy passes through the areas of fat it causes the fat cells to liquefy. The fat is then removed with the traditional liposuction technique.

Because the fat is liquid at the time that it is removed, UAL is smoother and mechanically more efficient. UAL also minimizes trauma, resulting in less bruising and blood loss and especially improves the ease and effectiveness of liposuction in fibrous areas of the body.

#### What Are The Risks And Complications Of Liposuction?

Undergoing any surgical procedure may involve the risk of complications such as the effects of anesthesia, infection, swelling, bleeding, and pain. Liposuction is normally safe and with minimal risks and possible complications when patients are carefully selected, the operating facility is properly equipped, and the physician is adequately trained.

Liposuction is the most frequently performed cosmetic surgical procedure and has a very good safety record when performed in accordance with the recommendations of the Lipoplasty Society.

#### What Type Of Anesthesia Is Required When Having Liposuction?

Various types of anesthesia can be used for liposuction procedures. If a small amount of fat is being removed from a limited number of areas local anesthesia with a light sedative to make you feel drowsy and relaxed may be considered. When treating larger areas, general anesthesia is typically used causing you to be asleep during the procedure. Together, you and surgeon will select the type of anesthesia that provides the most safe and effective level of comfort for your surgery.

#### On What Areas Of The Body Can Liposuction Be Done?

Common locations for liposuction include the chin, cheeks, neck, upper arms, abdomen, buttocks, hips, thighs, knees, calves, and ankles.

#### Can Liposuction Be Done On More Than One Area At The Same Time?

Liposuction can be done on more than one area at the same time if the amount of fat removed does not exceed the recommended amount within the limits of safety.

#### How Long Is Recovery After Liposuction?

Every person's outcome will vary based on factors such as volume of fat cells removed and area/s of removal. Under most circumstances, liposuction is an outpatient procedure. Depending on the areas treated, most people are able to return to work within a few days to a week and to most normal activities within two to three weeks.

Immediately, after surgery, it is necessary to continuously wear a support garment for three to four weeks. Bruising, swelling and soreness can be expected for at least a few weeks.

#### Are The Results Of Liposuction Permanent?

Liposuction may be performed in a surgeon's office-based facility, in an outpatient surgery center, or in a hospital. Smaller-volume liposuction is usually done on an outpatient basis for reasons of cost and convenience. If a large volume of fat will be removed, or if the liposuction is being performed in conjunction with other procedures, a stay in a hospital or overnight nursing facility may be required.

#### How Long Does Liposuction Take?

The time to perform liposuction may vary considerably, generally requiring between one to four hours, depending on the size of area, the amount of fat being removed, the type of anesthesia and the technique being used.

#### How Do I Prepare For Liposuction?

Prior to your surgical procedure, your surgeon will perform a complete health history and physical examination to evaluate your overall weight, your skin and muscle tone and overall distribution of fat deposits. Knowledge of your allergies, medications and previous surgeries

should be brought to your surgeon's attention at this time. Specific instructions to assist you in preparing for this procedure will be given to you after the health history and physical are complete.

Instructions will be given that include guidelines regarding your diet, alcohol intake, smoking and which medications to take and avoid. You should also make arrangements ahead of time for someone to drive you to and from your procedure and to assist you with your daily activities during your recovery period.

#### What Can I Expect After My Liposuction Procedure?

Don't expect to feel or to look great following your surgery. Even though the newer techniques are believed to reduce post-operative discomforts, you may still experience some pain, burning, swelling, bleeding and temporary numbness. You will be wearing a snug elastic garment over the treated areas to control swelling and bruising immediately following your surgery.

You may also experience some drainage from the incisions sites for a day or two following surgery. Pain can be controlled with medicates prescribed by your plastic surgeon, though you still may feel stiff and sore for several days.

#### When Can I Resume My Normal Activities?

Healing following liposuction is usually gradual. You will be encouraged to start walking around as soon as possible to reduce swelling and to prevent any possible blood clot from forming in your legs. You usually are able to return to work within a few days and will begin to feel progressively better over the next two weeks.

Strenuous activity should be avoided for about a month as your body continues to heal. Although most of the swelling and bruising usually resolve in the first four to six weeks, final results of surgery may not be fully realized for six months or longer after surgery.

#### How Is The Cost Of Liposuction Determined?

The cost of liposuction is determined by several factors: In what geographic area do you

live? Anesthesiologist and plastic surgeons fees? Where will your surgery be done, in the hospital, surgery center, or office? The number of areas requiring liposuction? An exact quote will be given at the conclusion of your consultation with a plastic surgeon following examination and evaluation.

Can I have more than one area treated at the same time?

Yes, more than one area can be injected at the same time.

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**About the Author**

Dave Stringham is the President of LookingYourBest.com an online resource for [plastic surgery](#) procedures. Learn more about [liposuction](#) and other plastic surgery procedures.

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