

CM05lite Liposuction

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This document will give you information about liposuction. If you have any questions, you should ask your GP or other relevant health professional.

What is liposuction?

Liposuction is a cosmetic operation to improve the shape of your body by removing fat from under the skin.

Is liposuction suitable for me?

Your surgeon will carry out a detailed assessment before deciding if surgery is suitable for you. Liposuction is not a substitute for losing weight.

What are the benefits of surgery?

If the operation is successful, your body should have a better shape.

Are there any alternatives to liposuction?

Improving your diet and doing more exercise can reduce localised fat deposits. It may be possible to inject a solution that dissolves the fat.

What does the operation involve?

The operation is performed either under a general anaesthetic or using a local anaesthetic, depending on how many areas need to be treated, and usually takes between forty-five minutes and three hours. For each area to be treated, your surgeon will make several small cuts. They will place a cannula (thin, hollow tube) through a cut and into the fat (see figure 1). The cannula is attached to a suction device that will remove the fat.

What complications can happen?

1 General complications of any operation

- Pain
- Bleeding
- Infection in the surgical site (wound)
- Blood clots

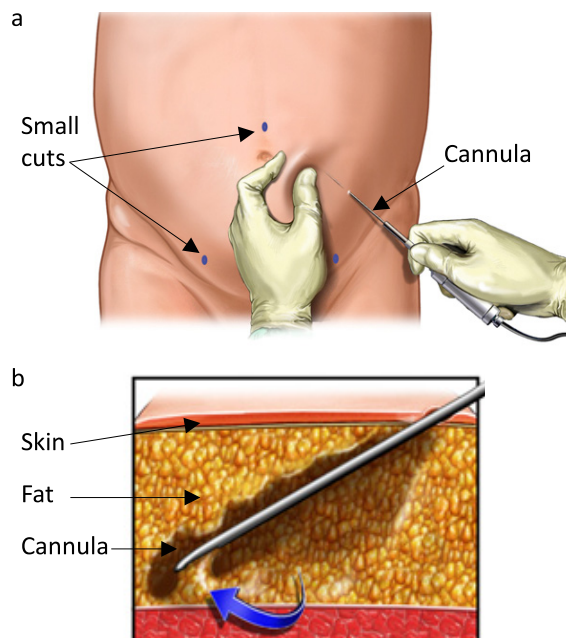


Figure 1

- a Liposuction
- b Cannula in the fat

2 Specific complications of this operation

- Fat embolus
- Skin burns
- Damage to internal organs
- Developing a collection of fluid under the skin where fat is removed
- Injury to small nerves that supply the skin
- Irregular body shape where fat has been removed
- Changes to skin colour

How soon will I recover?

You should be able to go home the same day or the day after, depending on how many areas were treated.

You should be able to return to work after two to three days.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, you should ask a member of the healthcare team or your GP for advice.

Your new body shape will usually take several months to appear. The best results for you will happen if you keep to a healthy weight and exercise regularly.

Summary

Liposuction is a cosmetic operation to improve the shape of your body. It is suitable only for certain people. You should consider the options carefully and have realistic expectations about the results.

Acknowledgements

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