

Liposuction



The ideal patient for liposuction

- Those with almost normal-weight who suffer from fat accumulation in some areas, psychologically and physically healthy and realistic in their perception of what is expected, enjoying flexible skin to give a good final results, because the flabby skin does not get back into shape and does not give the proper strength, however it requires surgery to remove the excess of it.
- Suction of fat is not recommended in areas subject to recent surgery or areas suffering from poor circulation, or if the patient suffers from heart or lung disease. Knowing that liposuction itself does not hide the wrinkles, but eliminates the cellulite.

Preparation for the surgery

- If the suction operation is to be made in a small limited area, a local anesthetic could be used with introduction of analgesics and tranquilizers during the operation. However, if the liposuction quantity is big or from different places, it is recommended to give the patient a general anesthetic.
- In the first visit, the doctor will assess the health status of the patient to know the places of fat accumulation and show the status and freshness of the skin. He also discusses other options for liposuction, aiming at the shape coordination and the possibility to mix between both liposuction and skin tightening to get the best results.
- During the consultation, the doctor must be aware of your health status, or whether you are a smoker.
- If large amounts of fat suction to be removed, a blood transfusion possibility must be discussed in order to compensate for potentially lost blood and body fluids during the surgery. The surgeon will give you instructions on how to prepare for the surgery, and provide you with information related to eating, drinking and taking vitamins.

Operations details

The operation's duration depends on the location and the quantity of fat to be removed. First the surgeon opens a small hole to introduce the cannula (a hollowed tube) and inject fluids that help during the suction operation and that include a local anesthetic to decrease the pain after surgery.

The operation starts with eliminating fat with the special

suction device that is attached to the other part of the cannula to detach fat and eliminate it.



Possible side effects

- All surgeries have some risks, but liposuction is quite safe if the patient assessment is done carefully. In rarely cases, the surgery is accompanied by anemia, hypotension or fluid loss. Less likely complications such as inflammation or local blood collection if the surgery is carried over large and various areas.
- Wounds and scars that result from liposuction are small in size and their location is chosen usually to be invisible even when wearing a swimsuit. However, despite of the surgeons skill, some aesthetic problems may appear, such as skin pigmentation brown spots that may sustain at exposure to the sun and failure to restore the strength of the skin or body shape also, which require secondary intervention.
- It is not possible to guarantee sculpting of the abdominal muscles in all cases, as the anatomy of the muscles differs from one person to another, however the surgeon does what he can to obtain the desired result

After the operation

- When eliminating large quantities in wide areas, a draining tube will be placed under the skin for 1-3 days to dispose any fluids that could have accumulated.
- After the surgery, the patient wears a tightening cloth on the operated area, It prevents any swelling or bleeding and help the skin get back to its original state.
After 2-3 weeks, the patient starts wearing the cloth during the day only. The doctor will also prescribe some painkillers and antibiotics to prevent wounds infections.
- Do not expect an immediate improvement in your weight directly after the surgery. On the contrary, your weight might increase for a limited period due to the fluids and solutions you have been given. In addition, the area operated is usually swollen, inflated with bruises and blue in color; you might also feel some burning in it.
- The Pain will be controlled for few days using the prescribed treatment of the doctor. You might feel some numbness in the areas that were treated, so do not worry because you will regain your feeling in them.
- Your doctor will help you regain your normal lifestyle. He will give you instructions on when to walk, get back to work or do light physical activities.
- Stitches will be removed after 7-10 days, and the swollenness will disappear gradually within 1- 2 months.
- When you feel any abnormal symptoms, such as bleeding or pain, contact your doctor for an appointment immediately.