

## Liposuction (liposculpture)

This operation is used to remove fat through a small cut using suction. New fat cells do not grow and therefore the removal by liposuction will give a permanent change in the contour of your body. It is important to understand that liposuction is **not a treatment for obesity**. Furthermore, **cellulite is not improved by liposuction** and is possibly made worse. The most common sites that patients request surgery is for are the lower body (hips, thighs and buttocks). The technique is also combined with other procedures (tummy tuck and facelifts) and is commonly used to treat breast tissue growth in men (gynecomastia).

The operation is usually performed under general anaesthesia but small areas may be treated under local anaesthesia. The operation is usually done on a day case basis but if more involved overnight hospital stay is required. Recovery, in term of time off work is usually a minimum of one week. After the operation, you can expect large area of bruising, which can be both uncomfortable and painful. The discoloration of the bruises may last for 4-6 weeks and the lumpiness and swelling of deep bruising can take up to 6 months to disappear completely. There may also be some numbness of the area and this can last 3-6 of months. You will have a few small scars at the site of each tube insertion and these will be about 0.5-1cm in length.

You are likely to need simple painkillers (paracetamol or ibuprofen) for 3-5 days after the procedure. You will be asked to return one to two weeks following surgery to have the stitches removed. You will need to wear a snug pressure garment on the treated areas for 6 weeks to minimise swelling and bruising and to get the best outcome from surgery.

Certain body areas are best not treated with liposuction because of risks to important structures or because the skin may not shrink satisfactorily leaving an area of wrinkled or saggy skin.

Most patients do not have any serious problems with this type of surgery, however you should be aware that all surgery carries a risk of infection and that sometimes there is inflammation at the site of the incision indicating an infection and this is soon settled with a course of antibiotics. There are rare but more serious problems such as deep vein thrombosis and fat embolism.

- **We would ask you not to take any herbal or over the counter medicines prior to having a surgical procedure. Many Homeopathic chemists advocate arnica before surgery however this is quite harmful as it causes more bleeding during surgery.**
- **You will be given antibiotics during your surgery. Do remember that for women using the oral contraceptive, this will be less effective as a result of taking antibiotics, especially the oral ones. You will need an alternative form of contraception whilst taking the antibiotics and for seven days afterwards.**