



LIPOSCULPTURE

Facial Liposuction is designed to remove or diminish regional accumulations of fat that have often proved to be resistant to diet and exercise. The abnormal layer will have been permanently removed. Only significant weight gain will make the area appear to re-accumulate.

"Tumescent" liposuction is a safe and effective method of removing local fat deposits and contouring body shape under local anaesthetic alone. This proven technique made famous by Dr. Pierre Fournier in Paris eliminates the need for admission to hospital and the administration of a general anaesthetic. You will be fully conscious during the whole procedure and be able to follow any instructions. We generally play music during the procedure. You may bring in your favourite relaxing CD to listen to while the procedure is being performed.

A dilute solution of local anaesthetic with adrenalin ('tumescent solution') is used to create anaesthesia and "hydro-dissection" of the subcutaneous fat layer. A cannula under syringe suction is moved through this layer to remove the fat deposit.

On your first visit a comprehensive consultation will be necessary. A full medical history (and should you wish to proceed) planning photos need to be taken. This naturally will require total exposure of the region to be treated. You will be offered a paper G-String to wear but even such a brief garment may distort body shape so it may be better to dispense with or move this at times. Please be assured that we are always mindful of your personal dignity in these circumstances.

On the day of the procedure the region for liposuction will need to be marked with a felt pen before you lie down on the treatment room bed. Some local anaesthesia will be injected with a small needle at the a few entry points for the liposuction cannula. Then tumescent anaesthesia will be administered to totally hydrate the region for liposuction. This can take about half an hour to work properly. Please be mindful that during the procedure, at times, you may experience some temporary discomfort in the form of a pushing or pulling type sensation in the neighbouring tissues. This is generally tolerable and will pass within a short time.

PRE-OPERATIVE INSTRUCTIONS FOR LIPOSUCTION SURGERY:

The patient is responsible for the following before surgery:

1. **Do not take Aspirin or non-steroidal anti-inflammatory medication** (NSAIDS) (eg Voltaren, Brufen, Nurofen, Naproxen, Orudis) for 10 days before and 7 days after the procedure.
2. Do not drink any alcohol for 2 days before and 2 days after surgery.
3. Refrain from smoking for at least 2 weeks before and 2 weeks after surgery (and then perhaps for ever!)
4. Do not wax and do not apply moisturizers or talcum powder on the day of the surgery.
5. Arrange for someone take you home from the procedure and arrange for someone to stay with you overnight.
6. Wear loose, comfortable clothing like a tracksuit on the day of the surgery.
7. Keep in mind that the clothing may be suffer some mild blood stained anaesthetic solution after the procedure.
8. Bring warm socks to prevent cold toes during the liposuction surgery. Also wear comfortable slip-on shoes.
9. Bring your liposculpture garment with you.
10. Obtain a plastic sheet or towelling to use on your bed for several days, as there can be significant drainage during this time.
11. Bring your favourite relaxing CD's if you wish.

CONT..



LIPOSCULPTURE

POST-OPERATIVE INSTRUCTIONS FOR LIPOSUCTION SURGERY:

Antibiotics will usually be prescribed and should be taken as directed. Pain is usually minimal. It is most notable usually 1 day after the procedure and then improves daily. Usually Paracetamol or Panadeine 2 tablets, 4 hourly as necessary up to 4 times daily is all that is required. Do not take Aspirin or NSAIDS.

Meals are not restricted. Please drink 8 glasses of water per day for several days after surgery. This is very important to prevent dehydration and constipation.

Rest is recommended immediately after the procedure. Resume moderate activity within 1-2 days. Most people can return to desk job within 1-2 days after the procedure, although you must expect to be sore and easily fatigued for several days.

Please arrange for a friend to be with you on the afternoon and night after the procedure.

You must not drive yourself home after the procedure.

Showering is possible as soon after surgery as you wish and as often as you wish. However no baths or swimming is allowed for 7 days after the procedure. Someone should be with you in the bathroom for your first shower. Remove your garment while sitting down. Beware of dizziness. If you are not dizzy stand up and support yourself by resting against the sink or another rigid structure while for a minute or two before walking. Keep the shower temperature lukewarm for the first 2 days. Replace the garment immediately after drying yourself.

Please wear the garment or binder for 3-4 weeks and wear it for 24 hours a day for the first week following surgery except when it (and you) are being washed. For the next 2-3 weeks the garment may be worn for 12-24 hours. Wearing the garment for longer tends to reduce the swelling sooner. A large amount of drainage from the incisions is normal and can last for 2-3 days. Although the fluid is bloodstained, there is actually very little blood in it, most of it being the anaesthetic solution. In general the more the drainage, the less the swelling and bruising. During the first you should sit or lie down on towels. When there is a large amount of drainage it is advisable to place a plastic sheet beneath the towel.

Bruising may occur for up to 3 weeks post operatively. The more extensive the liposuction surgery, the more bruising you can expect. Avoid the sun exposure and tanning until the bruising has gone. Swelling will slowly disappear over 6 months. If numbness occurs it will usually disappear over time.

Follow up appointment are generally at 1 week for removal of sutures and then 4 weeks after surgery although you are welcome to return as often as you wish.

It is very important to appreciate that, although you will look better soon after surgery, the final result will not be evident until 6 months after surgery.