

Liposuction

Q. Who is a NOT a good candidate for liposuction?

- A. If you are considered overweight or obese, you will be asked to lose weight before the procedure since liposuction is for reshaping the body and is not a substitute for weight loss.
- Patients with medical problems, or taking medication that adversely affects wounds and how the body heals, are not suitable candidates for this procedure.
- If your skin has lost most of its elasticity, meaning it will hang loosely after the procedure (more common when correcting abdominal deformities with stretch marks after massive weight loss or pregnancies), you may not be a good candidate.
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Q. Is liposuction a treatment for obesity or weight loss?

- A. No, this procedure should not be used as a quick fix to lose weight. Patients who are overweight or obese are more likely to gain the weight back after surgery if there is no change in diet or exercise. It is better for patients to have a weight loss program in place in order to be successful in keeping the weight off after surgery. It is also very unsafe to remove large amounts of fat via liposuction if the patient is extremely obese or having underlying medical problems.
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Q. Who is a good candidate for liposuction?

- A. Patients who have been on a steady weight loss program and are having trouble getting rid of fat in localized areas, where exercise and diet are not of any assistance, are ideal candidates for liposuction.
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Q. Does liposuction cause dimpling or indentations in the skin?

- A. Use of larger cannulas tends to increase the risk of such impurities, while smaller diameter cannulas reduce the risks.
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Q. Will fat come back after liposuction?

- A. Liposuction decreases the number of fat cells in the area, so it takes three times as much weight gain to see fat reappear in the area. Patients will still gain weight if they do not attribute proper diet and exercise. However, there is a reduced amount of fat cells and it will be slightly more difficult.
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Q. Does liposuction get rid of cellulite?

- A. Liposuction will improve the silhouette of the body, but will not get rid of the puckering of the skin that is cellulite. Liposuction will reduce cellulite to a degree, but will not completely diminish the appearance.
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Q. What is the recovery period?

- A. Bruising and pain from surgery will last up to two weeks, but swelling may take weeks or months to fully dissipate. A compression garment, which resembles a tight girdle, helps reduce swelling and compresses the skin as it re-adjusts after the liposuction surgery. It is very important during this period for the skin tissue to be supported for the proper re-shaping to occur. You should wear the compressive garment day and night for two weeks after your liposuction surgery (except when showering) and then at night only for an additional two weeks or more.
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Q. What are the risks associated with liposuction?

- A. Minor complications include superficial irregularities of the skin, scars, discoloration of the skin, temporary bruising or numbness, and nerve hypersensitivity (rare). Another rare complication is seroma formation, which is the accumulation of plasma (yellow liquid) at the site of fat removal. Other complications (that rarely occur) that may need more care include: anemia, infections, and long term diminished sensation.
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