

LIPOSUCTION

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WHO'S A GOOD CANDIDATE?



Liposuction breaks down and removes the fat just under the skin in parts of the body that are notoriously and stubbornly resistant to diet and exercise.

The best candidate is physically fit and as close as possible to their ideal weight. Good skin elasticity is also important – too much loose skin or cellulite can result in uneven or dimpled skin.

Liposuction shouldn't be thought of as a way to lose weight, but as a way to provide greater definition to your procedure area.



AREAS OF THE BODY LIPOSUCTION CAN TREAT



Abdomen and Waist:

Many people notice an increase in their waistline as they age. Others may have active lifestyles but are unable to narrow their love handles. Liposuction can be a highly effective treatment to flatten the abdomen and narrow the waist.

However, not everyone is a good candidate for liposuction to the torso. People who have lost a significant amount of weight may have loose skin that would need to be excised.

Cheeks, Chin and Neck:

The earliest signs of jowls can make you look prematurely aged, as can the fatty deposits that cause a double chin.

Slimming the jawline, under the chin and through the upper neck, with liposuction can help you appear thinner and can also take years off your appearance.

Thighs, Knees, Calves and Ankles:

In general, surgery to slim a patient's legs is most effective in the upper parts of the leg, but becomes less effective the further down the leg you go. In the right person, liposuction of the inner thigh, outer thigh and even the area around the knees can improve the appearance of thick legs. Liposuction's ability to make the legs look slimmer depends on the length of the leg, the quality and elasticity of the skin and the amount of fat that can be removed by liposuction.

Not everyone is a good candidate for leg liposuction, however. Patients who have a significant amount of extra skin (for instance, after massive weight loss) might have additional skin that must be removed. Also, many thick calves are the result of large gastrocnemius muscles, which is genetically determined. Although fat can be removed by liposuction, muscle cannot. Surgical options for treatment of excess muscle include the removal of strips or subtotal muscle excision, which trades some muscle bulk for a scar.



AREAS OF THE BODY LIPOSUCTION CAN TREAT



Breasts:

Concern over potential scarring may leave some women hesitant to consider surgical breast reduction. Liposuction offers a “scarless” solution to sculpt away excess fatty tissue for a more svelte silhouette.

Keep in mind, though, that liposuction is better for subtle reshaping rather than significant reduction.

Back and Bra Line:

Many women are uncomfortable wearing form-fitting clothes, because the skin either above or below the bra line creates rolls that detract from the aesthetics of the female back. Unfortunately, this can occur at any age.

The skin of the back and shoulder must accommodate the wide range of motion of the shoulder girdle. When the arms are raised above the head, the skin in the posterior upper armpit region must stretch to avoid restricting this movement.

Over time, skin begins to enlarge and increase in surface area, particularly at the bra line on a woman’s back and tapering towards the tip of the shoulder blade. The skin

lower in the armpit region and sides along the ribs does not require expansion, but a transitional line or fold can develop and become more pronounced with gravity, causing a landslide effect of the skin above. The appearance is made worse with a restrictive bra band.

Upper Arms:

Some people don’t like the excess fat on their upper arms. Similar to the legs, liposuction becomes less effective the further down the arm you go. Liposuction of the upper arms can improve the appearance of thicker arms.

Not everyone is a good candidate for liposuction to the arms. People who have lost a significant amount of weight might have loose skin, which would need to be excised.



AREAS OF THE BODY LIPOSUCTION CAN TREAT



Hips and Buttocks:

Liposuction of hips typically involves removing excess fat from the flanks to create a smoother, more natural transition. The idea is to remove the fat rolls, which are also referred to as “love handles” or a “muffin top,” so the buttocks area will appear more voluptuous.

On the other hand, liposuction of the actual buttocks cheek is not a common procedure due to the increased risk of skin asymmetries and a potential sagging appearance post procedure. This is particularly true if the lower half of the buttocks is treated.



WHAT TO DO BEFORE LIPOSUCTION



Hit your goal weight:

There is no specific weight you need to achieve before getting liposuction. However, a key liposuction prep tip is to reach your target weight – or at least get close to it – several months before your surgery.

Remember that reaching your goal weight is different from achieving your ideal body. Many people still have stubborn excess fat in specific areas, even after getting within range of their target weight. This is how liposuction can help.

Build muscle:

Although removing exercise-resistant fat can certainly help you achieve the leaner, slimmer contour you want, it's up to you to tone the underlying muscles that this procedure may reveal. If you want "six-pack" abs, for example, you need to work on that muscle group. Liposuction does the heavy lifting of removing the stubborn fat that covers those muscles up.

For best results, start focusing on building muscles several months before your procedure. In addition to

helping you get the look you want sooner after surgery, this can also improve your strength and position you for faster healing.

Change your diet:

Eating healthy is always advisable, but when you are gearing up for liposuction, it's even more important. There are two goals you should have with your pre-liposuction diet: boost health for better healing and increase skin elasticity. Luckily, there is a lot of overlap between the two. To follow this liposuction prep tip, target foods high in antioxidants and water, such as:

- Berries of all kinds, including blueberries, blackberries and açai
- Celery
- Cucumbers
- Healthy oils, such as olive and walnut oil
- Omega 3 fatty acids
- Squashes, such as pumpkin and zucchini
- Certain spices, including cinnamon and turmeric

Additionally, be sure to drink plenty of water.



WHAT TO DO BEFORE LIPOSUCTION



Stop using nicotine:

Nicotine use is notorious for sabotaging the results of plastic surgery. By restricting blood vessels, nicotine decreases the blood flow throughout your body. Plastic surgery is extremely delicate, and your blood vessels play a major role in the results. If they are restricted, the results are compromised.

Excellent blood flow can also greatly affect your recovery process, from how fast you heal to your risk of developing a blood clot. To ensure a safe surgery and recovery, stop smoking as soon as you schedule your liposuction procedure.



THE PROCEDURE



What happens during the liposuction procedure?

Liposuction is typically performed under general anesthesia, although in some cases it can be performed with local anesthesia. The areas to undergo liposuction are “tumesced” by injecting “wetting solution” that contains normal saline, epinephrine (adrenaline, which shrinks blood vessels to prevent bleeding and decrease bruising) and lidocaine (a local anesthetic that creates numbness and decreases discomfort after surgery). Other types of liposuction, such as ultrasonic and radiofrequency-assisted, might also be an option.

Tiny incisions are used to remove fat cells permanently using a blunt-ended wand called a cannula. The cannula is attached to a tube and a vacuum. It is then inserted into the small incisions and used to suction out fat cells. The incisions are generally closed with a stitch, and a postoperative compression garment is typically placed over the procedure area.



DIFFERENT TYPES OF LIPOSUCTION



There are many different liposuction techniques. In traditional liposuction, a cannula is inserted under the skin to break up the fat. A high-pressure vacuum is applied to the cannula to remove the fat from the body.

Radiofrequency-assisted liposuction:

Radiofrequency-assisted liposuction is performed under local anesthesia. The surgeon makes a small incision in the area to be treated and a radiofrequency transmitting electrode is inserted. Radiofrequency waves are guided upwards through the fatty tissue using another electrode, which also serves to ensure that the treatment area doesn't get too hot.

As radiofrequency waves liquefy the fat, it is immediately suctioned from the body via the cannula. Radiofrequency waves also stimulate the production of collagen beneath the skin, making the treated area appear firmer and more toned.

One of the main benefits of radiofrequency-assisted liposuction is that it's minimally invasive. Because the procedure is minimally invasive, scarring is minimal. The patient also experiences less bruising and discomfort during the recovery period.



DIFFERENT TYPES OF LIPOSUCTION



Ultrasonic liposuction:

Ultrasonic liposuction uses ultrasonic waves to liquefy fat in the patient's target area, later to be sucked out by a cannula and a medical vacuum. This form of assisted liposuction is typically used for stubborn areas within the patient, such as the knees, neck, chin, feet and ankles.

There are two different types of ultrasonic liposuction: internal ultrasonic liposuction and external ultrasonic liposuction.

Internal ultrasonic liposuction is a procedure in which the surgeon inserts a probe into the patient. The probe emits sonic vibrations, which break up fat in problem areas.

External ultrasonic liposuction employs a paddle-like tool to emit sonic vibrations outside the body and through the skin. This way, fat is eliminated without incisions. However, the vibrations involved in this type of surgery can potentially disrupt the patient's nervous system in the targeted area and result in a loss of feeling. The external use of sonic waves can also result in bruising

and skin necrosis. It is best to consult with your doctor to decide which method is most beneficial to you.

Tumescent liposuction:

Rather than using energy to break down fat cells, tumescent liposuction injects a solution that hydrates the fat within a patient's body so that it can be easily extracted. Tumescent liposuction has two techniques that are common among surgeons: wet and super-wet.

In both wet and super-wet procedures, the surgeon injects a fat-hydrating solution, making it easier to remove fat from the patient's target area. The injected solution constricts capillaries, making it less likely for the patient to bleed and diminishing the chances of complications during surgery. As an added benefit, this procedure results in minimal bruising.



RECOVERY & RESULTS



What happens after the liposuction?

After the procedure, you can expect to feel mild discomfort. You will also see bruising, redness and swelling. Prescribed medications can help ease the discomfort. You might be instructed to wear a compression garment to help reduce swelling and promote healing. Swelling usually starts to go down by the end of the first week, but wearing the compression garments should continue for a few weeks

or as otherwise directed. Some degree of swelling can last for as long as six weeks, but within a few days you should be comfortable enough to return to work.

Will I have scars?

During the liposuction procedure, small incisions are made in order to remove the excess fat cells. These incisions are small and made in inconspicuous areas whenever possible, so they are less noticeable. You should receive instructions on how to care for your incisions after the procedure. These instructions should help to ensure that the incisions heal with minimal scarring.

How can I help promote healing and good results?

Following a healthy diet, drinking plenty of water and participating in a regular exercise routine (once your surgeon clears you to do so) can help promote healing, maintain a healthy body weight and help you achieve your desired body contour after the swelling goes down.



RECOVERY & RESULTS



Will I see results right away?

Liposuction can remove up to 10 pounds of fat cells during a procedure, but fluid retention and swelling can cause you to look bloated. As the swelling goes down, you will begin to see results.

You might also notice that some of your skin is loose in the area treated with liposuction. Loose skin can firm up over time. However, depending on a variety of factors – such as age or how much fat was removed – surgical intervention could be necessary to tighten up the skin. Every person is different, and your plastic surgeon can talk with you about skin tightening as part of your body contouring procedure.

Depending on how much fat is removed, you can expect to see final results 1-3 months after the procedure. However, substantial weight gain can alter the results.

How do I maintain my new look?

It's important to keep in mind that liposuction results are not necessarily permanent. Although the fat cells are removed from your body for good, some fat cells still remain and can grow. It's up to you to take good care of yourself so that you can enjoy your slimmer look for a long time. Eat healthy, drink plenty of water and follow a regular exercise routine. You can begin walking soon after the procedure, and within a few weeks you will be ready to begin a low-intensity workout routine that you can build upon moving forward.

Liposuction can remove stubborn excess body fat and help you achieve your desired body contour, but it is essential to have realistic expectations and know that maintaining your new look long-term requires a commitment to a healthy lifestyle.



WILL THE FAT RETURN?



Liposuction does indeed permanently remove fat cells from the body.

Fat will not return (and ideal results will remain intact) if the patient maintains his or her “post-lipo weight.” For example, if a patient weighed 130 pounds prior to liposuction and had a total of six pounds removed through the procedure, fat will stay away if the patient maintains their weight at or below 124 pounds.

If the patient gains a small amount of weight after their procedure – say, five pounds – fat cells throughout the body will get a little bigger. Although this slight weight gain can diminish results, the overall improved body shape provided by a liposuction procedure will still be visible as treated body areas have fewer fat cells, leading to a lower enlargement rate, compared with surrounding areas.

Finally, in cases of considerable weight gain, new fat cells can develop in all areas of the body, including treated areas. However, since new fat-cell creation typically occurs in an even manner throughout the body, fat often accumulates less in treated areas compared to

untreated areas. Thus, many liposuction patients who gain considerable post-procedure weight still tend to look better than if they had not undergone liposuction.

Maintenance tips – How to keep your liposuction results:

The most effective way to sustain the results of any liposuction procedure over the long term is to maintain your ideal weight. Here are six healthy lifestyle changes to adopt following your procedure:

- ❶ Follow all post-procedure instructions provided by your surgeon.
- ❷ Reduce caloric intake while eating a healthy diet focused on protein and healthy carbohydrates.
- ❸ Stay properly hydrated by drinking lots of water.
- ❹ Try eating several smaller meals throughout the day.
- ❺ Never skip meals.
- ❻ Exercise regularly.



COST



How much does liposuction cost?

Cost is always a consideration in elective surgery. For liposuction, the national average surgeon's fee was \$3,518 per treatment area in 2019. Surgeons' fees are based on their experience, the type of procedure used, the size of the area being treated and the geographic location. However, a surgeon's fee is just one part of the total you will pay for your procedure. Keep in mind that there are other aspects involved in liposuction surgery that could involve additional charges. These can include:

- Anesthesia
- Hospital or surgical facility costs
- Medical tests
- Post-surgery garments
- Prescriptions for medication

Ways you can save:

How can you get the best price without skimping on quality and safety? Here are some suggestions to make liposuction surgery more budget friendly.

- **Comparison shop.** When you are considering having liposuction, do your research and schedule a consultation with at least two potential board-certified

plastic surgeons. Look at average prices in your region, as well as in the specific area where you'll have your procedure performed.

- **Sign up for specials.** Many practices offer special pricing for specific procedures. In many cases, these specials are focused on nonsurgical treatments, but surgical specials may be offered during certain times of the year.
- **Consider special financing.** Frequently, the practice you choose will have one or more financing options available. This can help break up your fee into reasonable monthly payments.
- **Bundle procedures.** If you plan to have procedures in addition to liposuction, such as a tummy tuck or breast enhancement, it can be more cost-effective in the long run. A one-time surgery can significantly reduce the overall costs.



COST



Remember that even though you are looking for a reasonable price range for liposuction, price is just one of the many variables to consider. Always choose a qualified, experienced board-certified plastic surgeon who uses an accredited surgical facility and works with a well-trained support team. Liposuction can provide long-lasting results and help you achieve a body you want. Make sure your own health and safety are at the forefront when considering the cost of liposuction.





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Dr. Lodze Steckman



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