

**Liposuction**

I want you to be as informed as possible before you choose to have surgery at the Bashioum Cosmetic Surgery Center, Ltd. Patients frequently ask the same questions about each surgery. I have compiled this list of questions from my 25 years of cosmetic surgery experience. I hope these help you understand how cosmetic surgery is beneficial and how it can make you feel better about yourself.



**What is liposuction?**

Liposuction (AKA lipo-sculpture, body sculpting, fat removal) reduces isolated fat collections enhancing a person's figure and physic. Fat is carefully removed from these selected areas. Women and men turn to liposuction to balance their figure.

**How much will it cost?**

Please call my office for an accurate price quote or better still, come in for a personal consultation. Liposuction fees are based on the number of areas treated and the difficulty of the surgery. My suggested quotes include professional fees, anesthesia fees, operating room costs, equipment fees, before care and after care. They do not include hospitalization costs, prescriptions, home nursing care, preoperative history and physical examination, laboratory costs, or pathology fees. If you compare prices, make sure that you consider all these costs and fees. Also, liposuction does require some time off work for a safe recovery.

**What can I do about bulges on my thighs or torso?**

Some people have fat collections in certain areas of their bodies. Men typically have bulging of their abdomen and flanks while women typically have collections of the lateral thighs and flanks. Liposuction selectively reduces these deposits through small inconspicuous scars.

**What is tumescent liposuction?**

Tumescent liposuction is a technique where medicated fluid (saline mixed with epinephrine and lidocaine) is injected into the fat to be removed. This makes fat removal easier and it reduces blood loss during the operation allowing us to remove more fat safely.

**Will I ever be exactly the same on both sides?**

It is normal for the body not to be the same on both sides. Liposuction can reduce these differences but not eliminate them. It will be necessary for you to adjust to some asymmetry after your surgery.

continued



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**What areas can be treated?**

**How much fat will be removed?**

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**I have heard about so many bad things on television, is it safe to have liposuction?**

**What can you tell me about this new technique that I saw on television?**

**How old do I have to be to have this surgery?**

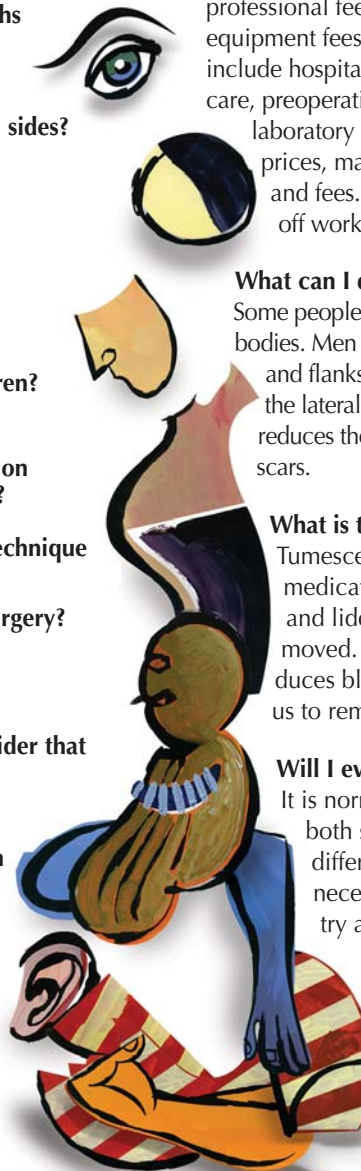
**Should I stop smoking?**

**What other choices do I have?**

**What additional procedures can I consider that will enhance the result?**

**Am I a good candidate for liposuction?**

**How many times can I have liposuction done?**



**Liposuction**

**Will there be scars after surgery?**

Liposuction requires strategically placed small (one-eighth to three-eighths of an inch) scars. The combination of areas that are treated will determine the number and actual placement of scars. These are inconspicuous and easily covered with clothing and/or makeup. It is important to understand where liposuction scars will be placed.



**What areas can be treated?**

Almost every area of the body can be treated with liposuction. The most commonly treated areas are the thighs, hips, abdomen, and the neck.

**How much fat will be removed?**

The maximum amount of aspirate (total fat and fluid) that can be removed safely at one time is about four to five quarts. I will determine how much fat to remove at the time of surgery. This depends on how many areas that are treated, the elasticity of the skin and the thickness of fat beneath your skin. You can estimate that for every quart of aspirate that is removed about one pound of fat is removed.



**How much weight will I lose?**

If the maximum safe amount (five quarts) of aspirate (total fat and fluid) is removed you can expect to see about a five pound weight loss. Do not expect to appreciate this weight loss until three to six weeks after liposuction due to the normal water retention after surgery. Remember, liposuction is not a treatment for obesity. You should not focus on weight loss. You should focus on changes in your figure and body shape.

**Will this correct cellulite?**

Skin irregularities of the thighs and/or buttocks known as cellulite are difficult to correct. It is made worse if there is skin sagging. Thigh lift surgery may be the best choice to help correct cellulite if it is caused by skin sagging.

**Will this problem return if I have children?**

Unfortunately, it is impossible to predict if this problem will return after having children. Changes in body shape do occur during pregnancy.

**What are the risks of liposuction?**

There are risks with any surgery. Infection, excessive bleeding, abnormal scarring, poor healing, slow healing, skin loss, changes in skin sensation, muscle or nerve injury, although uncommon, can occur. Fortunately, most problems that result from such complications are correctable with additional surgery. Although very rare, there have been reported deaths as a result of blood clots in the legs, severe infections, pneumonia-like conditions, and excessive fat removal. You must understand your risk of complications completely before you choose to have liposuction.

**I have heard about so many bad things on television, is it safe to have liposuction?**

There are always risks to having cosmetic surgery. Serious problems are usually related to complications and/or undiagnosed medical conditions. I believe liposuction can be done safely with a high degree of patient satisfaction.

**What can you tell me about this new technique that I saw on television?**

Everyone in America wants the latest in medical care. Unfortunately, this is not always the best medical care. At times media presentations will leave out critical information about potential complications, quality of result, and FDA regulation. I am open minded when it comes to new technology but I would rather not expose my patients to try out the newest techniques until they have been proven to be effective and safe.

**How old do I have to be to have this surgery?**

Body development can continue into the early twenties. When liposuction is done before this time, there is a chance the surgery will have to be repeated. In addition, it may be emotionally difficult to adjust to the surgery during teen years. For these reasons, I suggest that liposuction be postponed until eighteen years of age.



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**Should I stop smoking?**

For general health reasons, I recommend that all my patients stop smoking. It is clear that smoking increases your risk for developing all sorts of cancers. Breathing problems like emphysema and circulatory problems including heart attacks are also linked to smoking. Smoking can increase the risk of coughing after your surgery that may lead to unwanted bleeding. Finally, the chemicals released from burning tobacco also reduce blood flow that can result in skin loss during the healing period. It is always best to stop smoking.



other things to consider including psychiatric conditions, life stress, medical illness, obesity, and motivation. You should be a healthy nonsmoker, within twenty pounds of your ideal weight, not going through major life stress (i.e. grieving a death, changing jobs, divorcing), and motivated by internal desires to look better.

**What other choices do I have?**

There are other choices when it comes to liposuction. These include skin and fat excision, weight loss, acceptance of a deformity, and changes in clothing styles. Alternate liposuction techniques include ultrasonic liposuction and laser liposuction. In my opinion, these have no advantages over tumescent liposuction. Always understand all your options before having liposuction.



**How many times can I have liposuction done?**

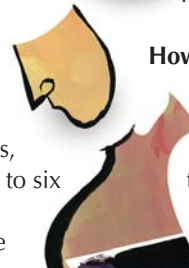
Each time surgery is done, scar tissue is created in the surgical site. This scar tissue detracts from the natural result and makes fat removal more difficult. For these reasons, I recommend that liposuction not be done more than two or three times in any one site. If you do not gain weight, the changes should be very long lasting. This is not a treatment for weight gain or obesity.

**What kind of anesthesia will be used?**

Liposuction in my office is usually completed under general anesthesia. Patients are completely asleep during the surgery and remember little or nothing of the experience.

**What additional procedures can I consider that will enhance the result?**

Surgeries can be combined to yield dramatic and complimentary results. For safety reasons, I recommend the length of surgery be limited to six hours. When combined with other surgery, I suggest no more than one area of the body be treated at the same time. When liposuction is done alone, multiple areas can be treated provided no more than four to five quarts are removed.



**How is liposuction done?**

Liposuction can be separated into four parts. First, a plan is outlined on your areas of concern. Second, small incisions are made near the areas to be treated. Next, the fat is removed using a slender instrument. Finally, absorbable stitches are placed to close the incision in the skin.

**Am I a good candidate for liposuction?**

This is a question that can only be answered after a personal consultation. Liposuction is suggested to patients with localized fat collections and good skin elasticity. I feel strongly that liposuction is not a treatment for obesity. Obesity increases the risk of complications and detracts from the aesthetic result. There are many

**How long will I be in the operating room?**

Surgery takes about one to four hours to complete depending on the number of areas to be treated. You will spend about four to six hours in my office.

