

Patient Information: Vaser liposuction/ Liposuction

1). Basic Information

Suction-assisted lipectomy is a surgical technique to remove unwanted deposits of fat from specific areas of the body, including the face and neck, upper arms, trunk, abdomen, buttocks, hips and thighs, and the knees, calves and ankles. Liposuction is not a substitute for weight reduction, but a method for removing localized deposits of fatty tissue that does not respond to diet or exercise. Suction-assisted lipectomy may be performed as a primary procedure for body contouring or combined with other surgical techniques such as facelift, abdominoplasty, or thigh lift procedures to tighten loose skin and supporting structures.

The best candidates for liposuction are individuals of relatively normal weight who have excess fat in particular body areas. Having firm, elastic skin will result in a better final contour after liposuction. Hanging skin will not reshape itself to the new contours and may require additional surgical techniques to remove and tighten excess skin. Body-contour irregularities due to structures other than fat cannot be improved by suction-lipectomy. Suction-assisted lipectomy by itself may not improve areas of dimpled skin known as "cellulite."

There are a variety of different techniques used by plastic surgeons for suction-assisted lipectomy and care following surgery. Your surgeon may recommend that you make arrangements to donate a unit of your own blood that would be used if a blood transfusion were necessary after surgery.

2). Alternative Options

Alternative forms of management consist of not treating the areas of fatty deposits. Diet and exercise regimens may be of benefit in the overall reduction of excess body fat. Direct removal of excess skin and fatty tissue may be necessary in addition to suction-assisted lipectomy in some patients.

Risks and potential complications are associated with alternative forms of treatment that involve surgery.

3). Risks and Side Effects

RISKS of SUCTION-ASSISTED LIPECTOMY SURGERY

Every surgical procedure involves a certain amount of risk, and it is important that you understand the risks involved with suction-assisted lipectomy. An individual's choice to undergo a surgical procedure is based on the comparison of the risk to potential benefit. Although the majority of patients do not experience these complications, you should discuss each of them with your plastic surgeon to make sure you understand the risks, potential complications, and consequences of suction-assisted lipectomy.

Patient's Signature.....

Patient selection- Individuals with poor skin tone, medical problems, obesity, or unrealistic expectations may not be candidates for suction-assisted lipectomy.

Bleeding- It is possible, though unusual, to have a bleeding episode during or after surgery. Should post-operative bleeding occur, it may require emergency treatment to drain accumulated blood or blood transfusion. Do not take any aspirin or anti-inflammatory medications for three weeks before surgery, as this may increase the risk of bleeding.

Infection- An infection is quite unusual after this type of surgery. Should an infection occur, treatment including antibiotics or additional surgery may be necessary.

Change in and skin sensation- Temporary changes in skin sensation after suction-assisted lipectomy occur which usually resolve. Diminished (Or complete loss of skin sensation) infrequently occurs and may not completely resolve.

Skin scarring- Although good wound healing after a surgical procedure is expected, abnormal scars may occur within the skin and deeper tissues. Abnormal scars may result. Scars may be unattractive and of different color than surrounding skin. Additional treatments including surgery may be needed to treat abnormal scarring.

Skin contour irregularities- Contour irregularities and depressions in the skin may occur after suction-assisted lipectomy. Visible and palpable wrinkling of skin can occur. Additional treatments including surgery may be necessary to treat skin contour irregularities following suction-assisted lipectomy.

Asymmetry- Symmetrical body appearance may not result from suction-assisted lipectomy surgery. Factors such as skin tone, bony prominence, and muscle tone may contribute to normal asymmetry in body features.

Surgical shock- In rare circumstances, this procedure can cause severe trauma, particularly when multiple or extensive areas are suctioned at one time. Although serious complications are infrequent, infections or excessive fluid loss can lead to severe illness and even death. Should surgical shock occur after suction-assisted lipectomy, hospitalization and additional treatment would be necessary.

Pulmonary complications- Fat embolism syndrome occurs when fat droplets are trapped in the lungs. This is a very rare and possibly fatal complication of suction-assisted lipectomy. Should fat embolism or other pulmonary complications occur following suction-assisted lipectomy, additional treatment including hospitalization may be necessary.

Skin loss- Skin loss is rare after suction-assisted lipectomy. Additional treatments including surgery may be necessary.

Seroma- Fluid accumulations infrequently occur in areas where suction-assisted lipectomy has been performed. Additional treatments or surgery to drain accumulations of fluid may be necessary.

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Long term effects- Subsequent alterations in body contour may occur as the result of aging, weight loss or gain, pregnancy, or other circumstances not related to suction-assisted lipectomy.

Allergic reactions- In rare cases, local allergies to tape, suture material, or topical preparations have been reported. Systemic reactions which are more serious may occur to drugs used during surgery and prescription medicines. Allergic reactions may require additional treatment.

Others- You may be disappointed with the results of surgery. It may be necessary to perform additional surgery to improve your results.

Surgical anesthesia- Both local and general anesthesia involves risk. There is the possibility of complications, injury, and even death from all forms of surgical anesthesia or sedation.

ADDITIONAL SURGERY NECESSARY

There are many variable conditions in addition to risk and potential surgical complications that may influence the long term result from suction-assisted lipectomy. Even though risks and complications occur infrequently, the risks cited are particularly associated with suction-assisted lipectomy. Other complications and risks can occur but are even more uncommon. Should complications occur, additional surgery or other treatments may be necessary. The practice of medicine and surgery is not an exact science. Although good results are expected, there cannot be any guarantee or warranty expressed or implied, on the results that may be obtained.

4). Guideline before the procedure

Note: Kindly observe the following pre-operative preparations;

- Stop smoking for at least 3 weeks before and after surgery.
- If you are taking an anticoagulant (Blood thinner) such as Aspirin, Coumadin, Ticlid, Plavix or Aggrenox, for your heart, please ask your primary care physician about stopping this medication, normally at least 10-14 days before surgery.
- Avoid dietary supplements, herbs, mixing herbal medications for at least 10 days before surgery.
- Stop taking non-steroidal anti-inflammatory medications (Such as Ibuprofen, Advil, Motrin, Nuprin, Aleve, Relafen, Naprosyn, Diclofenac, Naproxen, Voltaren, Daypro, Feldene, Clinoril, Lodine, Indocin, Orudis and others. Some pain relievers also cause bleeding problems.
- If you are taking Isotretinoin, commonly called Roaccutane for Acne, then, you will need to stop the medication for at least 12 months before surgery since it will affect the wound healing such as bad scar or severe capsular contracture.
- Bring us your medical reports and regular medications.
- **START FASTING, NO FOOD NOR DRINK, at least 8 HOURS BEFORE SURGERY.**
- Reference document <http://www.cosmeticplasticsurgery.uk.com/patient/consent.php>

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