

Integrity Aesthetics MD

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IMPORTANT INFORMATION ABOUT TUMESCENT LIPOSUCTION

RISK OF LIPOSUCTION SURGERY:

Any surgery involves the risk of infection, bleeding, or serious injury. However, tumescent liposuction has an amazingly good safety record. One of the reasons that tumescent liposuction is so safe is that general anesthesia is not required. A recent study involving over 20,000 patients, who had tumescent liposuction, revealed no serious complications, infections, hospitalizations, blood transfusions, or deaths. The greatest risks of liposuction are those associated with general anesthesia. By eliminating general anesthesia, the risks of liposuction are dramatically reduced. Patients can minimize the risk of surgical complications by not taking certain medications or over-the-counter preparations (listed separately) that may adversely affect the surgery. Patients should inform the office staff of any medications being taken either regularly or occasionally, including herbal remedies.

RISK OF IRREGULARITIES OF THE SKIN:

Tumescent liposuction using small diameter cannulas are the least likely to cause any significant or noticeable post-surgical irregularities of the skin. By enlarging the fatty compartment, the tumescent technique permits more accurate removal of fat, with greater assurance that the liposuction cannula will not inadvertently approach too near the undersurface of the skin. Thus, the tumescent technique helps to minimize the risk of post-surgical irregularities or rippling of the skin. Ultimately, after liposuction, the skin texture should be within normal limits. A casual observer should not notice any evidence of surgical irregularities. However, though unlikely, it is possible that a noticeable irregularity of the skin may result, and possibly require a small touch-up liposuction.

CELLULITE:

Liposuction of the thighs, while improving the silhouette, does not necessarily eliminate the subtle “puckering” of the skin, often called “cellulite”. Cellulite results from the pull of fibrous tissue that connects skin to underlying muscle. While tumescent liposuction may reduce the degree of cellulite, it is unlikely to eliminate it. Liposuction does not worsen cellulite.

LIPOSUCTION AND OBESITY:

Liposuction is not an appropriate treatment for obesity. Liposuction is not a substitute for a prudent diet, good nutrition, and regular exercise. Obese patients may be good candidate for limited liposuction if the goal is to simply improve the shape of certain limited areas of the body.

POSTOPERATIVE HEALING:

Normal healing after tumescent liposuction involves a limited but definite degree of soreness, swelling, bruising and lumpy firmness. A temporary mild numbness of the skin may persist for up to four months. Most patients can actually see improvement of their silhouette within several days after surgery. However, because of the slow resolution of post surgical swelling, the ultimate results following the liposuction usually require 12 to 20 weeks to be achieved.

REALISTIC EXPECTATIONS:

Although the results of liposuction are often quite spectacular, it is not realistic to expect perfection. It is impossible to guarantee the precise amount of improvement that will result from liposuction. Patients should have realistic expectations. Although patients can usually expect to achieve a significant and noticeable improvement, it is unreasonable to expect perfection. For the perfectionist, or liposuction for a very large area, maximum improvement may require a second procedure for which there would be an additional fee.

LONGEVITY OF RESULTS:

THE FAT CELLS THAT ARE REMOVED BY LIPOSUCTION DO NOT GROW BACK. If the patient later gains or loses weight, the change tends to be distributed proportionally over the entire body. Although one can expect some changes with

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aging, provided that the patient does not gain large amounts of weight, the patient's new more pleasing silhouette is relatively permanent.