

Integrity Aesthetics MD

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WHAT TO EXPECT ON THE DAY OF THE TUMESCENT LIPOSUCTION

Upon arriving at our office on the day of the procedure, you will be greeted by the nurses and Dr. Shortz. You will be escorted to an exam room and asked to change into a surgical gown. You should have no make up, or body lotion, and remove all jewelry prior to coming to the office. After one last trip to the bathroom, pre-operative photographs will be taken and the areas on your body that are to be treated with liposuction are marked with a felt tipped pen. Before starting, you will have time to speak with Dr. Shortz and the nurse regarding any questions of concern to you.

The tumescent procedure is then initiated by injecting large volumes of a dilute anesthetic solution directly into the areas of the fatty deposits, which shrinks blood vessels and minimizes blood loss. Because you will be awake, you will be able to sit or stand during the procedure, allowing Dr. Shortz to check your status and the progress in achieving the desired contouring. Dr. Shortz may complete the procedure with you standing up, or inform you of additional suctioning needed on the procedure table.

After completing the liposuction, while you are still slightly sedated and numb, absorbent pads are placed over the small incision sites and the post-op liposuction garments are pulled on. You are wrapped up with absorbent garments because a lot of drainage is expected in the first two days. It is typical to have a large amount of leakage and drainage from the small incisions. The leakage will gradually subside over the next 24 to 35 hours. Although the tumescent technique minimizes swelling and bruising, it can still be rather messy. It is good to be prepared with several changes of towels and sheets on your bed as well as on the car ride home. Bring comfortable clothes.

The tumescent technique minimizes postoperative discomfort. Because the residual local anesthesia (lidocaine) can last from 8 to 36 hours, plain Tylenol or Tylenol with Codeine is often sufficient to treat post operative discomfort. With the tumescent technique there is no post surgical nausea, nor the unpleasant feeling of a "hangover" usually associated with general anesthesia. Most patients are alert and able to eat a regular diet. You are encouraged to walk around. Most patients may return to work in 1-2 days and vigorous physical exercise or sports may be resumed within two weeks.