



**BODYCONTOUR**  
COSMETIC SURGERY

# Liposuction

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Liposuction is a surgical procedure used to remove excess fat. It is particularly effective in removing localised fat deposits and should not be considered a treatment for generalised obesity.

Liposuction leads to a permanent change in body shape and contour and is an effective treatment for stubborn areas that are resistant to diet and exercise. Stretch marks and cellulite will also not be improved by Liposuction.

Liposuction permanently removes fat cells, which can never be replaced resulting in a permanent change in contour. Weight gain can still occur and the remaining fat cells can increase in size as weight is gained. A healthy lifestyle should therefore be adopted following Liposuction.

The most popular areas for Liposuction are:

- abdomen
- hips/flank
- outer/inner thighs
- knees
- upper arms
- chin
- male breast enlargement

but any area where there are isolated fat deposits may be suitable.

## Tumescent Liposuction under Local Anaesthesia

Liposuction, a procedure to remove excess fat deposits was initially described by Fischer an Italian surgeon in 1977. Soon afterwards two French surgeons, Illouz and Fournier developed the technique further.

In the early days Liposuction caused excessive bleeding with a prolonged recovery time and disfiguring irregularities of the skin. The safety and results improved dramatically when in 1987 Klein in California developed Tumescent Liposuction under local anaesthesia. Subsequent years have seen continual improvement.

With the tumescent technique, Liposuction is now a procedure of exceptional finesse and gentleness that may be accomplished totally by local anaesthesia. Very few surgeons in the UK have undergone the necessary training to perform Tumescent Liposuction under local anaesthesia.

Mr Graham your local Consultant Surgeon trained in the technique in Holland and has attended meetings and workshops with Dr Klein. Tumescent Liposuction using local anaesthesia is the now the procedure of choice for Liposuction and that used by Mr Graham.

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## the consultation

Consultations are held at The Cosmetic Surgery Centre for the South West at the Winterbourne Hospital in Dorchester. We do not use nurse advisers or counsellors, as we believe that all consultations should be held with the surgeon who will be performing the operation and is able to answer any questions you may have.

You are encouraged to bring your partner or a friend to the consultation. At the initial consultation you will be asked your reasons for wishing to undergo Liposuction and what your expectations are from surgery. He will ask questions about your medical history, whether you are taking any medication or have any drug allergies.

The surgeon will perform a physical examination of the area which concerns you, taking note of the amount and distribution of fat, skin elasticity or stretch marks. The surgeon will discuss details of the procedure including the position and extent of scars, what to expect during your hospital stay and during your recuperation period.

He will also discuss the potential risks and complications associated with Liposuction. You will of course be given an opportunity to ask any questions you may have relating to the surgery

## the operation

You will be admitted to The Cosmetic Surgery Centre for The South West at the Winterbourne Hospital in Dorchester on the day of surgery. The room facilities will be demonstrated to you and your nurse will ask you some basic questions about your health.

Your surgeon will see you before the operation to answer any questions you may have and you will be asked to sign the consent form that gives him your permission to operate. You will be given some tablets to take before the procedure, which may include an antibiotic and a mild sedative if required.

After a short while you will be taken to the operating theatre. Some reference lines will be drawn on the areas to undergo Liposuction and pre operative photographs taken. A small needle will be placed in a vein through which sedation can be administered if required. The skin will be cleaned with Iodine and following the injection of local anaesthetic several small (2-3mm) incisions will be made in the skin.

A solution containing an anaesthetic and a substance to help prevent bruising is then run into the fat using a very fine needle called a cannula inserted through the small skin incisions. After a short period of time when the area has been numbed the fat is removed using a cannula attached by tubing to a very strong suction machine. During the procedure you will be asked to change position with the aid of the nurse to allow access to the fat deposits.

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You will be asked to stand several times to assess the progress of the procedure. Further reference lines will be drawn over any stubborn areas of fat before they are suctioned. At the end of the procedure when the surgeon and you are happy with the result your postoperative photos will be taken. Absorbent pads and a pressure garment applied. You will then be taken back to your room.

Written post-operative advice will be given and your follow up appointment arranged usually for six weeks later. Painkillers and antibiotics will be given to you to take home. When the effects of any sedation have worn off you will be allowed home.

You will usually need to allow four to five hours at the hospital and should arrange transport home. You should not drive for twenty four hours.

## the recovery period

The Liposuctioned area will remain numb for up to twelve hours. It is important that you take the pain killers given to you regularly for the first few days after surgery as the area will be sore when the local anaesthetic wears off. The following day the absorbent pads and pressure garment should be removed and the pads discarded. Any wound discharge usually settles within twenty four hours.

You may take a shower after which the pressure garment should be worn. It is important that you keep reasonably active over the next few days taking short strolls. Most people are able to return to work within two or three days after Liposuction depending on their occupation.

When multiple sites are treated recovery takes longer. The pressure garment should be worn for five days although you may find it more comfortable if worn for longer until the soreness subsides.

Although you will see the improvement immediately over the next week the tissues will become bruised and swollen. Most bruising settles within seven to ten days but the swelling may take several weeks to fully resolve and for the scars to fade. Physical exercise is encouraged and you should be able to swim and commence light gym work within ten days.

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## risks and complications

Liposuction, especially using local anaesthesia is extremely safe and patient satisfaction high. However, as with all surgical procedures complications sometimes occur. Infection is rare and antibiotics are given during the procedure and for forty eight hours after. The scars, each of which is only 2-3mm are initially red but over a number of weeks like any scar will fade and after several months can be very difficult to find.

You should keep the scars out of direct sunlight until they have faded otherwise



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they can develop discolouration. If you have a holiday planned you are advised to apply sun block to the scars. Following Liposuction the skin retracts but in some people it may not retract fully and there may be some loose skin, especially in the elderly.

The possibility of skin irregularities is minimised by the use of very fine cannulae which result in a more even extraction of fat than some of the larger ones you may have seen used on television.

It is common to experience some numbness or tingling of the skin soon after Liposuction but this settles rapidly. Deep vein thrombosis is also extremely rare following Liposuction under local anaesthesia.

## The Winterbourne Hospital

Mr Graham your local Consultant Surgeon holds consultations and operates at The Cosmetic Surgery Centre for the South West at the Winterbourne Hospital in Dorchester, one of the leading cosmetic surgery centres in the UK.

The hospital, which has recently undergone a major refurbishment, has two new state of the art operating theatres, twenty nine private en suite bedrooms, eight consulting rooms, resident medical officer and as is of course fully registered with the National Care Standards Commission.

Mr Graham lives locally and has been operating at The Winterbourne hospital for more than nine years and during that time has developed an expert operating and outpatient team in cosmetic surgery.

## Mr. Michael D. Graham

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If you would like to arrange a consultation, please fill in the online form at [www.michaeldgraham.co.uk](http://www.michaeldgraham.co.uk) or, contact us by telephone at 01305 267 687. Arranging a medical consultation does not obligate you to anything other than attending the appointment. There is no obligation to proceed with treatment. This is entirely a matter for your decision, after the surgeon has decided on the feasibility and accepted you as suitable.

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