TRADITIONAL LIPOSUCTION

Surgical Name: Liposculpture; Suction Lipectomy
Hospital Admission: 1 night (The amount of nights will depend on the number of treated areas)
Duration of Operation: 1-2 hours/area
Anesthetic: General Anesthesia (GA)
Recommended stay following surgery: 7-15 days

Introduction

Traditional Liposuction is carried out to remove unwanted fats from different parts of the body such as buttocks, hips abdomen, thighs etc. During Traditional liposuction, a hollow instrument is used and inserted under the skin. A powerful, high pressure vacuum is transmitted to the cannula to suck out the fats. Clients who are seeking to have this procedure may have one or more of the following feelings or conditions that may indicate a need for Traditional liposuction:

- Clients with localized amount of stored fats in areas like abdomen, arms, thighs etc which may result from hereditary or do not disappear with exercise or diet.
- Clients who has lipodystrophy syndrome in which fat accumulated in one part of the body and is lost in another.
- Clients who are looking to have emphasize and refine appearance of the muscles.

Note that liposuction is not a treatment for obesity or as a substitute for proper diet and exercise. It is also not an effective treatment for cellulites as following liposuction, dimpled skin normally occurs.

Pre- Surgery Instructions

Fasting is required in any surgical procedure performed under general anesthesia. The client is advised not to eat or drink anything atleast 8 hours prior to surgery. If there is no fasting instruction given, the client must not take any food or drink from midnight before her scheduled surgery. Clients who do not comply this requirement may result to surgery being delayed or cancelled.

Please remember the following:

- NSAIDS drugs and Aspirin must be avoided for atleast 2 weeks prior to surgery. If you are taking Aspirin or any type of blood thinning medications for a medical condition, please notify your Plastic Surgery Thailand surgeon to give you a proper advice.
- Generally it is best to continue any blood pressure or blood sugar medications. These can be taken with a sip of water in the morning of surgery.
- Women should ensure negative pregnancy test before surgery.
- Smoking should be stopped atleast 3-4 weeks prior to surgery. If you have been smoking for long time, and you have difficulty quitting, cut back as much as possible.
- Drinking alcohol must be ceased a day or two before surgery.

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• Do not wear makeup, jewelries and hair accessories containing metal such as hairpins or clips on the day of surgery.
• Nail polish and Acrylic Nails are not allowed and should be removed prior to surgery.
• If you develop an illness right before surgery, please notify your Plastic Surgery Thailand surgeon.

Our team will thorough evaluate your medical history to check for conditions that may delay the surgery or the healing process.

**The Procedure**

The duration of the operation will vary on the number of treated areas and you are required to stay in hospital overnight.

Stage 1 – Induction of Anesthesia: General anesthesia or intravenous sedation will be administered. If you are allergic to a certain type of anaesthesia, please notify your Anaesthesiologist right away.

Stage 2 – Treatment: In Traditional Liposuction, before suctioning the fats, several liters of a saline solution with a local anesthetic lidocaine and vessel-constrictor epinephrine (adrenaline) is pumped below the skin in the area that is to be suctioned. Epinephrine helps to minimize post op swelling, bruising and bleeding. The fat is suck out through microcannulas. The amount of liquid pumped into the area may be up to three times the amount of fat to be removed. This volume of fluids creates a space between the muscle and the fatty tissue, allowing more maneuverability for the cannula.

Stage 3 – Closing the incisions: Every Plastic Surgery Thailand surgeon has their own techniques. Some of them leave the wound open so that the remaining body fluids can easily come out. While others sutured the wound with non-dissolvable stitches.

**Post- Surgery Instructions**

Waterproof plasters are placed over the incision sites. Clients are advised to keep them dry and clean at all times. If the plaster get wet or soak with body fluids or blood, please contact your Coordinator and ask for advice. You may be instructed on how to change your dressings on your own or you may need to come back to the hospital.

You will be provided with set of medications which includes antibiotics, pain killers, anti-inflammatory etc. Please follow the instruction on when to take your medications. Do not drink alcohol while you are on antibiotics.

Wear your support or compression garment at all times. Compression garment is very important in a liposuction surgery as this reduces inflammation and bruising. The compression garment or elastic support corset should be worn for several weeks. If you feel your garment is too tight or if you experience severe itchiness, please contact your Coordinator.
What to expect following liposuction surgery:

- Swelling can be expected in any body contouring procedures and this usually subsides in 6 months. Cutting back salt, proper hydration and light exercises such as walking can help to reduce swelling. If you experience sudden swelling in the days after your surgery, call your Coordinator.
- Bruises after extended tummy tuck are to be expected and this will improve over time. If you still have some discolorations after several months, notify your Plastic Surgery Thailand surgeon.
- Strenuous activities, heavy lifting and cardio exercises should be avoided for at least 6-8 weeks. Recommendation when to resume specific exercises and activities must be asked directly to your Plastic Surgery Thailand surgeon.

You should contact your Coordinator if you experience severe pain not relieve by medications, any unexpected symptoms, such burning sensation or unusual swelling and high fever.