



RESHAPE & RESTORE

Liposuction

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Introduction

Reshape & Restore has put together this factsheet for anyone who is considering Liposuction. We understand that undergoing a surgical procedure is not often an easy decision, and you may have many questions.

The aim of this factsheet is to outline the details of the Liposuction procedure, explaining how it works, how it's carried out and what to expect from the results. Being fully informed about the potential risks and complications of surgery, can help to answer any concerns which may help you in making a clear decision.

Every patient's surgery is a unique experience and the approach we take at Reshape & Restore is tailored to suit your specific needs. It is important to understand that as the requirements of each patient differ, so does the outcome. This will depend on a number of factors and with our guidance, we can help you to understand the realistic results that can be achieved.

Why have Liposuction?

Liposuction is a well-known procedure that many people trust in to help reshape their body. A great many people are slightly unhappy with the appearance of their body, often due to small, frustrating pockets of stubborn fat. These pinchable deposits will often mean the contours of the body are not as streamlined as one would prefer, causing a person to feel that certain items of fitted clothing do not look as flattering as they could. It is common for even the slimmest and most active of people to be affected by stubborn fat, which resists the efforts of a healthy lifestyle. Liposuction can be used to remove excess fat from various areas of the body, including: stomach, chest, under the chin, thighs, upper arms, knees, back and buttocks, providing a life-changing solution for those who are embarrassed or self-conscious of their body's appearance. It is important

to note however, that Liposuction is used to remove small amounts of excess body fat, and is not recommended as a method for losing significant amounts of 'weight'.

The consultation

The consultation is the most important part of any treatment journey. Not only does it give you the chance to meet your surgeon, it provides the opportunity to discuss what is concerning you and what you are hoping to achieve from surgery. There are a variety of factors we need to consider before recommending any procedure, including: general health, skin type, risk of bleeding, how well you're likely to heal, smoking status, alcohol consumption and medications. We also assess the amount of excess fat that the body is holding on to, and we'll explain the appearance you are likely to achieve. We'll provide information about how the procedure is carried out, any potential risks and complications, and what to expect during the recovery period. The aim of the consultation is to give you a better understanding of what undergoing surgery involves and what it can mean for you. As there is a lot of information to absorb, we don't expect you to make a decision there and then. It is our policy at Reshape & Restore to offer a second consultation at a later date so you have had some time to think, and consider the details of the operation - including reading any information leaflets that have been provided by us. In many cases a person goes away and finds they have other questions that weren't thought of at the time, which can then be addressed at the second consultation. Only when both you and us are completely certain that undergoing surgery is the right option for you, will we make an appointment. During this session we will also take some photographs of your 'before' appearance and give you the opportunity to speak with past patients - this has proven to be very valuable for many of our patients.

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What happens during the procedure?

The liposuction procedure may take up to 4 hours, depending on the size and number of areas that are to be treated. These factors will also determine whether we use a general or a local anaesthetic. Before we commence, we will mark on your skin where incisions will be made. These cuts will be fairly small as they will only need to accommodate the size of a cannula. This small tube is inserted into the skin and into the fatty tissue, which is then moved around to break up the fat cells. This makes it easier for the fat to be removed from beneath the skin, which is sucked out through a tube. We will usually ensure both sides of each area are treated, tailoring the procedure by removing the right amount of fat to create an even appearance, overall. We will then close the wounds with tiny sutures before moving on to the next area, if this is part of your individual treatment plan. In some cases we assist this technique with an injectable solution that helps to turn the fat to liquid form, and with others, ultrasound is used to help guide the procedure.

On the day of your surgery, you will be asked not to eat or drink anything from midnight, and you should not apply any creams, lotions or make-up to the treatment area. You may be discharged on the same day or you may need to spend one night recovering in hospital. We usually advise that you have someone drive you home from the hospital and also to stay with you on your first night at home.

What can i expect after the procedure?

Before we discharge you we will ensure you have been provided with suitable pain relief advice and some ointment to apply regularly to the wounds while they heal. It is not recommended that you use aspirin or brufen as these medications can increase bruising and the risk of postoperative bleeding. As the incisions are very small, dressings may or may not be required. However, as the skin will be adjusting to the body's new shape, you will most likely need to wear a compression garment for a few weeks - which will also help to minimise any swelling. The treated area will have some degree of swelling, tenderness and bruising, immediately following the procedure, and you may experience some temporary numbness. These effects are expected to gradually settle over the next few weeks, and we ask that you keep the treated area

dry for 1 week. It is not unusual to experience a little weight gain after the surgery. This is normal and is the result of fluid retention, which will resolve on its own within a few weeks. At your first appointment we aim to remove any stitches, if your healing allows. You should then be able to shower, using non-perfumed products and warm water. When drying your body it is better to pat gently using a soft towel, as rubbing will be uncomfortable and may disturb the wounds.

Having surgery can be hard on the body and it will use a lot of energy while it heals and recovers. You will benefit from taking it easy for a few weeks, only undertaking light duties and keeping activity levels low. Heavy lifting, rigorous exercise, swimming and the gym should be avoided for around 6 weeks. You can expect to need up to 2 weeks off work, depending on your job, when you should feel more comfortable to drive and resume normal daily activities. Our aftercare programme entails a series of follow-up appointments made approximately 1 week, 6 weeks, 3 months and 6 months after surgery. Your healing, recovery and development of results will be closely monitored during this time, and we will provide you with any necessary advice to ensure the outcome is effective.

What are the risks of surgery?

People who undergo a surgical procedure are usually concerned about how much scarring will be left behind. At Reshape & Restore we use modern surgical techniques which consider where incisions are made, and where scars will form. With liposuction, incisions are very small which means any scarring will also be small in size. In some cases a person is prone to developing hypertrophic scars, which can be particularly thick or raised from the skin. During our follow-up procedures we will monitor how your scars are developing and if hypertrophic scars are becoming likely, there are ways we can treat this in the future. During the consultation we will discuss potential complications, which are always a risk when undergoing surgery. Haematoma is a condition where blood collects under the skin, and is a risk in the first few hours after the procedure. If this occurs we will need to take you back to the theatre to have it removed. Infection is fairly uncommon and careful aftercare is often the best way to prevent an infection from developing, and a course of antibiotics will help to clear it up. We mentioned temporary numbness as a possible side effect, but in

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some very uncommon cases this can be prolonged. It happens if the nerves are bruised and don't start to work as quickly as expected. Although it can cause some alarm, in most cases it does resolve itself in time and doesn't remain permanent.

It is important to maintain your mobility while your body is recovering. You should try to move around regularly as you may risk developing Deep Vein Thrombosis (DVT), a condition where a blood clot forms in the leg. This only happens in around 1% of cases and we provide medication for you to take after the procedure to minimise the chance of this occurring.

If at any time you are concerned with your healing, or experience prolonged side effects / a burning sensation / discharge from the wounds, you are welcome to contact the Reshape & Restore team. Particular symptoms to look out for include: temperature above 38.5, pain and discomfort that is not relieved through painkillers, bleeding or discharge from the wounds and sudden swelling at the wounds.

What results can i expect?

The recommended amount of fat that each procedure can safely remove at any one time is 3 litres. In terms of weight, this may not amount to much, but it will make a difference to the small pocket of fat that liposuction is intended to remove. By taking away this pinchable deposit of fatty tissue, the body will achieve a more streamlined silhouette. The outline of the body will follow a smoother line that is more fitting with the natural contours and that also helps clothing to look more flattering. In many cases, improving your appearance will often reflect the way you feel, and by achieving a more shapely figure it can help to boost your confidence and overall well-being. Both men and women use liposuction to help improve the appearance of the body, making it look more toned and in better shape.

Disclaimer

We are unable to make any guarantees to the outcomes of your procedure as the results of cosmetic surgery differ from patient to patient. It is prudent to note that whilst potential outcomes may have been discussed, these can sometimes be modest. Beauty is entirely subjective, and therefore what is good / achievable for one person may not be good / achievable for another. We can only guide you to what we expect your outcome to

be, during the consultation. It is also possible that post procedure, other areas of the body may become more noticeable such as: arms, flanks or thighs. This is more common with procedures such as breast augmentation or tummy tuck.

Surgery comes with no guarantee of happiness and cosmetic surgery should not be undertaken lightly. Before proceeding, you must be certain that you can cope both physically and mentally should any complications arise as a result of your decision to undergo a surgical procedure. For this reason we recommend that you do not hide the fact from friends or family, rather you involve them in the decision making process so you can be sure you have an adequate support network should you need it.