



THE SKINNY ON LIPOSUCTION

What is Liposuction?

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Countless diets and hours in the gym and you've nearly reached your goal. Even though you eat right and exercise, you may still have stubborn areas of unwanted fat that don't respond to your hard work. If you would like to slim and reshape certain areas of your body while improving its contours, then liposuction may be right for you.

What about all the questions you have? How do you sort through the hype, the technologies and the practitioners? We've put together some tips to help you with your research.

Real Plastic Surgeons, Real Results: The most important thing you need to know is great results are due to the expert training and skill of your board-certified plastic surgeon and not to the technology. Because all liposuction involves surgery, it is important that you do your homework and find a surgeon who is certified by the American Board of Plastic Surgery and a member of the American Society of Plastic Surgeons. The three plastic surgeons at the

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Plastic Surgery Center have the many years of training in liposuction necessary to give you a safe experience and superior outcome. Not all doctors are created equal. If your surgeon is not certified by the American Board of Plastic Surgery, then his training most likely involved an extremely short session with the makers of the liposuction technology. Please remember that your outcome and safety depend not on the technology used, but on the education, training, experience and skill of your surgeon. There is simply no substitute for years of training.

What Is Liposuction? Liposuction is a procedure used to refine your body's contour with the removal of fat deposits beneath the skin. Fat cells are permanently removed from the directed area, and this results in a thinner, more sculpted physique. Liposuction may reduce fat deposits in the neck, upper arms, back, chest, abdomen, waist, hips, thighs, inner knee, buttocks, calves or ankles. Liposuction may be done on its own or in combination with a mommy makeover, face lift, thigh lift, breast reduction or tummy tuck.

Who Can Have Liposuction? Any man or woman who is in good physical health, yet has areas of excess, stubborn fat that resist diet and exercise efforts is likely to be a good candidate; you will have a better final contour and enhanced look if your skin is firm and elastic. We would like to note that liposuction is not a substitute for weight reduction. Liposuction is intended to remove excess fat in problem areas and must be supplemented by a healthy diet and exercise plan in order to maintain results. Although you may lose some weight during the process, liposuction is not intended for the primary purpose of losing weight.

What to Expect? Your procedure should take place in an accredited ambulatory surgical suite or a hospital. The Plastic Surgery Center is an outpatient surgery facility certified by the state of Kansas and the AAAASF. Your surgeon will base the decision for the appropriate type of anesthesia (local, sedation or general) on the requirements of your specific procedure and consideration for your preference. We believe your safety and comfort

are very important. Your procedure may take anywhere from 30 minutes to four hours depending on the areas.

What Happens After?

You can expect some swelling, numbness, soreness and bruising during your initial healing (these may be controlled with medication). Your incision may take five to 10 days to heal and your healing will continue for several weeks. Most people are able to return to normal activities in one to two weeks. Your physician should provide you with very specific post-operative instructions.

Your swelling may continue for several months as your new contours continue to develop. It is important to mention that you will continue to enjoy your slimmer, better-proportioned body as long as you maintain your weight, eat healthy and exercise.

Please remember that liposuction is surgery. If you decide to have liposuction, choose a plastic surgeon certified by the American Board of Plastic Surgery. This will ensure your doctor has the highest credentials and can provide you quality care. You always deserve the safest, best results possible. ■

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BEFORE



AFTER

