

# Get the SKINNY on Liposuction



The basic technique of liposuction involves the removal of fat via a hollow metal tube (cannula) that is passed through the fatty tissue. One of the most common types of liposuction involves the aspiration of fat by attaching a pump that generates a vacuum. This procedure is known as suction assisted liposuction (SAL). In addition, a motor may be used on the cannula that causes the cannula

to vacillate back and forth, performing much of the “work” of liposuction, known as power assisted liposuction (PAL). An ultrasonic generator may produce sound waves above audible frequency that “breaks” the fat cells while the broken down fat is removed by SAL. A laser can also be employed to break down the fat cells. These techniques may be combined to yield optimal results. Each of the methods

has advantages and disadvantages and will be discussed at your initial consultation. The decisions concerning the appropriate technique will best be accomplished by your plastic surgeon.

## **Am I a good candidate for liposuction?**

Liposuction surgery may be considered to treat areas of excess fat

in the stomach, buttocks, hips, love handles, saddlebags, thighs, calves, ankles, breasts (including male breast enlargement), back, arms and neck. Liposuction is equally effective in both men and women. Any one or combination of the following conditions may indicate that you are a good candidate for liposuction:

- Areas of fat deposits that are out of proportion with the rest of your body and do not go away with diet and exercise—so called “diet resistant fat”
- Areas with minimal amounts of excess skin (Liposuction removes fat not skin) and good skin elasticity

### Liposuction Results

Liposuction surgery usually improves contours. In some instances, it may be used in a circumferential fashion, thinning out an area. Since the healing process is gradual, you should expect to wait several months to get an accurate picture of the results from your surgery. The small incisions used for access of the instrument will fade over time, becoming barely visible.

The results of liposuction surgery are usually long lasting, but they may be affected by weight gain, aging, pregnancy and lifestyle factors.

### Your Personal Consultation

During the initial consultation, you may be asked to look in a mirror and point out exactly what you would like to see improved. Pictures may be taken of you, especially if the areas that will be treated are on your posterior aspect (back, buttock, etc.). This will help your plastic surgeon to understand your expectations and determine whether they can realistically be achieved. A determination of the elasticity of the skin will also occur.

Your physician will discuss your ideal weight, realistic weight and any plans for future pregnancies. Be prepared to discuss your medical history, including previous surgeries, past and present medical conditions, allergies and current medications. It is important for you to provide complete infor-

mation. High blood pressure, thyroid problems, diabetes, etc. should be reviewed as these medical conditions may increase some risks associated with surgery.

### Understanding Risks of Liposuction

Liposuction surgery is one of the two most common procedures performed by plastic surgeons and significant complications are rare. The subject of risks and potential complications of surgery is best discussed on a personal basis between you and your plastic surgeon, or with a staff member in your surgeon’s office. The risks in most surgeries are similar. Some of the potential complications that may be discussed include hematoma (an accumulation of blood under the skin that may require removal), infection, changes in sensation, scarring, allergic reactions, damage to underlying structures, need for revisions, unsatisfactory results possibly necessitating additional procedures and medical risks. Other risks more specific to liposuction may include indentations and irregularities.

You can help minimize certain risks by following the advice and instructions of your plastic surgeon, both before and after your liposuction surgery. Liposuction surgery is usually performed on an outpatient basis. In many instances, you will be able to resume most of your normal activities within ten days or less.

**For more information regarding Liposuction or other cosmetic and plastic surgery procedures contact Dr. Chad Tattini, 309-664-1007; Dr. Laura Randolph, 309-664-6222; or Dr. Paige Holt, 309-664-4444 at Twin City Plastic Surgery or online at [www.twincityplasticsurgery.com](http://www.twincityplasticsurgery.com). Their office is located at 2502 E. Empire in Bloomington.**

By Chad Tattini, MD

You deserve more.

Sign up today  
for a quarterly

FREE  
EDUCATIONAL  
NEWSLETTER

because we care about  
women’s health.

[www.obgyncare.com](http://www.obgyncare.com)

OB-GYN CARE  
ASSOCIATES, S.C.



WE’VE PICKED THE FRESHEST LOOKS  
JUST FOR YOU



25% OFF

IN-STOCK SUNGLASSES

FARMERS MARKET  
SATURDAYS

FEATURING THE  
MOST UNIQUE EYEWEAR  
& ACCESSORIES IN  
CENTRAL ILLINOIS  
SINCE 1998



317 N. CENTER · DOWNTOWN BLOOMINGTON  
(309)82-SPECS · [SPECSAROUNDTOWN.COM](http://SPECSAROUNDTOWN.COM)  
TUE. THRU FRI. 9:30 - 5PM  
THUR. TIL 6:30PM · SATURDAY 10:00 - 2PM  
personal shopping by appointment

