

FREQUENTLY ASKED QUESTIONS - LIPOSCULPTURE

1. What is liposculpture operation?

The **liposculpture** is designed to rejuvenate the excess fat deposits in your body. It is designed to restore your body contour. It can be performed to address multiple areas of fatty deposits within reasonable limits.

2. Are you a candidate for liposculpture?

Following are generally good tips to know if you may benefit from liposculpture surgery.

- If you have more localized fatty deposits as against generalized fat excess.
- If you have specific goals such as inner/ outer thighs/ buttocks/ tummy/ love handles/ below the arm pits/ upper arms/ under chin fat reduction.
- If despite exercising and weight reduction programs, you are finding it difficult to lose certain areas of fat excesses.
- If your general skin tone, elasticity and quality is good and you do not have significant skin excess.

It is hard to find a patient who is not physically suitable for Liposculpture! However the following issues should be considered prior to liposculpture surgery

- weight changes/ ideal weight
- eating disorders
- obstetric history and future babies
- previous surgery and scarring

Thickness of the fat layer: For example patients with the pinch test in abdomen more than 3 cm generally benefit most while that more than 2 cm in leg?? might be benefited

General medical history

Perhaps it is right to say whether Liposculpture can deliver what you expect. It is also conveniently categorized into:

- a. Liposculpture as a stand alone procedure for a specific problem such as love handles or for contouring of buttocks, thighs, arms or calves.
- b. Liposculpture as an adjunct to other procedures such as Abdominoplasty, Breast reduction, Body lift or thigh lift, Face lift etc.

3. When is the right age for liposculpture?

There is no "usual age" that a patient requests liposculpture. Patients requesting liposculpture belong to a wide age group range of 30's to 60's. More and more women in younger age are requesting liposculpture for addressing certain areas of fat excesses such as inner thighs or buttocks.

4. What happens at consultation?

Let me start off by saying that **liposculpture** like all cosmetic surgery procedures is about achieving YOUR goals.

- Document your goals as objectively as possible.
- If you happen to fall in the overweight category, it is a good idea to make sincere effort to lose weight before the liposculpture surgery. The results of this

surgery are much superior if your desired weight loss is achieved before surgery. Calculate your BMI- Body Morphologic Index. It is calculated by dividing your weight in kilograms by the square the square of your height in meters. Normal range is 20 to 25. 25-30 is acceptable while more than 30 is obese. It is important to note that complications from surgery are more in overweight women.

When you meet with Dr Dilip Gahankari, please mention your goals to him and also make him aware of your efforts to lose weight if this is the case with you.

5. How is liposculpture performed?

A little bit of anatomy knowledge might be useful for understanding the Liposuction procedure.

Liposuction involves aspiration of fat from appropriate layers of the body area.

There are normally superficial and deep fat compartments, especially in lower abdomen, iliac, and thighs. Superficial fat compartment is characterized by a dense, tightly packed fibrous stroma with prominent horizontal and vertical elements also regarded as "superficial fascial system" of Lockwood. Mostly new fat is added to lower abdomen and upper thighs in the deep fat compartment.

Fat cells are generally regarded to be in finite numbers in our life time. Hence once they are lost in procedure, they are unlikely to come back again in your body. But, if you are not committed enough to dietary control, or for some reason, you are prone to fat accumulation, the existing fat cells can still get bigger in size.

As mentioned above Liposculpture procedure can be categorized broadly in two categories:

- a. Liposculpture as a sole procedure: Liposculpture is better known for its usefulness as a sole procedure. Liposuction was first performed in late 1970s and quickly became very popular. Most trained Plastic Surgeons now perform Liposculpture, which is a further advance in technique. The term 'Sculpture' denotes careful contouring of the body area rather than just radical removal of fat that is offered by advertisement driven not adequately qualified 'cosmetic' surgeons'. Liposculpture is best described with body contouring techniques.

The Liposculpture procedure is performed after careful initial markings of the area. Special cannulas of appropriate sizes are then used to carefully sculpt the operating area.

- b. Liposculpture as an adjunct to other body contouring procedures: Dr Gahankari commonly uses Liposculpture as an adjunct with other body contouring procedures such as abdominoplasty, breast reduction and thigh and body lift. He prefers to use it to enhance the results of the facelift surgery.

6. What is the pre-operative preparation and post-operative recovery procedure?

- Pre-operatively, Dr Gahankari always likes to advise the patient to determine when they are ready for the Liposculpture surgery. If you are in the process of actively losing weight, perhaps it is better that you reach your goals in weight reduction and then schedule the Liposculpture procedure.
- Dr Gahankari also would like you to quit smoking at least three weeks before surgery and abstain from the same for at least two to three weeks after the surgery.
- If you are on aspirin or similar blood thinning medications, Dr. Gahankari may ask you to stop them for appropriate duration before the surgery if it is medically permissible.

- You are encouraged to inquire with your GP or the Cardiologist about safety of stopping these medications.
- Dr. Gahankari's office staff will measure you up for a garment before the surgery. This garment is worn immediately after the surgery on 24/7 basis for at least two weeks and thereafter at night. For a further few weeks. The garment is critical in reducing swelling, bruising, haematoma and pain after surgery.
- Post-operatively, depending on the extensiveness of the Liposculpture procedure, that you have undergone, and your status in the recovery ward. Most patients having undergone extensive Liposculpture procedure spend one night in the hospital or in the suggested in-patient facility.
- You would be seen back at our office within a couple of days to make sure that you are doing well. You would be discharged with medications for controlling pain. You would normally be able to be up and about after the second day and would be comfortable to drive at the end of the week.
- Things to be alarmed about:
- Temperature elevation greater than 101 F degrees
- Sudden swelling or sudden discoloration of skin
- Hemorrhage
- Increasing redness and tenderness of the wound edges indicating infection
- Allergic reaction to drugs

8. When do the sutures come out?

The wound from liposculpture are multiple though tiny and are mostly closed by simple tapes or single sutures. If sutures are used, they are removed between 5-7 days

9. What kind of scars should you expect?

Scarring from liposculpture procedure is limited to tiny scars which are barely noticeable. However scarring in individual

patient in any individual area cannot be fully predicted.

10. When will you be able to see the results?

You will notice the difference almost immediately after the surgery. However it may take three to six months to fully appreciate the results of the liposculpture procedure. The bruising and the swelling in the skin and tissues may persist for several weeks in some areas. Also it takes several weeks to some months for the skin elasticity to cause skin shrinking.

11. Could you brief me on the risks of liposculpture?

- a. Anaesthesia related: these are nausea and sickness, clots in legs (secondary to venous thrombosis), irritation in throat, tiredness, etc.
- b. Surgical complications are infection, bleeding, wound healing problems etc
- c. Specific surgical complications in case of Liposculpture surgery include bruising, haematoma, etc. Contour irregularities are uncommon but can occur especially in large Liposculpture procedures. These may also be related to the post-operative fat dissolution or fat necrosis. Wearing the garment as instructed tends to reduce the chance for these. Fat necrosis may also cause firm lumps in the treated areas. These usually resolve over a period of several weeks.
- d. Other complications: Most of the general and specific complications are listed above. Patients on certain drugs such as Aspirin, Warfarin, oral contraceptive pills, steroids, anti-arthritis medications etc may be prone to more complications than others. It is therefore crucial to reveal all the medications as well as the habits such as smoking to Dr. Gahankari prior to the operation. Dr. Gahankari or any of the other specialists or GP may advise stopping of some drugs (even contraceptive pills) before the operation. Smoking markedly affects the circulation in the skin and hence increases the risk of skin necrosis or

wound healing problems after the surgery.

Ideally Dr. Gahankari advises cessation of smoking (even patches) at least 3 weeks before a planned operation. Please feel free to discuss your individual case with Dr. Gahankari. The complications of liposculpture surgery occur in approximately 1-3% cases and most of these fortunately are relatively minor such as minor skin wound healing problems or minor contour irregularities.

13. Is there some thing you could do to improve results?

Dr Gahankari will discuss how to prepare for your operation. In general the following measures can be helpful.

- Perhaps the most important advice to follow after the Liposculpture surgery is wearing the pressure garment. The pressure garment helps enormously to reduce the swelling and the bruising and also helps to reinforce the effect of the skin elasticity to facilitate its improvement of tone.
- Giving up smoking at least 2-3 weeks before surgery as smoking increases the risk of infection and slows the healing of wounds, as well as increasing the risk of blood clots in the legs. It also increases the risk of skin and tissue slough.
- Stop taking medicines such as aspirin and anti-inflammatory medicines two weeks before surgery as they increase the risk of excessive bleeding.

Dr. Gahankari and the staff from the 'Advanced Aesthetix' wish you a wonderful outcome after your Liposculpture surgery. We will be happy to assist you with all the information you need.