

## *Tumescent Liposculpting*

Liposuction is the removal of fatty tissue in the skin through tiny incisions using cannulas (small tubes for insertion into the body). By using cannulas of different sizes and designs, surgeons enter the body through the incision sites and employ a crisscross technique to create a smooth and even result. By using microcannulas during tumescent liposuction the risk of causing noticeable post surgical irregularities or scarring of the skin is low. Other skin imperfections such as rippling, dimpling, and “cellulite” may in fact be improved during liposuction.

In our office, we treat patients per area. Areas are defined as the following:

- Upper Abdomen
- Lower Abdomen
- Flanks
- Inner Thighs
- Outer Thighs
- Neck/Jowls
- Breasts/Chest
- Posterior Arms
- Liposuction of Axillae for hyperhidrosis

First introduced to the United States in 1982, liposuction was revolutionized in 1986 with the invention of tumescent anesthesia by Jeffrey Klein, MD. The new procedure involved a decrease in blood loss, lower anesthesia risk, longer-lasting anesthesia, and better aesthetic results. This new procedure allowed dermatologic surgeons to develop office-based facilities to perform liposuction with local anesthesia. They had previously performed liposuction in hospitals with intravenous sedation.

Since then, liposuction has been used with an excellent safety record in dermatologists' offices (only 74 deaths out of 496,245 procedures) and has become one of the most popular cosmetic procedures performed by dermatologic surgeons with over one-third of liposuction operations occurring in the United States by dermatologic surgeons.

## *Risks and Complications*

As with any surgery liposuction holds the risks of thromboembolism (blood clots), infection, bleeding, scarring, or serious injury; however, tumescent liposuction has an amazingly good safety record because of the elimination of general anesthesia. Temporary side effects can include: bruising for two to three weeks, swelling for two to three months, temporary numbness, and discomfort in the surgically treated areas is normal.

*Irregularities in the Skin* – By using microcannulas during tumescent liposuction the risk of causing noticeable post surgical irregularities or scarring of the skin is low. Other skin imperfections such as rippling, dimpling, and “cellulite” may in fact be improved during liposuction. However, patients should expect their skin to have the same amount of imperfections that existed before surgery. Casual observers should not be able to notice any evidence of surgical irregularities of the skin, however, it is possible that noticeable skin irregularity may result and require a little touch-up liposuction.

*Scarring of the Skin* - Incisions for liposuction may result in scarring. The incision made for inserting the cannulas are usually less than 2 to 3 mm in length and are usually virtually invisible once healed. Although you may be able to find them on close examination, most other people would not be able to see them. Some patients may experience temporary hyperpigmentation (darkening), which usually fades after several months. Patients that have experienced hyperpigmentation or hypopigmentation (pale or light-colored scars) in the past may have similar pigment changes with these incisions. Certain area of the body, such as the back or upper flanks, may be more likely to have pigmentation changes.

*Note* - Liposuction is not an appropriate treatment for obesity. Liposuction is not a substitute for a prudent diet, good nutrition, and regular exercise. Obese patients may be good candidates for limited liposuction if their goal is simply improve the shape of certain limited areas of the body.