



## *Bayside Plastic Surgery*

### **Liposuction**

**by Dr David Ross Plastic Surgeon**

This procedure is most beneficial in the younger patient (less than 45 years) where fatty deposits are isolated and not extensive. In this particular situation significant improvements in contour can be achieved. The surgical procedure usually is performed as a day surgery case under general anaesthesia, although isolated fatty deposits could be removed under local anaesthesia and sedation. As each area of fatty deposit requires about 20 minutes of surgical treatment, a maximum of 6-8 areas can be treated in any single operative session. Following the procedure you will be placed in a compression garment to maintain your new body contour and prevent excessive swelling and bruising. Liposuction is usually undertaken under tumescent infiltration, whereby extensive infiltration of anaesthetic and vasoconstrictive agents is used to cause the fat cells to swell prior to breakdown and removal. This technique minimizes damage to the surrounding structures and allows more rapid and predictable

recovery with less scarring and skin irregularities in the postoperative period. Dr Ross usually undertakes liposuction using the ultrasonic technique. As apposed to standard techniques, ultrasonic liposuction uses a vibrating probe to breakdown fat cells and their supportive framework, prior to aspiration removal of the tissue. This technique allows better control of the fat removed and more predictable outcome in body contour achieved. In general Dr Ross does not undertake megaliposuction techniques due to concern as to the increased risk of complications that are known to occur after prolonged and extensive liposuction in one session. If extensive contour improvement by liposuction is deemed beneficial this is usually recommended as a series of procedures performed over a number of months.

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