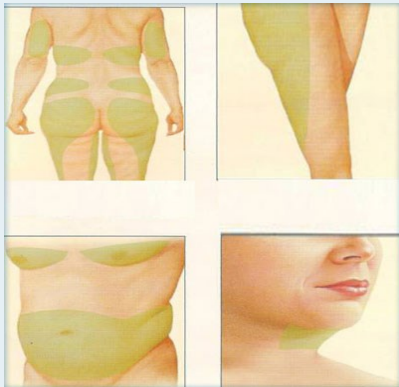


# Liposuction

Liposuction is the removal of excess body fat by suction using special surgical equipment. A plastic surgeon typically does the surgery.

Liposuction may be useful for contouring under the chin, neck, cheeks, upper arms, breasts, abdomen, buttocks, hips, thighs, knees, calves, and ankle areas ( Body shaping for people who are bothered by fatty bulges or irregularities that cannot be removed by diet and/or exercise.)

Liposuction is a surgical procedure with risks, and it may involve a painful recovery. Liposuction can have serious or rare fatal complications. So, you should carefully think about your decision to have this surgery.



## Risks

Certain medical conditions should be checked and be under control before liposuction, including:

- History of heart problems (heart attack)
- High blood pressure
- Diabetes
- Allergic reactions to medicines
- Lung problems (shortness of breath, air pockets in bloodstream)
- Allergies (antibiotics, asthma, surgical prep)
- Smoking, alcohol, or drug use
- Shock (usually when not enough fluid is replaced during the surgery)
- Fluid overload (usually from the procedure)
- Infections (strep, staph)
- Bleeding, blood clot
- Tiny globules of fat in the bloodstream that block blood flow to tissue (fat embolism)
- Nerve, skin, tissue, or organ damage or burns from the heat or instruments used in liposuction
- Uneven fat removal (asymmetry)
- Dents in your skin or contouring problems
- Drug reactions or overdose from the lidocaine used in the procedure
- Scarring or irregular, asymmetric, or even "baggy," skin, especially in older people

## Before the Procedure

Before your surgery, you will have a patient consultation. This will include a history, physical exam, and a psychological evaluation. You may need to bring someone (such as your spouse) with you during the visit to help you remember what your doctor discusses with you.

Feel free to ask questions. Be sure you understand the answers to your questions. You must understand fully the pre-operative preparations, the liposuction procedure, and the post-operative care. Understand that liposuction may enhance your appearance and self-confidence, but it will probably not give you your ideal body.

Before the day of surgery, you may have blood drawn and be asked to provide a urine sample. This allows the health care provider to rule out potential complications. If you are not hospitalized, you will need a ride home after the surgery.

## After the Procedure

Liposuction may or may not require a hospital stay, depending on the location and extent of surgery. Liposuction can be done in an office-based facility, in a surgery center on an outpatient basis, or in a hospital.

After the surgery, bandages and a compression garment are applied to keep pressure on the area and stop any bleeding, as well as to help maintain shape. Bandages are kept in place for at least 2 weeks. You will need the compression garment for several weeks.

You will likely have swelling, bruising, numbness, and pain, but it can be managed with medicines. The stitches will be removed in 5 to 10 days. Antibiotics may be prescribed to prevent infection.

You may feel sensations such as numbness or tingling, as well as pain, for weeks after the surgery. Walk as soon as possible after surgery to help prevent blood clots from forming in your legs. Avoid more strenuous exercise for about a month after the surgery.

You will start to feel better after about 1 or 2 weeks. You may return to work within a few days of the surgery. Bruising and swelling usually go away within 3 weeks, but you may still have some swelling several months later.

Your surgeon may call you from time to time to monitor your healing. A follow-up visit with the surgeon will be needed.

### **Outlook (Prognosis)**

Most people are satisfied with the results of the surgery.

Your new body shape will begin to emerge in the first couple of weeks. Improvement will be more visible 4 to 6 weeks after surgery. By exercising regularly and eating healthy foods, you can help maintain your new shape.

### **Alternative Names**

Fat removal - suctioning ; Body contouring

Sources : [Www. Medline Plus](http://www.Medline Plus)



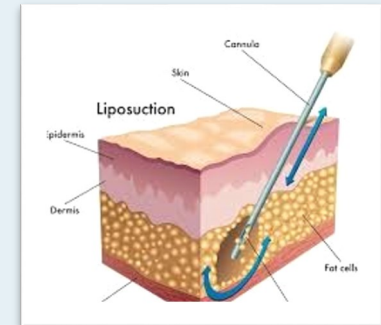
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## **Liposuction**

**with the education approach to the patient**



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