

# THE FACTS ABOUT LIPOSUCTION AND WHAT YOU NEED TO KNOW



**Before**



**After**

*We have helped many people just like you feel more confident, secure, and just plain ecstatic with their bodies. Many didn't think anything would help. The decision to have liposuction could change your life forever and this special report will provide you with a great deal of information and education about all the facts you need before you do anything.*

***So turn the page and let's start...***

## Disclaimer

It is highly recommended that you consult the opinion of your own doctor before undertaking any form of surgery.

## The Evolution of Liposuction

Just a century ago, being fat was a good thing. Portly individuals, those who sported a pot belly and double (or triple!) chin, were assumed to be well-to-do. A person's weight was an obvious indicator of their wealth and prosperity – the heavier you were, the richer you were, conversely the thinner you were, the poorer. In recent years, though, scientific and medical evidence has proven that too much fat is a bad thing – it puts tremendous strain on your body, often leading to diabetes, heart disease, elevated cholesterol levels, high risk of stroke and joint stress, among other maladies.

For many people, that data came in a little too late. They had already over-indulged and bore the evidence of that quite clearly. People took the words of Wallis Simpson, the American-born Duchess of Windsor, to heart, “(a woman) can never be too rich or too thin.” The diet and exercise craze soon followed, and continues to this day.

Unfortunately, dieting and exercising alone won't rid a body of all unwanted fat; many people have troublesome fatty areas on their body that seem to defy all reduction efforts. No matter how little you eat, or how often you work out, you can't get rid of that handful (or two) of fat. Perhaps it settled around your stomach, or on your inner thighs or it dimpled your buttocks so that rather than have two cute dimples, you've now got them in

double digits, and they're no longer cute. How often do you see yourself in a mirror, pinch more than an inch and talk to it, "Aaaaargh. I hate you!" or "I wish I could vacuum you out of there." Okay, maybe you don't actually do that, but you probably *think* about doing it sometimes. Fat does not respond to verbal abuse, by the way.

For some people it's not simply frustrating to have "love handles" and a saggy butt, but downright embarrassing and, for some, deeply depressing. Men, who suffer from gynecomastia (abnormal enlargement of the breasts), often have no choice but to either live with breasts, try to hide them with compression bandages, or turn to surgery to permanently eliminate the problem.

## Early Liposuction Techniques

It may have been a seemingly innocuous comment from a frustrated patient about wishing they could vacuum out their fat, which lead to the reality of what, on the face of it, seems an entirely idiotic concept. In 1974, an Italian gynecologist, Dr. Giorgio Fischer, invented the original procedure, which we today, call Liposuction. The original liposuction procedure used a curette which was attached to a suction device. The curette scraped the fat, and then it was suctioned out. A few years later, the procedure was modified by two French doctors, Drs. Yves Gérard Illouz and Pierre Fournier, who used a cannula (which is a fancy word for a medical grade stainless steel tube) attached to a low pressured vacuum. The modification meant that the procedure was less aggressive, since the cannula had a blunt or rounded tip, and the ports for sucking the fat through it were set along the sides of the cannula, not just the end. Using the cannula meant that more fat could be sucked out at once, and there was a little less trauma to the body.

Early liposuction required a patient to spend at least a night in hospital, because only general anesthesia was used. Some patients suffered a great deal of blood loss, and a fair amount of post-operative pain. Equally important, post operative infection rates were too high for comfort – from both the doctor and the patient’s perspective. And if that weren’t worrying enough, the results of early liposuction were often uneven, and left odd looking skin depressions. For all the possible side effects that you might have to endure, you’d at least expect good results – you know, “It was an awful process, but it was well worth it!” Sadly, you weren’t likely to get the results you desired, during those early days.

## Modern Liposuction – the Tumescent Technique

Then, in 1985, the liposuction technique was again modified, this time by two American dermatologists, Dr. Jeffrey Klein and Dr. Patrick Lillis. This modification was revolutionary, because it enabled patients to undergo liposuction using only local anesthesia. The tumescent technique called for the injection of a solution which included diluted lidocaine (an anesthetic base) combined with epinephrine (which helps to stop bleeding). The localized tumescent technique resulted in significantly less bleeding, less post operative pain and no hospitalization. This has become popularly known as “Awake Liposuction.”

Awake Liposuction can be performed in an outpatient surgical centre or surgeon’s office. Regardless of where it’s performed, it involves the same general procedure. The doctor will ask the patient to disrobe and then mark the areas where the fat is to be suctioned out.

The doctor will first inject the anesthesia-laced fluid solution into the patient. Once the area is numbed; the doctor will make tiny incisions. He'll insert the cannula into the incision and rapidly move it back and forth to break up and loosen the fat cells which are then suctioned out. The fat that doesn't get suctioned out will collapse, and whilst healing, will help create a new body shape. According to data supplied by the American Society for Aesthetic Plastic Surgery (A.S.A.P.S.), more than 456,000 liposuction procedures were performed in 2007.

## VASER LipoSelection®

The traditional form of ultrasonic assisted liposuction (UAL) worked by shattering the fat before it was removed, but it used a very high energy frequency which often caused burns.

Vaser Lipo® is a refinement of this original UAL technology, and is known as Fourth Generation Ultrasound Technology. The Vaser refinements to the original technology has removed practically all of the previous side effects while producing far superior results.

VASER LipoSelection® is the newest “weapon” in the body sculpting arena, and succeeds in getting rid of larger volumes of fat, well beyond the capability of SmartLipo. Ultrasound technology combined with advanced surgical methodology, is the key to the VASER procedure; the ultrasound energy breaks-up and shatters the unwanted fat, which is then aspirated out. The ultrasound energy only affects the fat, the surrounding blood vessels, nerves and connective tissue remain relatively intact. Hence the term Lipo “Selection.”

Using the VASER LipoSelection® procedure, unwanted fat can be efficiently removed from the abdomen, back, arms, thighs, knees and even the neck, chin and even the male breast area which require a delicate and precise touch -- pretty much any place on your body that's got a little extra padding.

According to a recent scientific study published in the July/August issue of the *Aesthetic Surgery Journal* found that VASER Liposelection significantly limits blood loss during liposuction when compared to traditional liposuction alone. The authors concluded that VASER-assisted lipoplasty should be recommended over traditional suction-assisted lipoplasty for patients undergoing large-volume liposuction procedures or treatments in very fibrous areas of the body where increased blood loss is expected.

The study was conducted by Onelio Garcia, Jr. MD and Nirmal Nathan with 57 patients. Traditional liposuction was performed on 27 patients, while 30 patients underwent the VASER Lipo treatment. The findings showed that traditional liposuction results in 7.5 times more blood loss compared to the VASER Lipo procedure.

## Post-Procedure Care

Once your Vaser procedure is finished – meaning all the unwanted fat broken up and suctioned out -- the surgeon is done. That doesn't mean he calls to his assistant to "close," because there is no need to "close" anything. Sutures are rarely necessary, since the incisions are so tiny. You will be given post-procedural care instructions, including a prescription for a short course of antibiotics to prevent infection, and you will be helped into your compression garment, you'll need to wear this for a few days to speed up healing and reshaping. Then, after about 4 to 6 weeks, you will see your spectacular results.



## Is Vaser the best choice for You?



The vast majority of our patients in Dundrum Cosmetic Clinic are treated with VASER Lipo, as our surgeons consider it gives the best results.

## Are You a Suitable Candidate?



You should have realistic expectations about the procedure's capabilities. This is for reduction of fatty pockets, it is not a weight reduction procedure, and it is not for the very overweight.

While VASER Lipo can improve your appearance and self-confidence, it won't always match your mental ideal, nor will it cause other people to act differently toward you.

*You will still be you.*

Before you decide, think carefully about your expectations and discuss them fully during your detailed assessment visit with your plastic surgeon. You won't be suitable if you have certain medical conditions such as insulin dependent diabetes.



**Before**



**After**

## Choosing your Liposuction Surgeon



**Take a look at the following 8 points and consider each one before choosing your surgeon.**

**1.** Ask your surgeon to see his / her portfolio of before and after pictures for the procedure you're interested in. It's important to choose a qualified and highly experienced liposuction surgeon.

If there are any complications during or after your surgery, an experienced liposuction surgeon will be more adept at handling the situation. In addition, a surgeon who has performed many liposuction surgeries will have had more opportunities to perfect his or her technique and results. If you have opted for Vaser Liposuction, your surgeon will need to have completed further training on these advanced techniques.

**The more successful procedures he / she has done, the better for you.**

### **2. Board Certification**

It is a good idea to confirm that your liposuction surgeon has been certified by the American Board of Plastic Surgery. This certification is an indication that the surgeon has had extra training in the field of plastic surgery. This also means that the physician has earned his or her degree from a reputable medical school and has completed five years of additional residency.

Not all cosmetic surgeons fit these qualifications. Liposuction is often performed by dermatologists. Plastic surgeons are preferable because of their experience and extra training in liposuction surgery.

**3.** Your surgeon should only work within medical facilities for your safety.

**4.** Your surgeon should adhere to a strict code of ethics. You need to know that if the procedure is not suitable for you, the doctor won't treat you - no matter how much you may want it.

**5.** Your surgeon needs to be resident within a few miles of the clinic so they are always available for any queries you may have - both pre and post procedure. Beware of clinics where the surgeon is resident outside of the country and flies home after your procedure.

**6.** Then choose a surgeon who you have a comfortable chemistry with. Someone who listens to your concerns and is easy to talk to.

**7.** There should be absolutely no obligation and no pressure put on you, take as long as you need to make up your mind.

**8.** The bottom line is - when you're going to invest in a procedure that'll make you look and feel better about yourself, you need to invest a little time in finding the right plastic surgeon for you.

## What You Can Expect to Pay

Often when money is tight there can be a temptation to choose your surgeon based on price.



That could be the biggest, and in the long-term, most expensive mistake you could make. You will be wearing the results of this decision for a long time to come.

If you're in any doubt about that, read the section on *Choosing Your Surgeon* again before you even consider the payment issue.

The good news is though, as the Vaser lipo procedure does not require hospitalization, the cost is significantly less than surgical removal, and on average only costs \$2,900 per area, delivered by a plastic surgeon.

## Lunchtime Lipo



Despite this procedure often being called “Lunchtime Lipo” (since it only takes about an hour per area) you shouldn't take that moniker literally; you still need to take it easy for a day or so after which you can (slowly) resume your normal

activities.

## The New “Improved” You

Undergoing a body contouring procedure will do wonders for your looks, not to mention your self-esteem. After all, you *are* worth it! Your friends, family and co-workers will be able to notice something “different” about you, but won’t be able to immediately put their finger on it. You don’t need to tell them, of course. That could be your little secret. All you need to do is sit back and accept the compliments!

### ABDOMEN



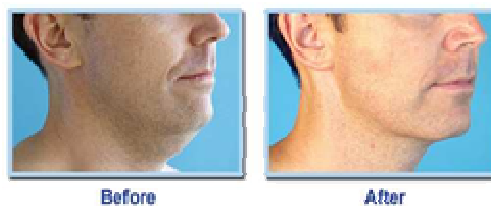
### MALE CHEST



### BACK



### NECK



**By now you probably have a few questions. Here's some of the most**

## Frequently Asked Questions we get:

**Q: Will the fat ever come back to the sculpted areas?**

A: The fat cells that are removed will never return. As long as you don't gain If you were to gain weight, the treated areas are less likely to accumulate deposits of fat. Any new fatty tissue will be concentrated mostly in areas not treated. This treatment can not be a substitute for abusing diets after you've had your procedure.

**Q: Is it true that most people will need a touch-up procedure?**

A: Only about 5% of patients have secondary procedures to correct uneven contouring. A full 50% of second procedures are done because patients were pleased with the results and wanted additional areas done or more fat removed.

**Q: What complications and risks are possible?**

A: Just like any surgical procedures there are certain risks involved. However serious complications if this type of procedure are very rare. The use of local anesthesia greatly reduces the inherent risks of general anesthesia. Minor temporary side effects such as swelling, numbness and bruising are somewhat common.