



Tumescent Liposuction – Your Consultation

A very important part of the liposuction process is your consultation. A detailed history and physical examination will be completed to evaluate your suitability for liposuction surgery. The results you can realistically obtain will be described. An outline of the procedure, possible risks and expected results will be highlighted. Please allow yourself enough time as an average consultation takes 30–45 minutes.

After the consultation you are encouraged to contact Dr. Zloty with any additional questions. Dr. Zloty believes that a well-informed patient is an important part of successful treatment. Only when all your questions have been fully answered, can you make a final decision as to the suitability of liposuction for you.

A consultation fee applicable to the cost of the liposuction procedure will be charged at the time of the first consultation.



Commonly Asked Questions Regarding Tumescant Liposuction

What is Tumescant Liposuction (TL)?

Developed by dermatologic surgeons, tumescant liposuction is the safest and most accurate form of liposuction. The procedure is performed in an out-patient setting under local anesthesia and light sedation. There is no overnight hospital stay. The tumescant technique uses large volumes of dilute local anesthetic (lidocaine), in combination with a drug (epinephrine), to temporarily swell (tumesce) the fat compartment and shrink blood vessels. This mixture is placed directly into the targeted fat compartment(s), numbing the fat almost painlessly. Gentle loosening and removal of undesired fat is then undertaken using micro-cannulas (small straw-like instruments) with no discomfort.

Why is Tumescant Liposuction Best for Me?

Safety, recovery period, and final cosmetic results are maximal with TL. The avoidance of general anesthesia eliminates post-operative nausea, drowsiness, and the feeling of been “hung-over”. The epinephrine in the numbing mixture dramatically reduces any bleeding and bruising. This in turn hastens post-operative recovery and encourages a faster return to normal home and work routines. Patients are up and walking the next day, return to work in 3-5 days, resuming more physical activities after one week. The small size of the micro-cannulas allow for precise removal and sculpting of the fat. This leads to smooth, symmetric results in three dimensions. TL is the liposuction technique least likely to cause any noticeable post-surgical irregularities of the skin. Having an awake patient allows Dr. Zloty to assess the results in many patient positions ensuring contours are exact from all viewing angles.

Patients must ensure they are receiving true TL. True TL is time and labour intensive and thus many surgeons use modifications of the TL technique which can compromise safety and cosmetic results. If you have been told that a general anesthetic, intravenous sedation or larger cannulas will be used, you are not receiving true TL.

Who is a Suitable Candidate for Tumescant Liposuction (TL)?

Individuals in good general health, on few or no medications, with diet and exercise resistant localized fat deposits are ideal candidates. Age is not a limitation assuming all the other requirements have been met. Patients should be at a stable weight, cannot be pregnant or breast feeding and must have realistic expectations.

Liposuction can remove fat from almost any body area assuming the fat is accessible and the skin tone is good. In some cases poor skin tone can prevent liposuction from achieving maximal results and in this case liposuction would not be recommended. Liposuction is not suitable as a weight reduction strategy or for eliminating cellulite (the subtle puckering of the skin that can occur on the thighs and buttocks).

Liposuction can also be used to reduce the size of male and female breasts, remove benign fatty growths called lipomas, and reduce excessive under-arm sweating.



Commonly Asked Questions, continued

What Kind of Results Can I Expect?

In appropriately selected candidates, contour reduction and refinement can be dramatic. Preliminary changes are evident as early as one week, but final results cannot be assessed for 6 months. You must be patient! Assuming you maintain a stable weight (within approximately 20 lbs) the results will be permanent. Although results can be striking, your expectations must be realistic. You should not expect cellulite to disappear and large fat accumulations may require a second procedure for maximal results. In the vast majority of cases the skin retracts completely and smoothly. Only rarely is there any need to have extra skin surgically removed, and in most cases this can be determined prior to beginning liposuction. If your skin elasticity is good prior to liposuction the look and feel of your skin after liposuction will be unchanged. Small (less than a quarter of an inch) scars occur at entry sites for the cannulas. The scars stay pink for about 9 months before fading to fine white lines. In patients with very fair or dark skin, the fading can take longer.

How Safe is Liposuction?

TL is the safest form of liposuction. All the risks of general anesthesia are removed. Several large studies conducted by various North American medical associations have documented the enviable safety record of TL. Using true TL no deaths or serious complications have been reported. Although infections, significant blood loss, collection of blood under the skin (hematoma), perforation of underlying structures, permanent loss of skin sensation,

skin scarring, or skin irregularities are theoretically possible, these are extremely rare or have never been reported with TL. Uncommonly, small collections of fluid form under the skin called seromas, which require drainage using small needles. Patients **should expect temporary** swelling, bruising, numbness and minor contour imperfections.

Liposuction is only as safe as the surgeon performing the procedure. Dr. Zloty places safety as his number one concern. His many years of experience and thorough understanding of physiology and anatomy maximize safety. Dr. Zloty's selection criteria in choosing appropriate patients are very strict. No aspect of the procedure is ever compromised. Written safety protocols are in place and are followed rigorously with extensive documentation. The surgical suite is state-of-the-art, with full resuscitative equipment. The Center and has been fully inspected and approved as an out-patient surgical center by the College of Physicians and Surgeons of British Columbia.

How do I Prepare for Liposuction?

Dr. Zloty will provide you with detailed pre-operative instructions. You must avoid aspirin or aspirin-like medications for 2 weeks prior to liposuction. Any change in your health or medication status must be brought to Dr. Zloty's attention. Dr. Zloty will assess these changes and determine their impact on your safety. Any change which compromises your safety will lead to the procedure being rescheduled.



Commonly Asked Questions, continued

What Happens on the day of Surgery?

Patients are provided with a detailed hand-out outlining the highlights of your procedure day. Preparation begins with picture taking, marking the treatment area, and recording vital signs. A mild sedative is then given by mouth. Skin and fat are anesthetized using the Tumescent Technique. Liposculpture then begins using micro-cannulas. At the end of the procedure a pressure garment is placed and you are ready to go home. The entire procedure lasts from 4–6 hours.

How will I Feel After Liposuction?

Tumescent liposuction encourages an early return to normal activities. A detailed handout of your post-operative course and instructions will be given to you. After liposuction you will feel tired, sore, and be draining some of the tumescent fluid. This is messy, therefore maxi-pads to hold the drainage are required. The drainage usually stops by the second post-op day. The soreness is similar to a deep muscle ache which occurs after too much exercise. Pain-killers are given, but in many cases are not required. By 3–5 days the discomfort is markedly improved and your energy levels are about 60% of normal. At this time most patients are ready to return to work. Patients are up and walking on the first post-op day and by 2–3 weeks feel back to normal. Bruising is always present to a mild or moderate degree and resolves by 1–2 weeks.

Tell me about Ultrasonic, Powered, and Laser Assisted Liposuction.

Ultrasonic liposuction (UL) uses high frequency wavelengths to vibrate the end of a special cannula. These vibrations cause fat cells to literally explode, releasing their fat which is then suctioned away. UL was purported to offer additional safety over traditional TTL. This has now been found to be untrue. In fact UL may have more side effects and offers no cosmetic advantages to patients. Currently UL is falling out of favor in both Europe and North America.

Powered liposuction uses an electric motor to rapidly oscillate a cannula tip which allows the cannula to assist in fat removal. This makes the procedure easier for the surgeon, but as yet does not offer any safety or cosmetic advantage to the patient. Dr. Zloty has used powered cannulas and continues to evaluate their role in liposuction.

Laser-assisted liposuction uses low level laser energy to create “pores” in fat cells allowing the fat to leak out and possibly increase the ease of fat removal. At this time the procedure is experimental only and has no clinical usefulness. Studies are on-going.