

Liposuction
(LIPOPLASTY)

DISCLAIMER:

Please read the following points:

- ❑ The details supplied on this website are for information purposes only and full medical details should be obtained from Mr Mutimer at a pre-arranged appointment
- ❑ All details supplied by people who log onto this site are confidential and are safely secured by this website only. However, if you do not wish to add details to this website there is the option of performing this via the office on telephone: 9592 0522 or by fax on 9592 0320.
- ❑ All patient photos and literature on this website are firstly consented to and signed by the patient themselves

Liposuction (LIPOPLASTY)

Liposuction, also known as Lipoplasty Suction Assisted Lipectomy (SAL), or Liposculpture, is a surgical procedure that removes fatty deposits from various areas of the body. It is particularly effective for areas where fat is unable to be shifted by exercise or diet. Liposuction is also very effective for the face, neck and underneath the chin.

Other common areas that liposuction is performed on are:

- Inner and outer thighs
- Stomach
- Buttocks
- Knees
- Hips
- Arms
- Waistline
- Breasts (both male and female)

After having your Liposuction it is still necessary to exercise and maintain a balanced diet. You should talk to Mr. Mutimer about all the options available to you and how to maintain your body contour post-operatively.

Liposuction is performed at any age, and is popular with both men and women. The results are very rewarding and it is one of the most common cosmetic procedures performed in our society.

WHAT TO EXPECT AT YOUR CONSULTATION

Mr. Mutimer will ask you what you are wanting to achieve with Liposuction, and he will inform you as to whether he thinks your expectations are realistic.

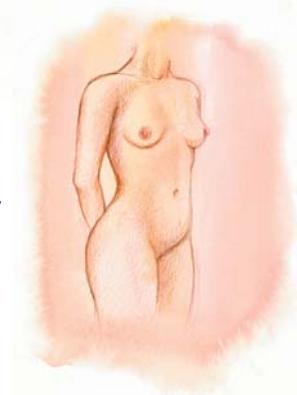
The staff at Brighton Plastic Surgery Centre understand that it can be very difficult for a patient to make enquiries about such a delicate matter. Our caring and supportive staff are more than happy to help you with the necessary arrangements to make an appointment to see Mr. Mutimer. It is their aim to make you feel as relaxed, comfortable and fully informed about the procedure as possible. Please do not hesitate to ask the staff for any assistance.

Confidentiality is of the utmost importance at Brighton Plastic Surgery Centre.

Strictest care is taken to ensure your privacy.



Liposuction can reduce those areas of fatty deposits that previously created unflattering bulges.



Following liposuction, excess fat has been removed from the abdomen and waist, hips and buttocks, and inner and outer thighs.

Easy parking is available at the rear entrance.

There are several points that Mr. Mutimer will assess in relation to the Liposuction surgery including:

- if you have had any previous plastic surgery or Liposuction
- your complete medical history and any medications that you are taking (if you suffer from diabetes, heart disease or high blood pressure)
- your current weight and your intentions to lose any weight in the future.
- your skin texture and elasticity

You will also have photographs taken.

You should expect to be in your consultation with Mr. Mutimer for at least 30 minutes.

DOES MY HOSPITAL INSURANCE COVER THE SURGERY?

Liposuction does not usually have a MBS item number attached to it. Liposuction is classed as a "cosmetic" procedure and therefore it is not claimable.

You will incur Mr. Mutimer's fee, anaesthetist fee, hospital bed and theatre fee, all of which incur GST. The Patient Care Co-ordinator will thoroughly discuss the costs of surgery with you and give you a full account summary. If you have any questions please do not hesitate to contact the consulting rooms on 9592 0522.

Liposuction (LIPOPLASTY)

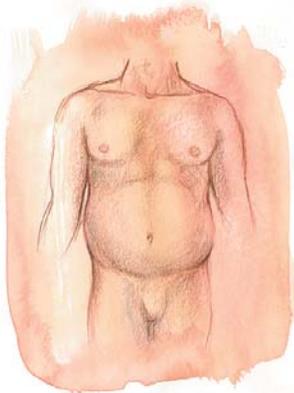
LIPOSUCTION TECHNIQUE

There are two types of techniques used for Liposuction surgery.

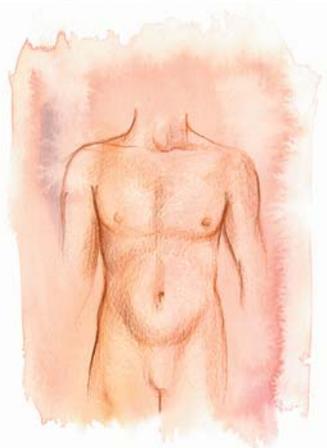
The first is the “tumescent technique”, where the surgeon injects large quantities of fluid through small incisions. The fluid reduces the risk of bleeding. The fat cells swell with fluid going into the fat layers. A cannula is then passed through the swollen fat cells. Suction through the cannula removes the fatty tissue and the fluid that has been injected. The fluid that is not removed at the time of the procedure will drain post-operatively or remove itself from the body through the patient’s urine. Bruising, swelling and some discomfort occurs post-operatively, however this subsides in time.

The second technique is Ultrasound-assisted lipoplasty (UAL). With this technique, the surgeon uses a cannula that produces ultrasonic energy. The vibrations from the ultrasonic energy attack the fat cells, thus breaking down the fatty tissue into a liquid form. The liquid is then removed by suction.

The very small incisions made to insert the cannula are barely visible.



Liposuction is popular among men, particularly for eliminating bulging fat around the waist.



Following liposuction, the body has a trimmer, more physically fit appearance.

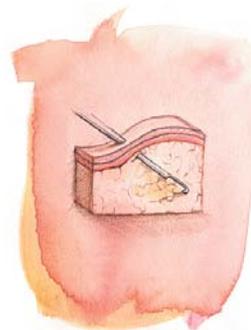
RISKS, COMPLICATIONS AND SIDE-EFFECTS

Liposuction is performed regularly by Mr. Mutimer. It is a relatively safe procedure, however it is important to understand that there are certain risks, complications and side effects, before deciding to go ahead with surgery. Mr. Mutimer will discuss these points in detail with you. They include:

- ❑ Wound infection requiring antibiotics.
- ❑ Bleeding that may last longer than expected thus requiring a blood transfusion.
- ❑ Blood clots can occur.
- ❑ Temporary loss of sensation or numbness to the skin.
- ❑ Damage to internal organs (extremely rare).
- ❑ Discoloration to the skin.
- ❑ Damage to skin can occur delaying the healing process.
- ❑ Death has been reported, but only in extremely large volume Lipoplasty. This is very rare.
- ❑ Surgical scars can be raised, pink or thick - taking sometimes up to 18 months to heal.

PRE-OPERATIVE PREPARATION

- ❑ Smoking should be ceased at least 2 weeks prior to surgery (including the use of Nicotine patches).
- ❑ Any blood thinning tablets (i.e. aspirin/disprin) or vitamins should be ceased two weeks prior to surgery.
- ❑ Arnica tablets should be taken 3 days prior to surgery (5 per day) excluding the day of surgery and commenced again after surgery until finished. These are used for swelling and bruising.
- ❑ Fasting is required for 7 hours prior to surgery.
- ❑ You should inform Mr. Mutimer of any reactions to medications, general anesthetics or tapes.



Fat is removed by first inserting a small, hollow tube, called a cannula, through one or more tiny incisions. Suctioning can be done in the deep or more superficial layers of fat, depending on the selected treatment.

Liposuction (LIPOPLASTY)



Areas of the body commonly treated with liposuction are shown, including delicate areas such as the inner knee and the calves and ankles, which can be suctioned with a very thin cannula to achieve a more shapely contour.



The abdominal area responds well to treatment with liposuction, resulting in a flatter abdominal profile and a better defined waist. In some patients, liposuction of the upper arms may also be effective.



Liposuction can remove fatty deposits in the cheeks, jowls and neck.

GARMENT

A special garment will be measured and fitted for you by the Wound Care Manager.

She will place the order and arrange for the garment to be sent directly to your home.

The cost of the garment is \$145.00, and will need to be worn for 4-6 weeks post-operatively. The garment is fully washable.



Example of garment worn after liposuction.

WHAT TO EXPECT ON THE DAY OF SURGERY

The Patient Care Co-ordinator will have given you an admission time, which will be approximately 30-60 minutes prior to your surgery. You will have fasted for 7 hours prior to this. If you are having day surgery you will need a carer to take you to and from the day facility centre. You will need a responsible person to be with you for 24 hours after the procedure. You will need to bring your garment with you, your health insurance details, toiletries and loose comfortable clothing - with a top that is either buttoned or zipped at the front, not one that is pulled over the head.

The time it takes to perform the procedure will vary, depending on how much Liposuction you are having.

After your surgery, you will be taken to recovery, where you will be dressed in gauze, foam, and your garment. The dressings are changed after 24 hours. No sutures are required.

WHAT SHOULD I EXPECT AFTER MY SURGERY?

You should expect that there will be some oozing of a blood-stained fluid for the first 24 hours. You will have some minor discomfort and swelling. The nurse can give you some pain relief for this. The next day your dressings will be changed by the Wound Care Manager. You will still be able to shower while the

Liposuction (LIPOPLASTY)

foam that is placed over the dressings is still in place. The foam and dressings are removed at one week post-operatively. You will be required to wear your garment for at least 4 weeks. Total rest is strongly advised for at least a week, and you will be unable to drive a car for the first week. Swelling and bruising will take at least 2 weeks to subside, and could take even longer. It is important not to expect too much too soon. It will take some time before you can see the final results of your body contour. If you experience any discomfort or extreme pain, you should speak to Mr. Mutimer. Our caring nursing staff will assist you with any needs or concerns that you may have.

WHEN CAN I RESUME MY NORMAL ACTIVITIES?

This depends on how much Liposuction you have had, the nature of your work and the degree of physical activity you would like to perform. In general you should not engage in strenuous activity for at least three weeks. You should consult Mr. Mutimer in relation to your post-operative recovery. It is important not to do too much too soon, to prevent any unnecessary increase in swelling.

MAINTAINING A PATIENT/DOCTOR RELATIONSHIP

Mr. Mutimer is a very approachable doctor who understands the needs of his patients in relation to Liposuction. Please feel free to approach him with any questions or concerns you would like him to address.

You will return to the consulting rooms for follow up care, where your progress will be monitored. Post-operative photographs will be taken at a later date.

It is important to remember that the relationship between you and Mr. Mutimer does not end when you leave the hospital. If you have any questions or concerns do not hesitate to contact the office to speak with him.

The post-operative period is an extremely important time and there are trained staff available to help you. You can contact them on 9592 0522.