

LIPOSUCTION

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CURVES ARE DEFINITELY IN, but not all curves are wanted. Liposuction is the most popular surgical cosmetic procedure in the county. According to the American Society for Aesthetic Plastic Surgery, 370,000 liposuction surgeries took place in 2002. It is widely considered to be one of the safest of the cosmetic surgical procedures.

But what does lipo really involve? It is easy for body conscious types to fantasize about slipping nicely into jeans, but this is actual surgery with all of the serious complications and implications. Below are some of the facts you will need to answer the most important questions about liposuction.

Is it right for you? What does the procedure involve?

First, you will have a consultation. You will discuss your goals with your doctor. Once a surgical plan is established you are ready for your big day. On the day of the surgery, you will most likely undergo a form of liposuction known as tumescent. This is the technique of choice for most of the surgeons performing liposuction. It involves injecting a fluid containing a local anesthetic, as well as Epinephrine (a drug that contracts blood vessels to help minimize blood loss) into the targeted spots. Then a liposuction cannula, which is the instrument used to suction out the fat, can move more smoothly, making the removal of fat easier. Some of the fluid remains under the skin and will slowly resolve over time, which is why you are swollen after liposuction.

What is the recovery like?

After surgery you will be placed in a compression garment (a heavy girdle or support hose are standard) 24 hours a day for two to four weeks. Also, your weight won't dramatically fall after your

liposurgery. You will retain much fluid after surgery that your body will slowly pass in your urine over the next two to three weeks. The usual amount of fat removed during liposuction is anywhere from two to five pounds, but don't think of it as a way to quickly lose weight. It simply does not work like that. This is a body contouring procedure. The big difference that you will realize is that your clothes will fit better. You may even go down one or two clothing sizes.

What are the side effects?

Despite its impressive record of safety, all surgery carries a risk. If the procedure is done by a qualified, experienced doctor, the risk is extremely low. In fact, most liposuction is done as an outpatient procedure. The most serious complications are: deep venous thrombosis, fat

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emboli, infection and fluid and electrolyte disturbances. Also, in some areas either too little or too much fat may be removed. This may result in irregular contour, dimpling or asymmetrical fat distribution. Anyone who gains 20 to 30 pounds after the procedure may redistribute the weight in uneven locations throughout the body. Wearing the com-



pression garments in the postoperative period helps speed the process of healing and holds the skin in place so that when it re-drapes over the muscle your skin looks smooth and taut, and you will have a much better outcome.

A word to the wise: Don't skimp on the cost or experience level of your surgeon. Check your doctor's credentials and ask for references.

For candid accounts of real women's experiences with liposuction, visit www.Liposite.com. Dr. Dardano is available at any time for a complimentary consultation to evaluate you and answer your questions regarding liposuction. ♦

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