



Liposuction is the procedure by which unwanted fat is removed from those areas of the body where fat accumulates and is impervious to any weight loss regimes. Areas affected can range from the abdomen, thighs and buttocks, to the neck, backs of the arms and elsewhere. The tissues which cause fats to accumulate on the surface of the skin are removed by way of surgery thereby rendering the skin looking tighter and younger.

There are several different liposuction procedures available so it is important for a patient to discuss their needs and aspirations fully with their doctor and investigate the options available.

VASER® (Vibration Amplification of Sound Energy at Resonance) Lipo or liposuction is one of the most popular methods of liposuction due to the precision with which the procedure can target the desired area; the effectiveness of this procedure and because it leaves only very tiny incision scars on the skin of less than half an inch while involving less down time after the procedure. Vaser® liposuction uses ultrasound to break up and flush out the fat accumulated on a body area with minimal effect on the surrounding tissues, blood vessels, nerves etc.

### Frequently asked questions:

Who is Vaser® Liposuction for?

What can I expect?

What does the surgery involve?

What will recovery be like?

What are the possible risks or complications?

What will be the overall outcome of the procedure?

### Who is Vaser® Liposuction for?

People who want to lose the firm and rigid body fat from certain parts of the body like abdomen, thighs, buttocks, upper arms, chin, chests, neck and back, which is otherwise impervious to weight loss diets and work-outs, can opt for Vaser® liposuction. A good candidate for liposuction will be over 18, in good general health, have an on-going diet and exercise regime and will not have smoked for several months. Diabetes, any infection, heart or circulation problems weigh against the eligibility of a person for the procedure.

### What can I expect?

After the Vaser® liposuction procedure there is an initial swelling on the operated body area for about two to four weeks. The perfect contour of the body will be visible after about three months. However, it is important to have realistic expectations from the surgery.



## Vaser® Liposuction

Vaser® liposuction is an answer for the removal of spot fat from isolated body areas but is not a viable solution for obese people; it is not intended as a weight loss solution for body fat that has accumulated due to lack of exercise or poor quality diet. The goal of Vaser® liposuction is to create a slimmer natural silhouette. You may not notice a significant amount of weight loss, but you should be pleased with your slimmer new shape.

### What does surgery involve?

The surgery and its duration typically depends upon the body area to be treated. Smaller procedures can be performed under the influence of local anesthesia but if the procedure is major then a general anesthesia would be given. Because Vaser® liposuction involves only ultrasound procedures the time taken to heal is considerably reduced and the patient can go home the same day.

### What will recovery be like?

The surgery is safe and the patient may experience only mild to moderate post-operative pain. There will be small incisions made on the skin surface which may swell slightly but which will generally begin to subside in a couple of days. The beneficial body countering results are evident soon after the swelling settles down.

### What are the possible risks or complications?

Vaser® liposuction procedure requires few and very small incisions. There may be a small collection of fluid under the skin of the area operated upon but this will dissipate quickly. As with most invasive surgical procedures the minimisation of risk and negative after effects also a swift and successful recovery will depend largely on pre-operative preparation and post-operative care. Before surgery no anticoagulants should be taken for two weeks and smoking must be avoided two months prior to surgery. After surgery the patient must maintain a proper diet and exercise regimen relative to the surgery undergone and rest.

### What will be the overall outcome of the procedure?

Vaser® liposuction is the best option for spot reduction of weight. Eating a healthy diet and regular exercise can help you maintain the new shape of your body and make it your permanent attribute. The self-confidence and envy you may attract is the icing on the cake!