

# Surgical Body Contouring



This 43-year-old woman wished to improve the contour of her abdomen, hips, and thighs. Preoperative skin markings aid in the surgical planning. A combination of techniques was used including a tummy tuck and thigh lift with liposuction. The surgical scar seen postoperatively can be hidden under the panty line. It will fade over the next 12-16 months.

Consciousness of our health and appearance is becoming more important in our dynamic, fast paced society. We are eating better, smoking and drinking less and exercising more to help maintain our physical and mental health. As we become more fit, we have more energy, feel better, and above all, our self esteem and mental attitude improve.

Each of us has a unique body and each body form will respond to dieting and exercise differently. In many instances, we need only to look at our parents to see what lies in store for our body contours. Wide hips, small breasts or sagging buttocks may be part of our genetic make-up and difficult to improve even at our healthy best. This is where body contour surgery may benefit you. There is no reason to hide those contour deformities when new surgical techniques may give you the figure you have dieted and exercised for.

Who is a candidate for body sculpting? Anyone, **male or female**, who is in good health and is displeased with his/

her present shape. Most of our body contour patients have struggled for years to improve their figures by dieting and exercise, but have found that most figure faults can only be partially corrected with these measures. We can now offer improvement for almost any figure fault either by suction lipectomy or excision of excess skin and fat (dermolipectomy).

The improvement obtained can be quite remarkable for some people and in many ways leads to healthier living habits and an improved self-image. Still, it must be emphasized that liposuction is not a substitute for an individually prescribed nutrition and fitness program. ***We recommend you schedule an appointment with a nutrition and fitness consultant prior to liposuction surgery*** and plan to remain “in touch” afterwards. Those who do generally realize the best—and most lasting—results.

As an introduction to body sculpting we have assembled some information about our most commonly performed

procedures. Body sculpting can be performed on virtually any area of the body. If there is a body area of concern not mentioned, please ask specifically about these areas at the time of consultation. The text and illustrations for each operation are intended to be an overview and should not be considered a guaranteed result. Your result will depend upon your particular contour problem, your overall shape, your personalized surgical correction, and compliance with the recommended dietary, nutritional and exercise programs.

We ask *that you read the entire contents of this book prior to your consultation*. Hopefully it will give insight into surgical and non-surgical body contouring as well as facial surgery and will dispel many of the myths concerning body surgery. We believe our best patients are our most informed patients.

Finally two basic questions concerning body sculpting . . . Is it safe? We believe it is; but, it is surgery and the risks discussed on page 77 must be considered. The results of body contouring, either by suction lipectomy or dermolipectomy, like any surgery results are generally better when performed by properly trained and experienced surgeons. Another question we are often asked by our patients is . . . Does it last? The result of contouring can be considered permanent although the process of aging will continue and the need for further surgery to correct new sagging may arise as the clock continues to tick. We look forward to discussing with you ways to improve your body with body contour surgery.

Liposuction was first popularized in the late 1970's. Over the past 20 years it has become the most popular plastic surgery procedure performed. After extensive study and research it has been found to be a safe and effective treatment for localized deposits of diet and exercise resistant fat. These fatty deposits occur in specific areas such as the thighs and

hips in women as well as the flanks and abdomen in men. The term liposuction refers to the removal of fat with a slender hollow instrument called a cannula. This tubular instrument is inserted through a very small, well hidden incision and attached to a suction machine to literally vacuum out the excessive fat. The most common body areas sculpted with liposuction are the thighs, abdomen and neck. In fact, any area of the body with excessive fat can be suctioned including the face, arms, breasts, buttock or knees. The reason why fat accumulates in the hips, thighs, buttock and abdomen is that fat in these areas is governed by the female hormone, estrogen, and these fat deposits are there to provide extra energy during pregnancy and breast feeding. The woman with excessive fat in these areas which does not respond to dieting and exercise is the ideal candidate for liposuction. If you're overweight and find that in the past you have been unable to stick to a diet or exercise program and see liposuction as a cure to your obesity, liposuction **by itself** is not for you! **We strongly recommend that you consult with a nutrition and fitness consultant to begin both the physical and mental transformation to A NEW YOU.** If you are truly committed to having a healthier and more attractive body, our team of specialists can assist you in getting there.

Good skin tone is also important when considering liposuction. Once those bulges are removed and a new thinner contour is achieved, the excessive skin must shrink to fit the smaller area. Skin that lacks elasticity will sag and form irregular contours which are difficult to correct. Good skin tone is a product of good skin care, protection from excessive sun damage, and moderation in drinking alcoholic beverages. Skin tone is one reflection of aging, and yet, loose sagging skin is not necessarily a function of age. Therefore, there are

only generalized age requirements for liposuction with skin tone being the more important factor.

Overall body health or one's "biological age" seems to play an equally important

role. We can help you determine how you measure up to others your same age. (See Non-Surgical Ways to Reverse the Undesirable Signs of Aging, page 293.)



This 35-year-old woman was troubled with localized fatty excess of the hips and outer thighs. The left thigh was also significantly larger than the right. Postoperatively her symmetry is improved and the contour of hip, buttock and thigh is more uniform. Small incisions for liposuction are seen below the panty line. They will fade with time.

## Liposuction

### The Tumescent Technique

Liposuction is now the most commonly performed plastic surgery in the United States. The reason for this has been that many surgeons believe these new techniques of body contouring have made liposuction safer and generally offer better results. One such improvement has been called **TUMESCENT TECHNIQUE**. The tumescent technique refers to the infusion of large amounts of physiological salt solution into the fatty tissue to be removed. Local anesthetic solution as well as adrenaline is also usually used which tends to diminish postoperative pain and generally minimizes blood loss during the procedure. When the tissues are full of fluid the fatty tissue is loosened from its surrounding attachments and is more easily removed by suction. This usually allows larger amounts of fat

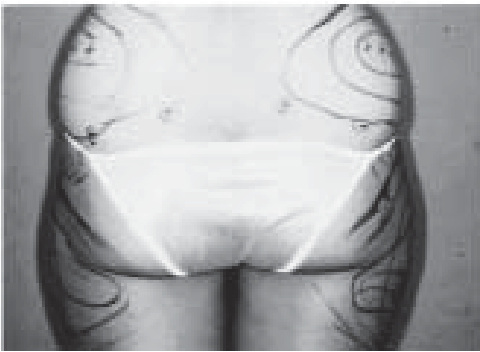
to be extracted with less bleeding. In certain patients, 8 to 10 times as much fat can now be more safely removed than was previously possible using "dry" liposuction alone.

### Ultrasonic Liposuction

A once popular method used in body contouring was **ULTRASONIC LIPOSUCTION**. Developed in Italy in the late 1980's, ultrasonic liposuction uses high frequency sound waves to liquefy or "melt" the fat prior to removal. Ultrasonic energy has been used in other types of eye surgery and abdominal surgery for removal of other kinds of tissue. However, by "tuning" the frequency of the ultrasonic probe, fatty tissue is dissolved before the energy affects other tissues and structures. Therefore, it appears to be a more specific way of "melting" fat prior to its removal.



These views show the result of liposuction of the lateral thighs, abdomen, waist and flanks.



These views show the results of liposuction of the hips and outer thighs. Contour markings on the skin are shown in the preoperative view.

It was thought that a major advantage to ultrasonic liposuction was the ability to treat the fat directly underneath the skin, leading to better skin shrinkage. Many surgeons felt this technique was best indicated for patients who tend to have loose skin. Ultrasonic techniques were also used for corrective surgery in patients who have had previous liposuction and who have persistent areas of irregularity.

Potential complications of ultrasonic liposuction are similar to other liposuction techniques but also include the potential for burns because the end of the probe becomes warm. However, this complication is rare when prolonged contact in any one area is avoided ... and with the use of the tumescent technique as described above. The ultrasonic

technique does not appear to offer any advantages in terms of less bleeding, less numbness, or faster recovery.

Ultrasonic liposuction was thought to yield better results in areas such as the upper inner thigh or the back. It was tried in removing excess breast tissue in men (gynecomastia).

Traditional liposuction techniques have stood the test of time.

Almost all liposuction procedures are performed safely and comfortably under general anesthesia as an outpatient. In order to properly contour a specific area, requires some fat removal of nearby areas so that the overall contour is smooth and aesthetically pleasing. This would require large quantities of a local anesthetic which we find to be poorly accepted by both patient and

surgeon. Some regions of the body lend themselves, however, to be treated using local anesthesia. The cost of outpatient general anesthesia is not high and taken into consideration when discussing surgical fees.

Some discomfort can be expected from any surgical procedure and liposuction is no exception. Most people find the discomfort transient and usually return to work within 3 to 5 days and normal activity within 3 weeks. We provide our patients with a "compression" garment which is similar to a girdle. This garment helps your body to smoothly re-drape the extra skin as well as help prevent accumulation of serum or blood under the skin. This garment is worn for as long as three weeks and is easily hidden under usual work attire.

Complications referable to liposuction include bruising, localized collection of

serum or blood (largely prevented by the compression garment), "waviness" of the skin, transient skin numbness and poor contouring of the body area suctioned. These problems can usually be prevented by proper patient selection, proper anesthetic techniques and well qualified, experienced surgeons. Liposuction has proven to be both safe and effective for body contouring.

And finally, one often asked question: "Will the fat return if I gain weight?" Our bodies only make a certain number of fat cells; therefore, if we remove some of these cells they cannot return. This is not to say one cannot get fat. A thirty pound weight gain will result in generalized obesity but the predisposition for weight gain in the suctioned areas will be less than before surgery.



**Weight management is an essential component of any body contouring plan.**



***"The aesthetic ideal in the 21st century is to have and keep a slim, athletic figure."***

***For best results, surgical removal of fat should be only one component of an overall weight management and fitness program prescribed by a trained professional.  
(see page 25 and pages 307-315.)***

**The McCollough Institute and Plastic Surgery Clinic is an international center for life enhancement.**

# Postoperative Care After Liposuction

There is always some discomfort after any surgical procedure and liposuction is no exception. Usually the discomfort is described as a “soreness” that is readily relieved with pain medication.

The night after surgery some bleeding from the small incisions is expected and may soil the “compression garment.” The garment must stay in place for the first three days after surgery in order to keep bleeding and swelling to a minimum. The garment also helps your skin to tighten and contour to your new smaller shape. After a postoperative visit to the Clinic on the third day after surgery, the garment can be removed daily to be washed and for the patient to shower and clean the incisions. Ideally compression is continued for three weeks. Some patients prefer a standard girdle or panty hose for compression after three days as these garments are easier to conceal under work clothing. Regardless, some form of skin compression is necessary for three weeks and even longer if the amount of fat removed is large or the preoperative skin tone poor.

We advise that all patients wait at least five days before returning to work and three weeks before resuming normal physical activity such as swimming, aerobics or jogging. To optimize your surgical result some form of regular physical activity is recommended to help muscle tone. Your overall figure not only depends on body fat but the size and firmness of the underlying musculature.

Once the excessive fatty bulges are surgically removed, your body takes

from six to twelve months to tighten the loose skin created by decreasing your body size. This process of skin tightening begins in about three to four weeks postoperatively and slowly progresses each month. Therefore, your final shape and size take at least six months to become evident. So ... don't buy your new wardrobe or become discouraged after one or two months. The best is yet to come!

## Quick Check Postoperative Care of Liposuction

Please follow these instructions carefully. Your final result will depend upon how well you care for the treated areas and comply with your nutritional and fitness regimen.

### WEEK 1

**DO:** Drink plenty of fluids.

**DO:** Wear compression garment at all times except when taking baths.

**DO:** Bathe or shower normally each day.

### DAY 7

Patient to return for check-up. At this time it will be determined how long you should wear the garment.

### 3-4 WEEKS

Return to normal activity.

**DO:** Wear tight exercise clothing for heavy exercise.

CALL IF YOU HAVE ANY QUESTIONS  
251-967-7600



***Patients that have undergone surgery should begin taking the recommended Max-A-Life™ products the day following their procedure(s).***