

# LIPOSUCTION



Liposuction is a surgical technique that is used in plastic surgery and that allows a remodeling of the silhouette through the extraction of fat or adipose tissue from various sites of the body using a cannula or syringe connected to a suction machine.

This procedure can also be assisted by ultrasound or laser that helps to previously dissolve the fat to make it easier and less aggressive extraction.

## Objectives



Liposuction should not be considered as a cure for obesity, but as a procedure that can remove the accumulated fat found in unwanted places.

Usually liposuction is carried out in the abdomen, hips and thighs, although it can also be performed in other places such as arms, knees, ankles, jowls or face.



Plastic surgery should be performed in people who are in good health. The main purpose is to eliminate body fat in order to eliminate lipodystrophies or cellulite, to mold the patient's body and to a lesser extent to reduce weight since it is strictly not a treatment for the control of obesity and adipose tissue is not extracted from all the body, but only in some areas, the most common being the abdomen, thighs, buttocks, arms and neck.

The primary function of liposuction is to extract as much of the fat and adipose tissue as possible, decreasing the volume of the area. If this procedure is done by extracting a small amount of fat there is the possibility of performing a liposculpture (or lipotransference) which consists of replacing part of the extracted fat and infiltrating it in other body areas to give them better volume and shape for aesthetic purposes.

## Technique

During the operation, the surgeon first runs through a cannula each sector of the area to be lipoaspirated (which has been previously marked) and will inject a liquid solution. This solution is formed by anesthesia, a drug that constricts blood vessels and a saline solution that will help release the fat from the skin and muscle, dissolving it and converting it into a viscous liquid.

Later, this liquid will be removed by a suction procedure, through a cannula that has been previously introduced and that is connected to a suction machine.

A liposuction usually lasts between 1 and 3 hours, although the definitive time will depend on the type of liposuction and the technique to be used. As in any other surgery, local or general anesthesia is used.

Various liposuction techniques are used: with syringe, with ultrasound, fibroliposuction or with the help of the laser.

## Post-operative care

Once the liposuction is over, the patient will be able to return to their usual tasks in a time that will depend on the operation that has been performed and the patient (this period may vary between one and several days).

During the following weeks, the patient should not make any efforts and should protect the lipoaspirate area using a special girdle and elastic pads that the surgeon will recommend. It is also important that appropriate clothing be used to facilitate recovery.

## Complications

Major complications are hemorrhage that can cause hypovolemic shock, venous thrombosis and subsequent pulmonary embolism as well as fatty embolism, pulmonary edema and heart attack.

Locally, in the intervened areas, there are also deformities or irregularities of the contour, hypoesthesia of the skin located on the liposuctioned area (which can last months to recover), extensive ecchymoses that can be partially resolved leaving spots due to accumulation of hemosiderin or appearance of seromas .

This is general information ask your plastic surgeon about your particular case.

### ***Puerto Vallarta:***

Av. Los Tules 116, Díaz Ordaz,  
C.P. 48310, Puerto Vallarta,  
Jalisco



Renova Clínica Estética

renovaclinicapv@gmail.com  
<http://www.renovaclinica.com>

### ***Guadalajara:***

Av. Copernico N°5590,  
Arboledas, C.P. 45080,  
Zapopan, Jalisco

(+52 322) 293 6628  
(+52 33) 3634 0043