

VIBRO-LIPOSULPTURE

Vibro-Liposculpture for Women & Men

Liposuction is the World's most popular surgery!

Millions and millions of **liposuctions** are performed each and every year, all over the world. This surgery has revolutionized Aesthetic Surgery. For many people, it is the first kind of aesthetic surgery that they can think of.

Women come to us for **Liposculpture** because they have a wedding or other big event in their lives. Most come after childbirth and many students come just before summer vacation.

What is Liposuction surgery?

Today's liposuction is far different from the liposuctions of 20 years ago. No matter what they call it, *liposuction, lipoplasty, liposculpture, lipostyling, lipofforming, soft liposuction, ultrasonic, laser or vibro-liposuction*, they all basically use the same technique. This classic technique is the evacuation of localized collections of fat, from under the skin, using a small incision and fine cannulas, under suction.

Why Vibro-Liposculpture?

The Vibro-liposculpture is definitely the best.

This machine allows the surgeon to do better work, with less fatigue and gives excellent results. The handpiece of the Lipomatic is attached to a multi-port cannula, which vibrates causing

- **Liquefaction of the Fat**
- **Easier Removal ,**

- **Less Trauma ,**
- **Less Bruising ,**
- **Better Results.**

Is it right for you?

Just about anyone! The best indication for Liposuction is a localized collection of fat under the skin (Lipodysmorphia). This is completely different from Overweight, Obesity or Morbid Obesity! One can have unsightly collections of fat without being overweight. Lipodysmorphia is genetically inherited.

In women Lipodysmorphia usually occurs:

- *under the chin and is called the **Double Chin***
- *on the dorsal spine and is called the **Buffalo Hump***
- *on the back of the arms and is called the **Bat Wings***
- *around the navel and is called **Baby Fat** on the hips and is called the **Love Handles***
- *on the inner and outer aspect of the legs and is called the **Saddle Bags***
- *around the knees and ankles and is called the **Tree Trunk Legs***

In men Lipodysmorphia usually occurs:

- *under the chin and is also called the **Double Chin***
- *on the chest and these are called **Bitch Tits***
- *around the waist and is called the **Lifesaver Ring***
- *over the pubic bone and is called the **Love Bumper***

Why is Liposuction surgery so popular?

Because it works! In the human body, fat cells cannot be reproduced after the age of 18 years. Once these cells are dead or gone, no new cells can be made! So once the fat cell is removed from the body, it is gone forever!

As explained before, even thin people have lipodysmorphia. Some people have both lipodysmorphia + overweight or obesity. People with Morbid Obesity are not candidates for Liposuction surgery, unless they have recovered and have lost weight and now have only lipodysmorphia and loose skin.

Overweight is defined as one who is over 10% of Ideal Body Weight.

Obesity is when one is over 20% of Ideal Body Weight.

Morbid Obesity is one with over 100% of Ideal Body Weight.

Overweight and Obese persons can also have Lipodysmorphia. Frequently, the Lipodysmorphia is made worse by the excess weight and fat. The Lipodysmorphia will not go away with dieting because it is a hereditary problem. Overweight and Obese persons can have and do have liposuctions, not to treat their obesity, but to treat their Lipodysmorphia.

Liposuction cannot cure Obesity. However, there are several advantages to having Liposuction surgery when one is overweight or obese.

- The first and most important is the improved **Self Image**.

Many patients we operate, go on to diet and achieve normal weight due to the improved Self Image gained from Liposuction surgery.

Another advantage is that the fat cells taken out of the body no longer produce hormones that can affect body weight. It is a well known medical fact, that the human fat cell produces hunger. Less fat means less hunger. Less eating, better cholesterol levels and improved cardiac function!

Even if the overweight and the obese patients are still over their Ideal Body Weight after Liposuction surgery, their main problem the Lipodysmorphia or the unsightly collection of fat, is now gone and gone forever!

This is a great advantage. One feels and looks better. Your clothes will fit better and you will be more comfortable in them. But liposuction is not a weight loss surgery. It is a contour surgery. A surgery to change the outline of the body, not to change ones weight!

Procedural Steps

What happens during liposuction?

Step 1 – Anesthesia

Today, most liposuction surgery is done with the Wet Technique. The main difference between the Wet Technique and the prior Dry Liposuction is that a solution is injected into the fat before the lipo-aspiration. The solution is a mixture of Lactate Ringer, local anaesthesia , Bicarbonate and adrenaline. The purpose of this solution is to prevent bleeding and provide pain relief. Prior to this improvement, liposuction surgery was a bloody procedure. Today, it is almost blood free.

Step 2 – The incision

Liposuction is performed through small, inconspicuous incisions.

Also, we now use very thin multi-port cannulas. This also limits blood loss, diminishes pain and gives better results.

Some of these cannulas are so small that there is no need to suture the skin.

After every liposuction, you will be provided with a compression garment. This also prevents bleeding, assists healing and supports the skin, thus also limiting pain.

You will need to wear the compression garment for 3 to 6 Weeks.

The healing after a Liposuction surgery is very rapid and the wounds are usually closed in 2 days time. Bruising lasts no more than 3 weeks and the majority of the swelling disappear after 3 weeks. However the area operated takes approximately 3 to 6 months to remodel.

Preparation for a Liposuction surgery is very simple. Just like any other out-patient surgery. One must shower and shampoo before arriving and remember not to eat 4 hours before the appointed time. Wear warm, comfortable, loose fitting clothes and low shoes (no laces). Always have someone to accompany you after surgery and remember you will not be able to drive.

After surgery you will leak solution from the incision sites for up to 48 hours. This is not bleeding! The solution is tinged with blood and this leaking is normal. You will be provided with a plastic sheet, but some clean towels will be necessary.

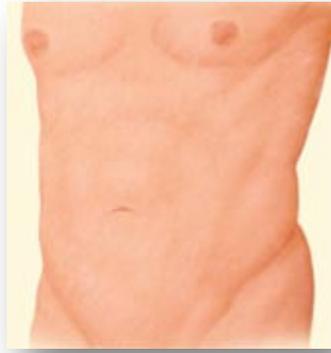
Step 3 – See the results

Your improved body contour will be apparent when the swelling and fluid retention commonly experienced following liposuction subside.

With continued practices of healthy diet and fitness, the loss of excess fatty tissue should be permanently maintained. However, substantial weight gain can alter an otherwise permanent result.

Problem areas that can be addressed with liposuction:





Your recovery

- Day 1

The day after the surgery is a rest day. This does not mean lay in bed day! One must move around. Moving around inside the home will accelerate the recovery and prevent complications. Change positions every 15 minutes while awake and remember to sit, lay, recline and walk inside the home during the waking hours.

- Day 2

Day Two after surgery is time for a short walk around your neighborhood.

- Day 3

The third day after surgery is shower day. Remove your compression garment, and the gauze compresses, take your shower , replace the compresses with clean, dry ones. Wear your compression garment.

- Day 6

The six day after surgery is for the removal of any sutures you may have. Return to the clinic for the first visit and check up with your doctor.

Usually no other treatment is required after a Liposuction surgery. If your case is very large, you may require lymph drainage treatments. This can be done by any competent Physiotherapist in your area starting one week after your surgery.

Also after one week, you may begin dieting and slowly exercising. Begin with 50% of your pre-operative exercise program.

To assist our patients, we can provide you with a very successful diet program.

If you have Liposuction surgery with us, we guarantee that your Lipodysmorphia will be gone forever!

- Month 3 or 6

3 or 6 months after surgery is time for your post-operative check up. This is very important and gives you the opportunity to compare the new you with the old you via our photo record.

Important facts about the safety and risks of liposuction

The decision to have liposuction is extremely personal and you'll have to decide if the benefits will achieve your goals and if the risks and potential complications are acceptable.

Possible risks of liposuction include:

- Uneven contours
- Rippling or loose skin
- Irregular pigmentation
- Infection
- Fat clots
- Blood clots
- Excessive fluid loss or fluid accumulation
- Unfavorable scarring
- Anesthesia risks
- Bleeding (hematoma)
- Change in skin sensation
- Skin discoloration or swelling
- Asymmetry
- Pain, which may persist
- Damage to deeper structures such as nerves, blood vessels, muscles, lungs, and abdominal organs
- Poor wound healing
- Persistent swelling in the legs

- Deep vein thrombosis, cardiac and pulmonary complications
- Possibility of revisional surgery

What can Liposuction surgery do for you?

Liposuction can make your localized collections of fat disappear completely and forever.

Liposuction can help reduce hunger.

Liposuction can give you improved esteem and a better self image. Liposuction can make you look better, with or without your clothes!

What Liposuction cannot do for you?

Liposuction is surgery under the skin. Therefore it cannot change your skin. When we were all younger, our skin was tight and elastic.

As we grow older, our skin changes and becomes less elastic. All skin has some elasticity. Even 72 year old skin! However, as a general rule, the younger the skin, the better the results of Liposuction surgery. This is why one should never wait to have Liposuction surgery. The fact is that it is impossible to lose your Lipodysmorphia with just simple diet and exercise.

The amount of elasticity that your skin may have can be estimated by the surgeon. Our job is to remove the fat as evenly as possible so as to give you the best aesthetic result possible, without causing harm to you or to your skin! The sooner and younger one has a Liposuction surgery, the better will be the results.

Some Liposuction cases can be combined with some other Aesthetic surgery procedures and the patient can benefit from having only a one time charge for anaesthesia and the operating room. Consult with our surgeon if you have other aesthetic problems.

Each patient is different and therefore each case is also different. The Clinic charges you according to the Number of sites you want to treat or the time taken to do an intervention. More details will be given during your first consultation. Do not hesitate to contact it will be our pleasure to serve you.

How much will liposuction cost?

Cost is always a consideration in elective surgery. Prices for liposuction can vary widely. A surgeon's cost for liposuction may vary based on the type of procedure used, as well as geographic office location.

Cost may include:

- Surgeon's fee
- Hospital or surgical facility costs
- Anesthesia fees
- Prescriptions for medication
- Post-surgery garments
- Medical tests

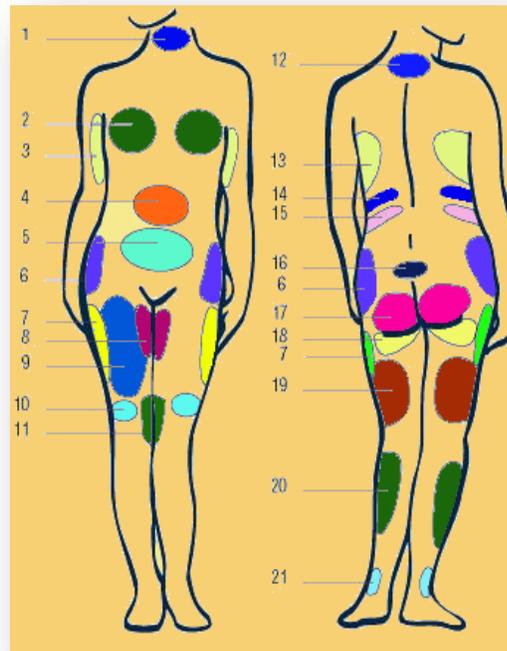
Your satisfaction involves more than a fee

When choosing us for vibro-liposuction, remember that your comfort is just as important as the final cost of the surgery.

We offer patient financing plans," with no interest" so be sure to ask.

Liposculpture Zones

1. **NECK (minor zone)**
2. **BREAST**
3. **ARMS**
4. **UPPER ABDOMEN**
5. **LOWER ABDOMEN**
6. **HIPS**
7. **LATERAL THIGH**
8. **INNER THIGH**
9. **ANTERIOR THIGH**
10. **ANTERIOR KNEE (minor zone)**
11. **INNER KNEE (minor zone)**
12. **UPPER BACK (minor zone)**
13. **LATERAL CHEST**
14. **MEDIAL BACK**
15. **LOWER BACK**
16. **COCCYX (minor zone)**
17. **BUTTOCK**
18. **UPPER THIGH (minor zone)**
19. **POSTERIOR THIGH**
20. **CALF**
21. **ANKLE (minor zone)**



Words to know

- **Cannula:** A thin, hollow tube used during liposuction to loosen excess fat.
- **Facelift:** A surgical procedure, also known as rhytidectomy, to reduce sagging of the mid-face, jowls and neck.
- **General anesthesia:** Drugs and/or gases used during an operation to relieve pain and alter consciousness.
- **Hematoma:** Blood pooling beneath the skin.
- **Intravenous sedation:** Sedatives administered by injection into a vein to help you relax.
- **Lipoplasty:** Another term for liposuction. **Liposuction:** Also called lipoplasty or suction lipectomy, this procedure vacuums out fat from beneath the skin's surface to reduce fullness.
- **Lipodysmorphia:** This is the medical term for unsightly collections of fat
- **Local anesthesia:** A drug injected directly to the site of an incision during an operation to relieve pain.

- **Suction lipectomy:** Another term for liposuction.
- **Sutures:** Stitches used by surgeons to hold skin and tissue together.
- **Tumescent liposuction:** Involves an infusion of saline solution with adrenaline and possibly anesthetic prior to removal of excess fat.
- **Tummy tuck:** A surgical procedure, also known as abdominoplasty, to correct the apron of excess skin hanging over your abdomen.

