

MATTHEW POTTER

LIPOSUCTION

Benefits

This procedure aims to reduce the volume of fat in areas that have been resistant to loss thorough sensible diet and exercise regimes.

Risks

1. Infection/wound break down. This is a rare complication. We use antibiotics at the start of the procedure to minimise this risk.
2. Scarring. These are very small skin incisions which are placed if possible within skin folds to minimise their appearance. It is rare but abnormal lumpy or raised scarring can occur in some patients.
3. Pain. Mr Potter injects the area during the procedure with local anaesthetic to limit the post operative pain.
4. Swelling. All post surgical wounds and sites will swell after the procedure - this should settle within a week if not less.
5. Bleeding / haematoma - this is a collection of blood that can occur within the operative site that may well mean a return to theatre to remove the blood and stop any bleeding sites. This complication is very rare.
6. Change in skin sensation. Immediately after the procedure the area will be relatively numb. This should recover however there may be altered sensation to the area that may take months to return.
7. Over/under-correction. Your result will need time to settle. If after this period you feel that areas need further fat removal or certain areas have been over done then fat can be further removed or transferred from one area to another.
8. Clots in the legs and or lungs (deep vein thrombosis, DVT and pulmonary embolus, PE). Any operation runs the risk of such clots. You will be given specialist stockings to wear over the course of your inpatient stay and injections to thin the blood to decrease this risk. This is a rare complication.
9. Further procedures - If there are any imperfections or adjustments to be made Mr Potter and the hospitals in which he practices are more than happy to facilitate any further surgery to be sure you are happy with your final result.
10. Visible contour irregularities. we try to avoid such contour irregularities using multiple varied sites of liposuction and suction in different directions. If however there are visible post operative irregularities these can be filled with fat at a further procedure
11. Skin colour changes/bruising/hyper-pigmentation. All liposuction sites will have some degree of bruising which should settle within a week or so. There can be pigmentation within the skin left after the bruising has resolved. This pigmentation should resolve after a few months.
12. Injury to internal structures. It is exceptionally rare but nonetheless serious complication of injury to deeper structures when harvesting fat. This most especially applies to harvesting fat from the abdomen. If deeper structures were injured this would necessitate surgery to locate and repair the injured area/organ. This thankfully is a very rare complication.

The procedure

Mostly undertaken with a general anaesthetic (with you asleep).

The average operative time is 2-3 hours.

The skin incisions are closed with dissolving sutures.

The wounds are dressed with skin coloured surgical tape

Oozy wounds are also covered with absorbent surgical pads which are removed the following day.



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Inpatient course

Most patients are discharged the day after the procedure.

You will need simple oral pain killers after the operation which need to be taken for 2-3 days.

It is ideal to mobilise and walk from day one.

This operative sites will be tender for at least 3 days.

On the first day following the procedure any absorbent surgical pads will be removed and you will be asked to shower all areas daily.

All wound tapes should get thoroughly washed and allowed to air dry.

If large areas have been addressed you may be required to wear tightly fitting garments for two weeks.

Postoperative course

The treated areas will be swollen and tender for the first few days after the operation.

You will be advised to shower all areas every day from the first post operative day. It is safe to apply soap and water to the operative areas.

The surgical tape is designed to adhere to the areas but will start to peel off after a few days or a week. These tapes can be trimmed at home.

There will be resultant bruising to the areas that will manifest after a few days.

You will be seen at a cosmetic nurse led clinic at a week following the procedure to review the operative sites and the wounds.

You will be seen by Mr Potter a month following the procedure and you will be given successive out patient clinic reviews until all has settled and you are happy with your outcome.

Post operative follow up

You will be reviewed at 7 days within your original hospital where the tapes will be removed. All sutures used will dissolve internally.

Mr Potter will review you after three weeks to assess your progress and he will give you regular reviews until all has fully settled and healed.

Do's and Don'ts

You should only return to driving when you have the strength to perform an emergency manoeuvre.

You may need to wear tightly fitting garments for 2 weeks after the operation.

These are to be worn not only through the day but through the night.

You should avoid strenuous exercise for 6 weeks. Lifting heavy weights should be avoided for 6 weeks.

You should be able to return to normal activities at 8 weeks.