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PLASTIC SURGEON

YOUR PATIENT GUIDE TO **LIPOSUCTION**



Liposuction is a cosmetic surgical procedure to remove unwanted body fat, and involves removing small areas of fat that are hard to lose through exercise and a healthy diet alone. Liposuction is a highly efficient solution in a variety of areas of the body, leaving a more defined shape and more balanced proportions.

For many people, both male and female, their size and shape can cause unhappiness and insecurity, particularly if they are not responding to a healthy diet or exercise.

Liposuction is a short and highly effective procedure to achieve these changes and can deliver both an improved physical and psychological sense of wellbeing.

For both men and women, losing weight, toning up and achieving the figure they want requires a combination of healthy eating and

regular exercise, but some can be left with stubborn pockets of fat that no amount of exercise or dieting can shift. Typical problem areas that can be treated with liposuction surgery include:

- Arms
- Inner and Outer Thighs
- Stomach (or Abdomen)
- Hips
- Knees
- Chin



Liposuction is a cosmetic procedure used to remove unwanted body fat. It involves sucking out small areas of fat that are hard to lose through exercise and a healthy diet. It's carried out on areas of the body where deposits of fat tend to collect, such as the buttocks, hips, thighs and tummy. The aim is to alter body shape, and the results are generally long-lasting, providing you maintain a healthy weight. It works best in people who are a normal weight and in areas where the skin is tight.

Unwanted fatty deposits are found in areas that are resistant to diet and exercise, such as the face, neck, breast, abdomen, upper arm, hips, thighs, knees, and ankles. Liposuction can be performed on multiple areas at one time - your surgeon will follow accepted guidelines regarding safe volumes which may be removed in one session. While goals include size improvement, this procedure is not for weight loss. Final results may not be evident for 6 months following your procedure.

During this time your body balances fluids and the skin and remodels underlying tissues. Final results also depend on proper nutrition, exercise and watching your caloric intake.

WHAT DOES IT INVOLVE?

Liposuction is usually carried out under sedation sometimes general anaesthesia, although an epidural anaesthetic may be used for liposuction on lower parts of the body or even for small areas local anaesthesia might be enough. The surgeon would mark on your body the area where fat is to be removed. They would then:

- inject this area with a solution containing anaesthetic and medicine, to reduce blood loss, bruising and swelling
- Via a small incision break up the fat cells using high-

frequency vibrations, ultrasound (Vaser) or a high-pressure water jet

- From the same small incisions (cuts) insert a suction tube attached to a vacuum machine (several cuts may need to be made if the area is large)
- move the suction tube back and forth to loosen the fat and suck it out drain any excess fluid and blood
- stitch up and bandage the treated area

Small incisions are made in hair bearing areas or natural skin folds. A special tumescent solution is next placed within the fatty areas to be removed. This solution provides anaesthesia to the areas, while limiting the usual blood loss. Fat is then carefully removed from the areas of concern to the patient using a surgical instrument called a cannula, which is attached with tubing to a suction machine. The time for completion of the procedure depends upon the total amount of fatty tissue removed. At the end of the procedure, the skin openings may be sutured or left open to heal, depending on the size of the openings. Occasionally drains may be placed. The patient will be placed in a compression garment that has to be worn for certain amount of time afterwards.

While recovery is easy, you should expect some initial drainage along with swelling, bruising and discomfort. Your compression garment will minimize the swelling, bruising, discomfort and assist in the retraction of any loose skin. While some results are noted immediately, your final shape and form will continue to improve as your swelling subsides. You will be encouraged to be up and about the night of your surgery and progressively increase your activities. Usually light work may be resumed within three to five days and vigorous exercise within two to four weeks.



For patients thinking about liposuction, it is important to remember that this treatment is not a cure, but can help to correct and improve bodily contours in areas that are resistant to weight loss. As a surgical technique, liposuction works by removing pockets of fat in areas that are beyond the reach of diet and exercise. It is most effective for people who are near normal weight and have firm, elastic skin. It should not be thought of as a substitute for losing weight.

The areas that are most commonly treated by liposuction are the tummy, hips, buttocks, thighs, knees, neck, upper arms and male breasts. There are various liposuction techniques available, but no single technique works for all patients. Each liposuction procedure will be tailored to a patient's needs and physical condition. At the end of the operation, tight bandages or elasticated clothing will be applied to the area to minimise swelling and help the body conform to its new shape. With the exception of showering, this garment should be worn both day and night for at least two weeks and thereafter for another four to six weeks.

Complications are infrequent, although there can be considerable pain following this procedure, particularly if a large amount of fat has been removed. The following are commonly experienced by patients:

Stiffness and pain; swelling, bruising; numbness; unusual sensations; fine thread veins; lumpy appearance as remaining fat settles

If a small amount of fat is removed during an operation, patients should be able to return to work within a day or two. However, you may need extra time off if the liposuction was more extensive. Patients can usually return to their usual routines within three to four weeks.

The effects of the operation should be long-lasting, as long as a patient's weight remains stable.

WEARING COMPRESSION GARMENTS

You will be fitted with compression bandages or elasticated supports for the appropriate areas after your surgery. You will also have dressings to cover the entry points and wounds from surgery.

Compression bandages and compression garments will help to get rid of swelling and bruising. The length of time that you wear these for is dependent on the nature of your procedure; it can be several weeks or months.

You are likely to be given specific garments to wear, so that they target the precise area that they have treated. It is important to wear these and follow instructions from your surgeon, so that the affected areas are properly supported during your recovery.

You can remove these garments and bandages when you shower, but check what guidance your surgeon can offer regarding how soon you should wait before submerging the wound in water.

LIPOSUCTION RECOVERY

It is normal to feel a certain level of pain and tenderness immediately after liposuction. You are likely to have swelling and bruising for up to six months after the procedure. The level of pain to expect from liposuction will depend on how extensive the surgery was, what body part it focussed on, the size of the area and your own unique circumstances.

Bruising, lumpiness, numbness and discolouration of the



skin are all common side effects that can last up to six months after liposuction. If you experience bleeding or signs of infection - such as pus, a temperature, redness, or excessive pain or swelling - contact immediately.

To minimise risks and aid recovery, it is important to get your body moving gently soon after surgery. Your surgeon is likely to encourage you to walk about as soon as possible, to aid blood flow and minimise the risk of clots.

You should aim to keep moving every few hours to ensure fluid is circulating around your body, but take care not to over-exert yourself, as that could hinder your progress.

Eating a healthy and balanced diet will aid recovery and prevent fat from returning. You should drink plenty of water and maintain a healthy weight to give your body the best chance of a speedy recovery.

Be sure to attend regular check-ups with your surgeon after you are discharged. They will ensure that the wound is healing well and that your general health is stable.

Once the first phase of recovery is over and the full results are visible, you should aim to stay fit, avoid fatty and processed foods and keep to a healthy exercise regime, to maintain the results of the procedure and avoid excess fat building up in other areas.

While the above will aid recovery, there is no quick-win way to speed up the process. Over-exertion can do more harm than good, and it is crucial to rest and take care of yourself for the weeks and months following liposuction.

AM I SUITABLE FOR SURGICAL LIPOSUCTION?

Patients who have stubborn areas of fat that cannot be reduced with diet or exercise are the best candidates for surgical liposuction. Liposuction is not a method of weight loss and you should be as close to your ideal weight as possible before the procedure. If you are unsure give us a call to discuss the areas you are interested in treating. Typically if that area of concern can be marked with a pen, then you may be suitable, giving your general condition and weight.

LIPOSUCTION FOR MEN

Men have distinctly different issues with fatty deposits, which women do not have.

Certainly, the basic principles still apply that in general, an adult male has a distinct number and distribution of fat cells which changes little. Therefore, the removal of fat cells changes the contour in that area and the overlying skin shrinks accordingly. The fat cells are a little more adherent than in women, but the effect can be just as good.



Dr. Sajjadi is a fellow of The European Board of Plastic, Reconstructive and Aesthetic Surgery (EBOPRAS) and a Member of the Royal College of Surgeons in Ireland (MRCS).

Dr. Sajjadi's practice goals are to provide compassionate, detailed care for his patients and delicate surgery. He believes that 'beauty is a pleasant blend of harmony and contrast' and based on this concept he aims to create the most natural appearance rather than an artificial look.

Dr. Sajjadi graduated in 1999 as a doctor in general medicine at the University of Pecs in Hungary. Following this he trained in general surgery at the Department of Surgery of The University of Pecs in Hungary and The Royal College of Surgeons in Dublin, Ireland. He was awarded specialist status in general surgery in Hungary and membership of the Royal College of Surgeons in Ireland in 2004 and 2005 respectively.

After completing his training in plastic surgery in 2008, he was awarded the specialist qualification in Plastic, Reconstructive and Aesthetic Surgery from the National Board of Qualifications in Hungary. He then spent 6 months as a fellow of the Dutch Association of Facial Plastic, Reconstructive and Aesthetic Surgery (DAFPRAS) in the Netherlands and Belgium. He has been trained in cosmetic surgery by well known cosmetic plastic surgeons such as Jerome Stevens, Alexis Verpale and Patrick Tonnard in Holland and Belgium. He has also worked in London for 8 months in St George's University Hospital focusing on reconstructive facial surgery and skin cancer.

Dr. Sajjadi's prime interests are facial aesthetic surgery and rejuvenation, facial fat transfer, injectables, fillers, brow lift, short scar MACS facelift, rhinoplasty, facial reconstructive surgery, breast reconstructive and aesthetic surgery, breast implants, mastopexy, breast reduction, breast lipofilling, gynecomastia, body contouring after massive weight loss, upper and lower body lifts, liposuction and liposculpture, abdominoplasty, hernia repair and female genital and perineal reconstructions.

Dr. Sajjadi attends numerous conferences and workshops both nationally and internationally thus remaining up to date with evolving trends in aesthetic surgery. He is an international speaker in rhinoplasty.



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