

VENICE PLASTIC SURGERY

A.E. HAAS, M.D.

Cosmetic, Reconstructive, Face, Breast, and Hand Surgery

Fat Aspiration or Liposuction

Fat accumulates in the hips, breasts and abdomen of women, the gut mostly in men. When the skin has enough elasticity to snap back then these and other localized fatty areas may be reduced. The procedure is not to lose weight or remove generalized fat. It is aimed at localized, discrete deposits.

In the past liposuction was often overdone. This resulted in some health risks and severe skin irregularities. Today we do less of a removal at a time. It is better to do less, then have another procedure at a later date. Safety is number one.

People in good health of any age may have Aesthetic Liposuction Surgery, skin elasticity is a must for the best result.

Surgery is performed on an out patient basis. Things settle into slightly different positions over time. Swelling and discoloration may last over a year and a half.

Some say Dr. X can do the procedure with fewer scars or little swelling or no bruising. This is only possible by doing smaller, less extensive procedures. If more surgery is done, if it is more thorough, then more swelling and bruising must occur. These things are a function of how much work is done. When a lot is done then a lot of swelling will occur.

Note that the amount of bruising and swelling is very dependent of each patient. Some swell more and some less. But in all cases there will be more swelling and bruising as more surgery is performed. Skin dimpling and discoloration may be long lasting.

To minimize the risks of surgery any Cosmetic Procedures are performed in the hospital or the Outpatient Surgery Centers, not in office surgery rooms. We need Anesthesiologists present to do sedation or even general anaesthesia. Some doctors do it themselves while doing the Cosmetic Surgical procedure. This is not good. We want a room full of surgical assistants, nurses, technicians all at the same time. We want a recovery room full of trained nurses, not just one nurse as in some office surgery settings. We want a surgical suite full of all sorts of surgical instrumentation. If we do get into a difficult situation, and yes it can happen, then we are prepared to deal with the issue.

Bleeding is always present with any surgery. But the procedures should not be continued if the need for a transfusion is close. Why risk it? Stop and complete the procedure another day if necessary. This is just safer in our way of thinking.

Infections occur with any surgery of any type. The trick is to catch it early. At Venice Plastic Surgery a commitment is needed from the patient before any surgical procedure. Patients are seen often after surgery. If an infection starts and it is caught early then further complications are often prevented. Patients must be examined every few days after procedures to answer questions, check incisions and inspect or change dressings.

One thing often ignored is sun exposure. A fresh wound from trauma or from a surgical procedure must be protected from sun exposure. The sun alone accounts for a lot of scar conditions. Avoidance and the use of high SPF clothing and sun block are a must. This is one thing that makes scars worse and is for the most part preventable.

Review the section on Limitations and Risks of Cosmetic Surgery.

**The above represents the opinion of A. E. Haas, M.D.
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Just call us directly. No referral needed unless required by your insurance company

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