

PERMISSION and INFORMATION FORM SUCTION-ASSISTED FAT REMOVAL “LIPOSUCTION”

This form was prepared for informing patients and their relatives about the surgery. It is legal obligatory to be approved by making it read. Information forms are used in order to explain perceived risks and undesired situations (complications); to conduct information about other treatment choices. Defined risks were described to fulfill the needs of many patients in many conditions. However; this form must not be considered as a document consisting of all treatment types and risks. Your plastic surgeon can give different information or additional information depending on your personal health conditions or medical knowledge.

Please read all information given below carefully and do not sign the form in last page until you find answers to your all questions.

LIPOSUCTION (SUCTION-ASSISTED FAT REMOVAL) SURGERY INFORMATION FORM

Liposuction originates from “lipos=fat and suction” words and means “suction-assisted fat removal”. It is technique of fat suction from different areas of the body through cannulae specially designed with suction pump. Liposuction applied by using cannulae is applied for about quarter-century. Liposuction and injection of removed fat to required parts lie under the techniques mentioned as “Liposhaping, lipoplasty, liposculpture, suction assisted body contouring, suction lipectomy, liposhifting”. Indeed, the aim of all related operations is to change body lines. Almost all of these operations are based on the ground of liposuction technique.

Fat removal procedure can be applied by using a few techniques. Dry technique, wet technique, swelling (tumescent) technique, ultrasonic technique (UAL), Power-Assisted Liposuction (PAL) can be ranked among these techniques.

1. Tumescent Technique (Swelling Technique)

In tumescent technique, a great quantity of serum is injected by being mixed with some anesthetic medications and adrenalin and sometimes bicarbonate to areas where liposuction will be applied. By this means, compatibility is provided in fields injected. Although it is generally claimed that general anesthesia isn't required, injecting a large amount of liquid to sub surface skin may cause discomfort and pain in patient. For this reason, patients can be put to sleep temporarily. It is claimed that this technique reduces the pain of patient in postoperative period and effect of anesthesia continues up to 16 hours.

While all cannula types used in operation are making holes on fatty tissue which liposuction will be applied, it suck fatty tissue and destroy surrounding fat cell on the field it passed. For this reason, overmuch liposuction must be avoided, otherwise, collapse may occur.

2. Ultrasonic Liposuction

Ultrasound assisted liposuction is technique which has become popular in recent years. Many experts don't regard ultrasound assisted liposuction as an alternative to normal liposuction but as a useful method especially in hard fields and assistant method reducing power exerted during treatment. Some of experts think that using ultrasonic technique is useful for creating a more straight body line. However, that it has some disadvantages prevented ultrasound assisted liposuction to become popular.

3. Laser-Assisted Liposuction

Laser lipolysis is generally used with tumescent liposuction. It is generally used in order to melt fatty tissue without using vacuum suction in small areas. After this device is put on wanted area for 12 minutes, melting fat is removed by making very small invasive. Since melting fatty tissue is in small amount, they can be removed from body smoothly. Since device doesn't produce heat, it doesn't cause burns.

4. Superficial Liposuction:

Superficial liposuction is a technique which has been applied in last 10-15 years. In addition to fatty tissue in thick layers, suction of fat subcutaneously is essential. More stretched skin can be obtained in people who have skin prolapse possibility. It shouldn't be forgotten that trauma under the skin can cause worse healing by destroying blood vessels feeding skin.

Colour differences in skin is another problem to be occurred. However, superficial liposuction can be applied more securely on face and neck because of heavy veining.

This operation which can provide a more stretched surface with removal of fat tissue with the help of thin cannulas can remove excess skin and provide revision in cellulitis in a certain extent. Although this technique works theoretically, you should know that some negative result may occur in some cases. You will have undesired results if this operation is performed by unexperienced people. Regional permanent skin damages, permanent colour change, skin loss are possible to occur.

Basically, liposuction which can be applied to each parts of body is most frequently applied to abdomen, hip and thigh and knees on women; to lumbar and abdomen regions and breast region on men. In addition, arm, ankles, neck and nape, face are regions that liposuction is applied.

In opposition to conventional wisdom, liposuction is not an ideal technique for people whose aim is to lose weight. However, it can be applied to patients who wants to lose weight in order to help diet and exercise methods. Liposuction is applied to people who have ideal weight in order to remove unaesthetic fat masses on areas which is not possible to be lost with exercise and other methods. Although it can be applied at all ages, skin must be enough elastic in order that skin can obtain its old tightness as a result of removal of fatty tissue. Otherwise, skin sagging may occur and this sagging skin may be required to be removed with additional methods.

General state of health of person who will apply to liposuction must be good. Because this operation is not simple to be applied in random clinics and polyclinics; on the contrary, it is a serious surgical operation.

Although general anesthesia is used basically, local anesthesia can be used for small areas.

PEOPLE FOR WHOM LIPOSUCTION IS NOT SUITABLE

- Connective tissue disorders
- Blood coagulation disorders and bleeding disorders
- Lupus
- Diabetes
- Heart-lung disease, hypertension
- Depression
- Obesity
- Problems on wound healing
- Patients who used Roaccutane® in last 6 months
- Smoking
- Alcoholism and drug dependency
- Pregnancy

The first condition is that person is healthy. Therefore, medical history of person and diseases person has must be examined carefully. In the case of systemic disease, feasibility of operation and precautions to be taken must be determined by consulting with patient's doctor and anesthesiologist who will take part in surgery. Medications like aspirin which affects blood-clotting must be discontinued at least two weeks before operation, otherwise, massive blood loss, hyperemia and empurpling may occur. Although some of these are temporary, hyperemia, in other words, hematoma formation may cause disappointing results, disorders. Some herbal products may also cause bleeding tendency. In such a case, patient must consult to his/her doctor and stop using these products. There are some so important diseases that anticoagulant medicines used can't be discontinued in these cases. In such a case, liposuction mustn't be applied.

In general, it is considered that fat cell number in body stayed in a fixed number after adolescence and fat accumulated is resistant to diet and exercise in areas where fat cells are many in number. Weight gain is realized not with formation of new cells but with growth of existing cells on adults.

When fat cell is removed by being sucked with liposuction, this cell is disappeared completely. However, if it isn't paid attention to diet, remained cells may grow by depositing fat. Moreover, it is possible that they create mass more than before. For this reason, exercise and balanced diet is so important after liposuction surgeries.

Elastic skin is very important. However, age is not an effective factor alone. Although it is thought that many people at the ages of 16-80 will benefit from liposuction, this surgery shouldn't be operated before age of 18 because metabolic balance wasn't matured and body sizes of patient weren't fixed before age of 18. Although liposuction is helpful at later ages, our experiences showed that additional operations will be required for removing excess skin texture.

Preoperative:

Lipoidosis regions and its structure are examined and details about the results obtained are discussed before operation. If losing weight before operation will be helpful, you are informed about this, in addition, if skin elasticity is not sufficient, application of LPG before operation may be useful. If patient has serious ex-diseases and medications he/she used, you must inform your doctor. After required information and details of healing process are discussed, you shouldn't take aspirin for 10 days before operation. Blood thinner agents such as herbal teas, vitamin E and coenzyme Q must be avoided. You must be hungry before operation. You will be informed about time.

Operation is performed under general anesthesia, sedation and local anesthesia or only local anesthesia. You must take a shower in operation day or one night before. Drawings where areas to be operated were determined are made before operation and some medications are used to make you feel more relax.

Surgery:

During operation, specific fluid is injected to areas where fat will be removed from. This fluid provides to anesthetize surgery region, reduce amount of bleeding and accordingly remove fat more easily. Operation is performed with thin metal tubes and injection syringes used in order to form vacuum. Operation time varies by surgery region and amount of fat to be removed.

When operation is completed, a special corset is worn to your body. The aim is to control swelling which operation performed in closed area will occur indispensably and provide to move more easily after operation.

Postoperative:

Formation of leakages lasting for 12-24 hours from areas where liposuction has been performed is an expected situation. These leakages gradually reduce and after a while they disappear totally. Fluid accumulations (oedema) occur in surgical areas and throughout the body in first 48 hours after operation. This case increased in two days starts to reduce from third day. For this reason, it is helpful to rest in first two days. Sense of weakness and exhaustion is usual in a few days, especially in first day. This complains can be reduced by caring fluid intake. The aim of fluid intake is to intake different fluids including about 2 litre electrolyte (salt, sugar, if you don't have diabetes and blood pressure).

After operation, it shouldn't be expected to lose weight in first week. Depending on swelling occurred in body and fluids injected, when you are weighed, your weight may be as much as before operation or more.

Antibiotics are used as precaution against infection during or after operation. Although vacuum-assisted liposuction is not very painful operation, it can change according to person's pain threshold. This pain is mostly like post-sport pain. It is too much in first days but it reduces in following days. It is suggested that you should use pain killers in order to reduce your complaints after operation. 10-15 minutes' cold application to areas giving you pain is another method to be applied against pain. This operation can be applied to surgery areas with towel by putting ice in glove or bag. Ice shouldn't touch directly to skin.

You can walk with a corset and do your daily works without tiring yourself dating from third day after surgery. You are allowed to take shower with corset after second day. After that, corset must be dried with hair drier. You should wear corset without taking off during first week. This corset is designed for going to toilet without taking off crotch of corset. Corset must be used for 5 weeks by taking off at nights and wearing in daytime after first week.

It is so useful to start exercising and take long walks one week after operation. In the following days and weeks, more difficult sports are allowed. It is inconvenient to go to sauna, solarium, vapor bath and sun bath for 6 weeks after operation. These cause healing tissues to swell.

In general, taking down the swelling in tissue and shaping of body will occur 6 weeks after operation. If you spend this time with diet and exercises, the result to be obtained will be better. If your skin elasticity is not good, methods such as LPG application, ultrasound and massage may be necessity after operation.

Risks of Liposuction Surgery

Every surgical procedure involves a certain amount of risk. An individual's choice to undergo a surgical procedure is based on the comparison of the risk to benefit. Although most of patients do not experience these complications, you should discuss each of them with your plastic surgeon to understand all possible complications and consequences.

Early Period:

Bleeding: it reduced depending on fluid injection and use of thin cannula. You shouldn't confuse leakage occurred in first 24 hours with bleeding.

Infection: it is unusual. Use of antibiotics and following hygienic measures after operation reduce this risk. Increasing of sensation in a certain area, temperature increase can be infection symptoms. Please call your doctor in this case.

Excessive purpleness and swelling: A bit purpleness and swelling normally occur in area where operation has been performed. Excessive purpleness can occur depending on wrong use of corset, some medications used, individual's bleeding tendency. These swellings reduce considerably in 1-3 months and final outcomes are obtained in the end of 6-12 months. Purpleness varies from person to person but purpleness disappears in almost all patients in a few weeks.

Seroma: Fluid accumulation may occur in areas where liposuction has been performed. Additional treatments and surgery to drain accumulation of fluid may be necessary.

Numbness in surgery region: Temporary loss of skin sensation may occur after liposuction. Diminished (or complete loss of skin sensation) infrequently occurs and may not totally resolve.

Injection of large volumes of fluid containing dilute local anesthetic drugs and epinephrine into fatty deposits during surgery may contribute to fluid overload or systemic reactions may develop to these medications. Treatment methods including hospitalization may be necessary.

In rare circumstances, liposuction can cause severe trauma, particularly when multiple or extensive areas are suctioned at one time. Although serious complications are infrequent, infections or excessive fluid loss can lead to life threatening cases. In such a case, additional treatment may be necessary.

In liposuctions which has been performed to abdominal region, intra-abdominal organs perforation is unusual but very serious complication.

Allergic Reaction: In rare cases, local allergies to tape, suture material, or topical preparations have been reported. Systemic reactions occurred due to drugs used during surgery are more serious. Allergic reactions may require additional treatment.

Late Period:

Irregularities: They are irregularities which can be seen especially in cases where skin elasticity is not good. They are seen more frequently in early period after surgery, as swellings reduce, these reduce, however, they can be permanent. You should wait until 6th month after first surgery for these irregularities to be resolved.

Although good wound healing is expected, abnormal scars may occur within the skin and deeper tissues. These scars are of different color than the surrounding skin tone. Additional treatment including surgery may be used in their treatments.

If skin is slack and sagging before operation; vacuum assisted suction of fat won't be sufficient. Surgical operations stretching skin may be necessary. If individual doesn't accept additional surgical interventions although this was suggested, there may be some problems caused by sagging and redundant skin in areas where suction has been performed. In this case, suction assisted fat removal alone shouldn't be performed, stretch operations should be added during liposuction or after that.

In superficial liposuction surgeries, there may be some permanent color changes on skin. This case particularly occurs when multiple liposuction operations are applied to the same area.

Anesthesia: Both local and general anesthesia involve risk. There is possibility of complications and even death from all forms of anesthesia and sedation.

1. Closure in small areas in your lungs can be seen. This case increases lung infection risk. Use of antibiotics and respiratory physiotherapy may be necessary.
2. Swelling and pain may occur in legs in consequence of blood-clotting. These clots may travel to your lungs through blood circulation and result in death. Fat embolism syndrome occurs when fat droplets are trapped in the lungs. This is a very rare and possibly fatal complication. In this case, additional treatment including hospitalization is necessary.
3. Heart attack/paralysis even death can occur during operation.
4. Patients who are fat and are smoking are at great risk for wound site and respiratory tract infections, heart and lung problems and intravascular coagulopathy.

Unsatisfying Result: Surgical result may not satisfy you. Additional surgical intervention may be necessary to promoting result.

Alternative Treatment:

Alternative approach is not treating the areas of fatty deposits. Diet and exercise are effective for overall reduction of body fat. Direct removal of excess skin and fatty tissue may be necessary in addition to liposuction in some patients.