

Tumescent Liposuction at The Langdon Center

Robert Langdon M.D.

This informational document has been created to assist our patients who are considering liposuction. It is not intended as a comprehensive definitive resource or as medical advice for individual patients. Please contact the office to speak with a staff member or myself if you have any questions regarding liposuction or other services. We appreciate your interest.

Liposuction Technique:

Liposuction is a surgical procedure designed to enhance the contours of the body by removing fat deposits in areas that have developed excessive fullness. This is accomplished through multiple small skin incisions with the use of a specially designed cannula (tube), which disrupts and removes the fat tissue. Liposuction may be done in areas including the face, neck, back, arms, abdomen, hips, buttocks, and legs and is now the most frequently performed cosmetic surgery procedure in the United States.

Preparation of the liposuction treatment area by the injection of a volume of saline (salt water) containing local anesthetic and adrenaline(epinephrine) has been a common practice by cosmetic surgeons for many years. These local anesthetic technique is referred to as tumescent anesthesia. The tumescent anesthetic solution totally numbs the areas to be treated, greatly minimizes blood loss, and enhances extraction of fatty tissue by increasing the volume of the treated fat compartments.

Your individual anatomy and your surgeon's judgment, experience and training will be the ultimate determinants of the quality of your result with tumescent liposuction. Liposuction should ideally be incorporated into a program to enhance weight loss and good health including behavioral modification (diet and exercise), but in itself it is not a long-term weight loss technique.

Patient Selection:

The ideal candidate for liposuction is in good health and is using liposuction as a technique for shaping problem areas that have not been responsive to diet and exercise. Patients who are significantly overweight usually will not benefit from liposuction because the amounts removed are not enough to make a substantial difference, and without lifestyle changes in this group the risk of weight gain erasing the improvements is high. Not surprisingly, studies show that patients who maintain their weight or lose more weight after liposuction are happier with their procedures than those who gain weight.

Patients with textural skin changes (sometimes termed cellulite) and/or stretch marks may still be good candidates for liposuction if they realize that improvement in shape and contour can be achieved, but skin quality will likely change little. Having realistic expectations about the results is important for your happiness after any cosmetic surgery procedure.

The Patient Experience:

During the initial consultation, patients can view an informative PowerPoint presentation including Before and After pictures of actual patients of Dr. Langdon. The staff takes a medical history and reviews your goals with you. Typically, at this time, Dr. Langdon will meet with you and review your history as well as perform a physical exami-

nation of the areas with excess fat. He will discuss the liposuction procedure with you in detail, including the technique, aftercare, risks, benefits and alternatives as well as answer any questions you may have. If you decide to proceed with liposuction, lab tests will be ordered, and, when appropriate, medical clearance will be requested from your primary care physician.

On the day of surgery, Dr. Langdon will see you before the procedure. Dr. Langdon and the nursing staff will answer any remaining questions and review your aftercare. Dr. Langdon will then take pre-op photos and will mark the treatment areas with a surgical marker. The markings indicate treatment areas and areas we wish to avoid. What we leave behind is as important as what we take out. We want your final contours to be smooth and proportionate to the rest of your anatomy.

Liposuction is done under tumescent local anesthesia with or without sedation. The anesthetic solution is slowly injected into the fat layer. This process is generally painless for most patients; there is a feeling of mild pressure as the areas become numb from the anesthetic. After anesthesia has been established Dr. Langdon will begin the liposuction. During tumescent liposuction patients are able to position themselves to optimize Dr. Langdon's precise removal of excess fat. After the procedure patients can take a shower and will be fitted with a compression garment to wear over the following week.

After they return home, patients are encouraged to walk around the house every hour or so. There will be drainage of anesthetic fluid from the small skin incisions for a day or two (most patients say the drainage has stopped the morning after the procedure). Patients should continue to wear the compression garment around the clock except when taking a shower (total of 23 hours a day). There will be a "sore mus-

cle" type of pain that should be manageable with extra strength Tylenol. It is rare for patients to require stronger pain relievers. Bruising is minimized by the use of tumescent local anesthesia.

Patients return to see Dr. Langdon seven days post-op. At this time, the improvement in contour is appreciable, but is not fully evident because of swelling, a normal part of the recovery process. As the swelling continues to diminish over the next several weeks, the results will look more and more impressive.

Most patients can return to desk jobs within two to three days after liposuction. Starting the day after surgery Dr. Langdon encourages patients to walk a mile each day. Light aerobic activity can be started within a few days. More vigorous exercise that involves heavy lifting or bouncing movements can be started one week post-op as tolerated.

It is important to avoid sun exposure of incision sites to prevent hyper-pigmentation. Most patients are very pleased with their liposuction experience. Clothing will fit better and you will likely be able to wear sizes and styles that you could not or would not wear before. Bulges that would not budge no matter how hard you worked out and how long you dieted will become smoother and flatter. As with all cosmetic surgery procedures, realistic expectations about the procedure will contribute greatly to your being happy with your results.

Risks and complications of liposuction:

All surgical procedures carry some risk of complications. Properly performed in the right patient, liposuction performed with tumescent anesthesia is extremely safe. Almost all serious complications with liposuction are associated with the use of other more dangerous forms of anesthesia.

Side effects of liposuction to be expected include temporary bruising, swelling, numbness, discomfort and fluid drainage from incision sites.

Long-term risks can include asymmetry or bulging in under-treated areas, and hyper-pigmentation or visible scarring at incision sites. 5 to 10% of patients may have a contour problem requiring a touch up procedure after liposuction. These are usually minor procedures, but may be desirable for an optimal result. Your safety is our foremost consideration when undergoing surgery and we request your cooperation in following our recommendations, which should make your experience as safe and comfortable as possible.

If you have any additional questions, please contact Dr. Langdon or our staff or at 203-453-8625

Your signature below indicates your receipt of this document at the time of your visit.

Patient signature confirming receipt of practice fact sheet