

TUMESCENT LIPOSUCTION UNDER LOCAL ANESTHESIA: EXPECTED OUTCOMES, RISKS AND BENEFITS

Initial: **Risks of Liposuction Surgery:** Any surgery involves the risk of infection, bleeding, scarring or serious injury; however tumescent liposuction has an amazingly good safety record. Patients can minimize the risk of surgical complications by not taking medications or over-the-counter preparations that might adversely affect the surgery. Patients should inform the surgeon of any medications being taken either regularly, or occasionally, including herbal remedies. Also the use of alcoholic beverage the week prior may result in liver damage.

Risk of Irregularities of the Skin: Tumescent liposuction using microcannulas is the least likely to cause any significant or noticeable post-surgical irregularities of the skin. Liposuction might improve pre-existing irregularities of the skin such as dimpling, but prospective patients should not assume that there will be significant improvement. It is unrealistic to expect perfectly smooth skin. Patients should expect that their skin will have approximately the same degree of dimpling and irregularities as existed before tumescent liposuction surgery. Ultimately, after liposuction the skin texture should be within normal limits. A casual observer should not notice any evidence of surgical irregularities of the skin. However, it is possible that a noticeable irregularity of skin may result and require a little touch-up liposuction at an additional charge.

Risk of Scarring of the Skin: Incisions for liposuction may result in scarring. The incisions made for inserting the cannulas are usually less than 2 to 3 mm in length, and are usually virtually invisible once healed. Some patients may experience temporary hyper-pigmentation (darkening) that usually fades after several months. Some patients may have a genetic predisposition for persistent discoloration at incision sites. Patients that have experienced hyper-pigmentation, or hypo-pigmentation (pale or light colored scars) in the past might expect to also experience it with these incisions. Certain areas of the body, such as the back or upper flanks, may be more likely to have pigmentation changes.

Cellulite: Liposuction of the thighs, while improving the silhouette, does not necessarily eliminate the subtle "puckering" of the skin often called "cellulite." Cellulite results from the pull of fibrous tissue that connects skin to underlying muscle. While tumescent liposuction may reduce the degree of cellulite, it is unlikely to eliminate it.

Liposuction and Obesity: Liposuction is not an appropriate treatment for obesity. Liposuction is not a substitute for a prudent diet, good nutrition, and regular exercise. Obese patients may be good candidates for limited liposuction if their goal is simply to improve the shape of certain limited areas of the body.

Postoperative Healing: Normal healing after tumescent liposuction involves a limited but definite degree of soreness, swelling, bruising, and lumpy firmness. A temporary mild numbness of the skin may persist for up to 4 months. Most patients can actually see some improvement of their silhouette within one week after surgery. However, because of the slow resolution of post-surgical swelling, the ultimate results following liposuction usually require 12 to 20 weeks to be achieved. Swelling in the groin area is very common and will be present for a few days.

Realistic Expectations: Although the results of liposuction are often quite spectacular, it is not realistic to expect perfection. It is impossible to guarantee the precise amount of improvement that will result from liposuction. Patients should not have unrealistic expectations. Although patients can usually expect to achieve at least a 50% improvement, it is unreasonable to expect 95% improvement or near perfection. For the perfectionist, or for liposuction of a very large area, maximum improvement may require a second procedure for which there would be an additional fee.

Longevity of Results: The fat cells that are removed by liposuction do not grow back. If the patient later gains or loses weight, the change tends to be distributed proportionately over the entire body. Although one can expect some changes with aging, provided that the patient does not gain large amounts of weight, the patient's new, more pleasing silhouette is relatively permanent.

Binder Use: The use of binders will give the greatest results if worn for the appropriate length of time. I understand that I must have a binder or spanx to use the post procedure for a minimum of six weeks.

I have read and understand these risks and benefits and I consent to the procedure listed below: (check)

Neck Arms Abdomen Upper/Lower Flanks Bra Bulge Inner Thighs Outer Thighs

Print Name: _____ Signature: _____ Date: _____