

Considering **LIPOSUCTION**?

Not sure if it's right for you?

Read on to make an informed decision.



Liposuction is considered to be a safe and effective way to rid the body of stubborn fat cells.

*S*ay goodbye to stubborn fat and unwanted bulges.

You've come to the right place for straight answers about liposuction.

Liposuction is a surgical technique that artfully contours the body into a more proportioned, smoother shape. Not everything is in your control when it comes to the way fat is distributed on the body. Age and genetics can undermine good intentions, healthy eating habits and hard work at the gym. If the shape you're in is not the one that you'd like to see reflected back in the mirror, you may want to explore liposuction as a way to surgically reduce localized areas of fat.

Is liposuction right for you?

Liposuction is considered to be a safe and effective way to rid the body of stubborn fat cells; however like any surgical procedure, it is not for everyone. This brochure is designed to help you make a smart, confident decision...to educate you before your consultation with a surgeon...and for all the steps that follow. Prepared with the latest information and a list of important questions, you'll be able to assess whether you want to undergo liposuction...and, more importantly, if the surgeon you're meeting with is the right one for you.

Today's advanced body contouring procedures can reshape, resculpt and refine the body.

What do you consider your problem area? Your abdomen, hips, thighs, back, knees, buttocks, upper arms, chin, cheeks, calves, ankles or neck? Liposuction could be the solution. Turn the page to learn more.

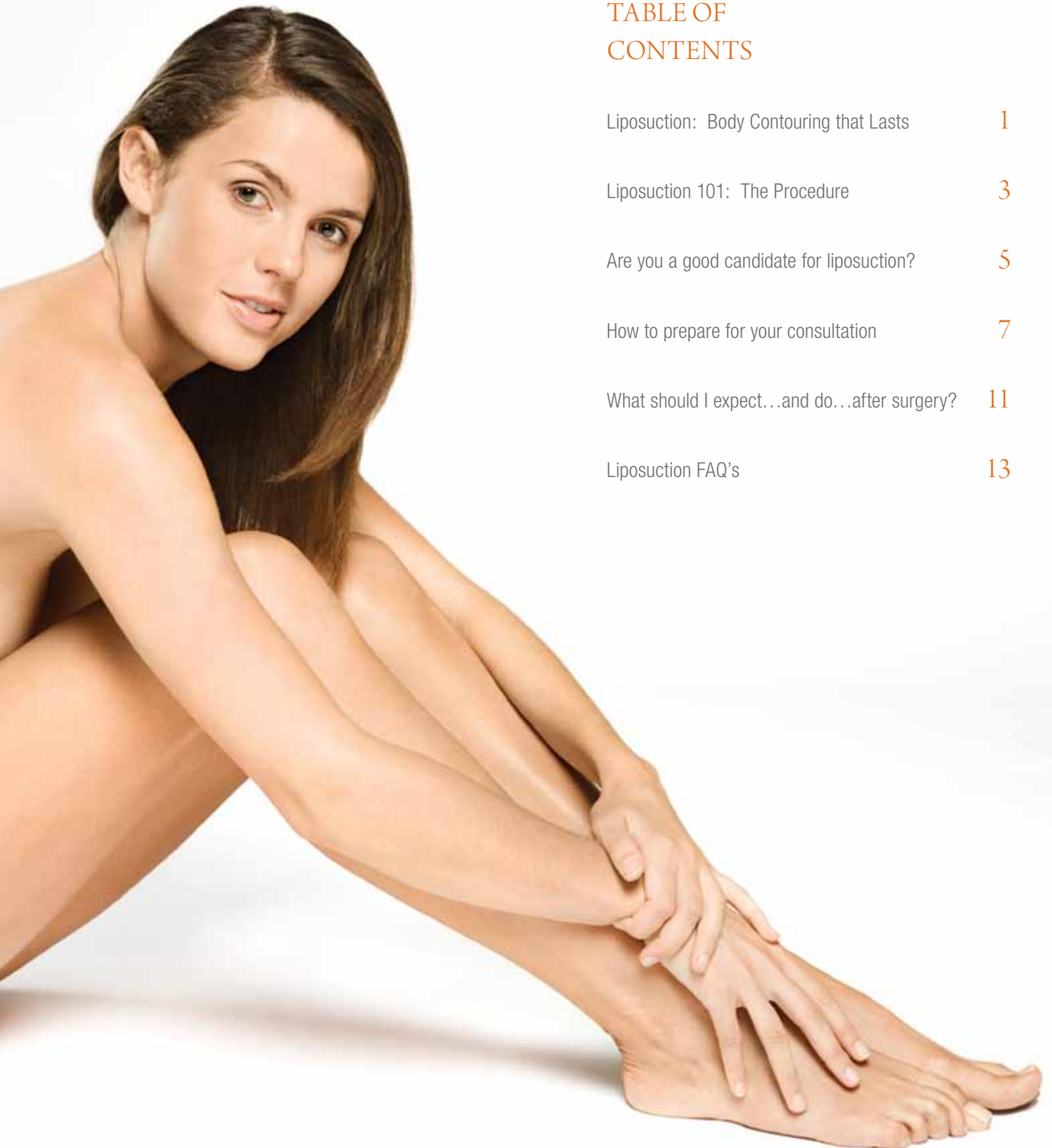


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LIPOSUCTION: BODY CONTOURING THAT LASTS

Liposuction is considered a safe and effective way to surgically rid the body of stubborn fat cells and reduce localized areas of fat. It helps contour the body making it smoother, more balanced and more proportioned.

What can liposuction do for you? To view before and after photos, visit www.loveyourlook.com.

Exercise and diet alone are often not enough

Even the most disciplined, fitness-minded among us, cannot always control the way fat is distributed on the body. Age and genetics can undermine good intentions, healthy eating habits and a regular exercise regime.

Liposuction is typically considered an out-patient procedure. Your surgeon will use a small wand or “cannula” to suction fat from beneath the skin’s surface to reduce unwanted bulges in areas like the abdomen, hips, thighs, back, knees, buttocks, upper arms, chin, cheeks, calves, ankles and neck. The result—a better balanced, more shapely you.

If you want to feel better about the way you look in (and out of) your clothes, liposuction is a great option to consider.



LIPOSUCTION 101: THE PROCEDURE

Step 1: Anesthesia

Whether or not you are awake during surgery depends on your health, surgeon preference and the extent of the procedure. If a larger volume of fat is being removed, you may be asleep during the surgery with a general anesthetic administered by an anesthesiologist or a nurse anesthetist. When smaller volumes are removed, some surgeons will administer a local anesthetic using a numbing agent in the surgical site. They may also insert an I.V. to administer medications such as an intravenous sedative to help you relax during the procedure and/or to manage your fluid levels.


Step 2: The Procedure

Your surgeon will make a small incision in a fold of the skin and insert a small instrument into the fat layer to inject fluid which often includes a local anesthetic, saline, and epinephrine which contracts the blood vessels. This infiltration solution makes it easier to remove the fat by distending the fat cells and separating them from their surrounding structures.

After the solution is injected, the surgeon will use another small instrument called an aspiration cannula to remove fat from under the skin. A cannula is a hollow tube with openings near the tip that is directed by the surgeon in a back and forth motion through the fat layer. The fat is pulled into the cannula by use of suction and captured in a collection system.

Step 3: Completing the Procedure

Your surgeon will estimate the amount of fat to remove prior to surgery and will monitor the volume removed during the procedure, as well as the amount of fluid that was injected. The surgeon will likely perform a “pinch test” to determine symmetry of the areas being treated by



making sure the remaining thickness is equal on each side. In some cases, a small drain may be inserted to remove blood and fluid that may accumulate during the first few days following the procedure.

ARE YOU A GOOD CANDIDATE FOR LIPOSUCTION?

Who benefits most:

- **Individuals with firm, elastic skin** who have pockets of excess fat. Because aging does effect skin elasticity, younger people tend to have the best results—but it can make a difference for people of any age.
- **Individuals within a normal weight range—** Liposuction works best for those who are within a normal weight-range, yet have unwanted bulges that can't be eliminated by diet and exercise alone. This procedure is often used to reduce fatty deposits in so-called “problem areas,” but should not be used as a cure for generalized obesity.

Some things to consider

While liposuction is safe and effective, it isn't for everyone. All surgery presents risks. You should discuss your general health and pre-existing conditions with your surgeon, who will likely request a complete physical examination prior to the procedure. At that time, your physician can review general surgical risks, as well as specific risks associated with liposuction.

Some conditions which might prevent you from having liposuction include:

- Heart disease, including high blood pressure
- Blood clotting disorders
- Pregnancy
- Breathing problems such as COPD or pulmonary embolism
- Diabetes
- Allergies to antibiotics or medications used during the procedure

It is important to have realistic expectations

Body contouring is both a science and an art. It is important to have clear communication with your surgeon about your expectations so that he or she can discuss whether they are achievable. Your surgeon can address the length of time it may take for swelling and bruising to subside and your new contours to appear. Common concerns are:

- less fat was removed than expected
- uneven contours
- rippling appearance of the skin
- excessive removal in a given area

It may require a small office procedure or an additional surgery to satisfy your expectations. Also, there is a possibility that you may regain the weight in the same areas that were treated or you may gain fat in areas of your body where you did not have it before.

HOW TO PREPARE FOR YOUR CONSULTATION

Finding the right surgeon is the single-most important decision you will make. It is important to find a surgeon with whom you feel comfortable with and trust. Choosing a surgeon with extensive skills and experience and who communicates well with you is key to helping ensure successful results. Talk to others who can recommend a good surgeon and also visit www.loveyourlook.com for a list of qualified surgeons in your area.

When you have identified liposuction surgeons in your area whom you are interested in investigating further, contact each office with a list of questions that are important to you. After you've narrowed your list of potential surgeons down to two or three, make a consultation appointment with each.

Here are some recommended questions that will help you choose a reputable surgeon:

- Is the surgeon licensed to perform surgery in your state?
Some states provide information to prospective patients about a surgeon's history that includes disciplinary action as well as malpractice claims and settlements.
- Is the surgeon trained in liposuction?
- How long has the surgeon been performing liposuction?



- How many liposuction procedures does the surgeon perform each year?
- What is the most common complication the surgeon encounters with liposuction?
- How often does the physician have to perform revision surgeries to correct poor results (eg, uneven fat removal, etc.)?

What to expect during your first visit

A consultation is a time to get acquainted with a surgeon and for him or her to identify any conditions or issues that may affect your ability to benefit from liposuction. The conversation is key as is the examination which should include taking a medical history, measuring your body mass index and assessing your state of mind. You'll also learn about the pre-op visit, the procedure, and postoperative care.

Important questions you'll likely be asked by the surgeon:

- Do you have any history of high blood pressure, heart disease, or bleeding disorder?
- Do you have diabetes?
- Do you have any breathing problems, including shortness of breath, bronchitis, emphysema, or COPD?
- Do you have allergies to any medications?
- What medications do you take (including supplements, vitamins, herbs etc.)?
- Do you smoke, drink alcohol, or use any other prescription or recreational drugs?

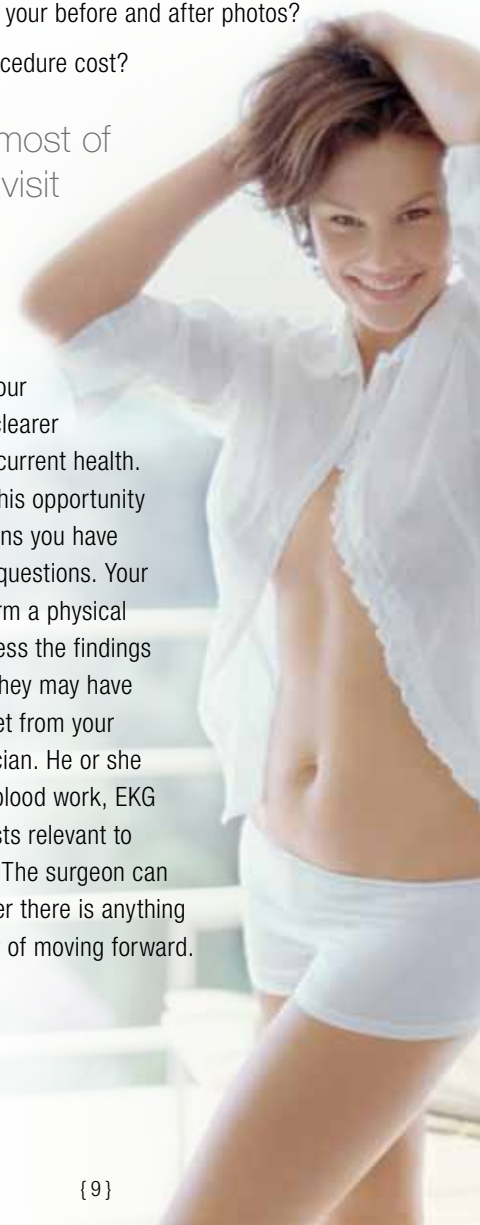
Important questions to ask the surgeon:

The questions below are only a starting point. As you consider all aspects of the surgery, additional questions will occur to you. Remember, there are no silly questions. Be sure to bring a written list so all your questions are answered.

- What are the risks and complications associated with liposuction?
- What results can I expect?
- What type of anesthesia do you recommend for my procedure? Why?
- How long will it take for me to heal? How long before I can go back to work or resume normal activities?
- What alternate procedures to surgery are available?
- What are my options if I'm not satisfied with the results?
- May I please see your before and after photos?
- What will the procedure cost?

Making the most of your pre-op visit

Your pre-op appointment is scheduled prior to your surgery date and is when your surgeon will get a clearer picture about your current health. You also can take this opportunity to voice any concerns you have and ask additional questions. Your surgeon may perform a physical examination or assess the findings of an examination they may have instructed you to get from your primary care physician. He or she may also evaluate blood work, EKG results, or other tests relevant to your age or health. The surgeon can then assess whether there is anything standing in the way of moving forward.



Instructions you'll want to write down:

- At your pre-op visit, your doctor will discuss the procedure in more detail including incision placement and anticipated results, as well as the volume of fat removal that is acceptable at the location where your surgery is being performed.
- You will also complete a surgical consent form.
- You will be told what steps you need to take to prepare for your procedure. For example, you may need to order the compression garment you will wear home from your surgery.
- Your instructions will also include what you shouldn't do before surgery—things like eating or drinking on the day of the procedure or supplements, herbs and/or medications to avoid.

Remember, following your doctor's instructions can have everything to do with a successful outcome.

WHAT SHOULD I EXPECT... AND DO...AFTER SURGERY?

Your surgeon will give you specific instructions for after-care and here are a few additional things you'll want to know:

WEARING A COMPRESSION GARMENT: You will most likely wear a compression garment to control swelling and help your skin maintain its shape. The operating room staff will place it on you right after surgery. These garments are usually worn for at least two weeks but your surgeon may ask you to wear it longer for optimal results. Your surgeon should call to check up on you and will schedule follow-up visits to monitor your healing.

THERE COULD BE SOME DISCOMFORT:

You should expect temporary swelling, bruising, numbness and some pain (that can be managed with medications) immediately after surgery. After a week to ten days, your stitches will be removed (or they will dissolve on their own depending on the type of stitches used).

What you can do to help yourself recover

You can help yourself recover from surgery by taking care and not trying to do too much, too soon. Here are some ways you can speed up recovery, keep yourself safe and quickly resume your normal activities.

- **Start walking** as soon as possible after surgery to prevent blood clots from forming. Bruising and swelling usually subside within four to six weeks.
- **Be sure to exercise and eat a healthy diet.** Good advice for everyone but, in this case, making smart choices can help you maintain your new shape.





LIPOSUCTION FAQ'S

Risks and Considerations

The first question most people ask is "Is liposuction safe?"

Yes—as long as it is done by a qualified surgeon and the patient fits the criteria of a good candidate. However, like all surgeries, there is some risk, including bleeding, infection, swelling, and blood clots. In addition, liposuction has other inherent risks, such as:

- Shock or fluid imbalances
- Fat embolism (tiny globules of fat in the blood stream that can block blood from reaching tissues)
- Nerve, skin, or tissue damage from heat or instruments used

What if the results disappoint you?

The need for touch-up work is possible. In some cases, fat may not be removed evenly or the skin may be scarred or sag after treatment. Additional surgery or other procedures may be required to satisfy your expectations.

What if I gain weight after the surgery?

There is a possibility that you may regain the weight in the same areas that were treated or you may gain fat in areas of your body where you did not have it before. When you meet with your surgeon, ask to see before and after pictures of patients with similar body types and procedures. These photos will help you determine whether your expectations are realistic or not.

Appearance and Results

Is liposuction a good way to lose weight overall?

No, liposuction is not a weight-loss method. It is a surgical procedure to balance and sculpt the body and best for those who are near their ideal weight, yet have one or more areas that do not respond to diet or exercise.

Does liposuction tighten loose skin?

No. Liposuction removes fat and reduces some of the pressure on your skin, but in general, it is not an effective way to tighten skin. Many overweight people who have liposuction also undergo surgical procedures to remove excess skin.

Will the fat come back after liposuction?

Possibly. Because liposuction removes many of the fat cells in treated areas, the few fat cells that remain can expand. That's why you may gain less weight in that location versus other areas of your body that weren't originally treated. Maintaining a healthy weight with diet and exercise is the key to keeping your new, more refined body.

The Procedure

How long does the procedure take?

One to six hours, depending on the size of the area treated, the amount of fat removed and the type of anesthesia used.

What is the difference between standard liposuction and ultrasonic assisted liposuction (UAL)?

UAL is a technology that uses ultrasonic energy to gently liquefy fat. As the cannula is passed through fat deposits, ultrasonic energy breaks open the fat cell walls. This allows fat to flow more freely, where it can be suctioned out and removed.

The advantage of UAL is that it is more effective in fibrous areas of the body, such as the upper back, the male breasts, or in areas that have been previously treated with liposuction.

Is liposuction painful?

Pain tolerance varies from patient to patient and some surgical sites may be more sensitive than others. You should expect temporary swelling, bruising, numbness, and some pain (that can be managed with medications)

immediately after surgery. Discuss with your surgeon what to expect based on the areas being treated.

How many areas can be treated at one time?

This will vary based on your general health and the volume of fat being removed. It also depends on your height, weight and other individual factors. As a rule of thumb, the thinner you are, the more areas you can have treated. Your doctor will be your best guide.

Can liposuction eliminate cellulite?

Liposuction is not effective in removing cellulite and there is the possibility that liposuction can actually worsen the appearance of it.

After Surgery

Will I have scars?

You will have small scars wherever instruments were inserted, which will vary by patient in their appearance. The area being treated can also potentially develop scar tissue. A good surgeon will take great care in making small, discrete incisions; however, potential scarring should be discussed with your surgeon prior to the procedure. If you have a large area or many sites being treated, he or she will have to pay extra attention to incision placement and size. Your skin type and pigmentation may make your scar thicken or more visible. Ask your surgeon about methods to minimize scar formation.



How long will it take for me to get back to my normal activities?

Most can resume work or school within a few days. But be gentle with yourself. After all, Liposuction is a surgical procedure and requires time for recuperation. Your stitches will come out approximately 7 to 10 days after your procedure. While most people can go back to work or school a few days after surgery, strenuous activity must be avoided for four or more weeks.

How long before I see results?

There is no way to accurately predict your healing speed, but most patients will see 80% of their liposuction results within 1 to 6 months following surgery. Final results vary from patient to patient and depend on age, areas treated, and the amount of fat removed—as well as individual healing speeds. Some patients see immediate results that improve steadily while others have weeks of swelling. Both of these outcomes are normal.

How long will the benefits last?

With realistic expectations and proper body maintenance, you can be satisfied with the results of your plastic surgery for many years to come.

HOW TO GET STARTED TOWARD A MORE SHAPELY YOU:

Step 1: This brochure is intended to help you make an informed decision. Read it carefully and take thorough notes as this will help you to determine whether or not you're a good candidate for liposuction.

Step 2: Visit www.loveyourlook.com to find one or more qualified surgeons in your area. It is advisable to meet with more than one surgeon so that you choose someone with whom you feel comfortable and trust. Choosing a surgeon with extensive skills and experience—and who communicates well with you—is key to helping ensure successful results.

Step 3: Schedule your consultation appointment and be sure to bring your question checklist with you.

Step 4: Schedule your surgery, allowing for the appropriate amount of down time. Carefully follow your surgeon's pre-surgery instructions and enjoy envisioning a new you.



The information contained in this material is for educational purposes only and is not a substitute for medical advice. You should talk to your doctor about what to expect and follow your surgeon's advice regarding activities after surgery.

This information has been brought to you by Mentor Worldwide LLC, the global leader in aesthetic medicine.

For more information about body, breast and facial enhancement, visit www.loveyourlook.com.



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