

Liposuction



Lipoplasty

Plastic Surgery @ it's Best

درمابلاست
dermaplast
مستشفى الدكتور طارق
DR. TARIQ HOSPITAL

www.dermaplast.com.bh

Welcome to dermaplast

The single most important factor in the success of aesthetic (cosmetic) surgery is the surgeon you select and his team.

Dr. Tariq Saeed is the renowned Bahraini, Plastic, Aesthetic and Laser surgeon who has been in plastic surgery practice since 1983 and trained in Ireland, UK and the USA. Dr. Tariq holds fellowships in surgery from both the Royal College of Surgeons in Ireland and Edinburgh. He holds higher Fellowships in Plastic Surgery from Ireland and the University of Miami in the USA. Dr. Tariq is an assistant professor of Surgery at the Arabian Gulf University in Bahrain and is an external examiner for the Royal College of Surgeons in Ireland. Dr. Tariq is a founding member and past president of the GCC Association of Plastic Surgeons and also a founding member and the Past President of the Pan Arab Association of Burns & Plastic Surgery along with his membership of international medical societies including international membership of the American Society of Plastic Surgeons, American Society for Aesthetic Plastic Surgery, and International Society of Aesthetic Surgery.

Dr. Tariq regularly attends regional and international congresses to share his vast experience with colleagues and to evaluate and introduce proven and successful new treatment regimes for his patients.

Dr. Tariq's team consists of fully qualified plastic surgeons and dermatologists who have undergone rigorous training in Plastic, Reconstructive Surgery and dermatology in addition to their continuous training and upgrading of skills under the direction of Dr. Tariq himself.

Dr. Tariq and his team have extensive experience in performing the aesthetic procedures explained in this booklet. If you decide on surgery, you can be assured that our entire staff will provide you with the highest quality medical care.



Liposuction, also called lipoplasty or suction-assisted lipectomy, removes deposits of excess fat from specific areas of your body or from your face and neck. For example, it can slim your hips and thighs, flatten your abdomen, shape your calves and ankles, or eliminate a double chin.

If you are considering liposuction, our fully qualified plastic surgeons want you to be thoroughly informed about the procedure. Reading this brochure is the first step. A personal consultation with one of our surgeons is the best way to obtain the additional information you will need.

CONSIDERING LIPOSUCTION

Liposuction is particularly well-suited for women and men who are of relatively normal weight but have isolated pockets of fat that cause certain areas of their body to appear disproportionate. These localized fat deposits may sometimes be an inherited trait and typically do not respond to dieting or exercise. Liposuction is often the only way to eliminate them.

While it is possible to undergo liposuction at almost any age, you will obtain the best results if you are above 18 years of age and your skin still has enough elasticity to achieve a smooth contour following fat removal. When skin is inelastic, as in some older patients, it may not redrape well and a skin tightening procedure may be necessary.

Am I a good candidate for liposuction?

You may be a good candidate for liposuction if you have localized excess fat or if you desire contouring in any of the following areas:

- cheeks, jowls and neck
- upper arms
- breast or chest areas
- back
- abdomen and waist
- hips and buttocks
- inner and outer thighs
- inner knee
- calves and ankles



Liposuction can reduce those areas of fatty deposits that previously created unflattering bulges.



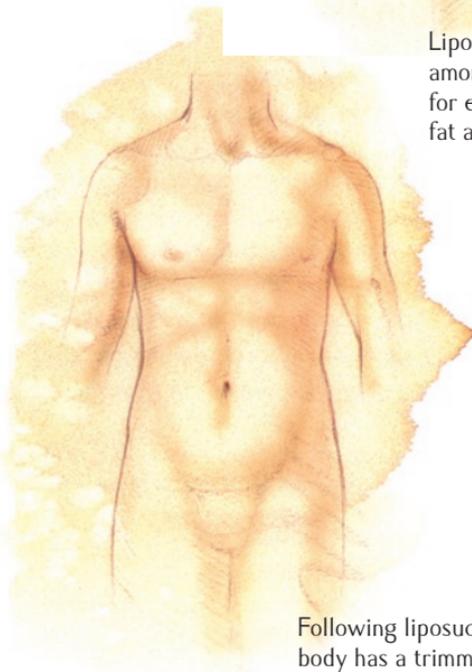
Following Liposuction, Excess fat has been removed from the abdomen and waist, hips and buttocks, and inner and outer thighs

Liposuction may sometimes be used to treat a condition called gynecomastia, or male breast enlargement, which frequently occurs among both teenage and adult males.

Liposuction should not be considered a substitute for overall weight loss, nor is it an effective treatment for cellulite, a condition that gives the skin an uneven, dimpled appearance. Alternative treatments may be considered, in some instances, to improve this problem.



Liposuction is popular among men, particularly for eliminating bulging fat around the waist.



Following liposuction, the body has a trimmer, more physically fit appearance.

YOUR PERSONAL CONSULTATION

Because of individual physical factors, not everyone will achieve the same results from liposuction. Our plastic surgeons will take into consideration your unique characteristics in determining the most effective treatment. During the consultation, you will be asked to point out the exact areas which you would like to see improved. This will help our surgeons to understand your expectations and determine whether they can realistically be achieved.

How will your plastic surgeon evaluate me for liposuction?

You should come to the consultation prepared to discuss your medical history. This will include information about any medical conditions you may have such as diabetes, high blood pressure or heart disease. Our surgeons want to know about previous surgeries, medical treatments and medications that you currently take. It is important for you to provide complete information.

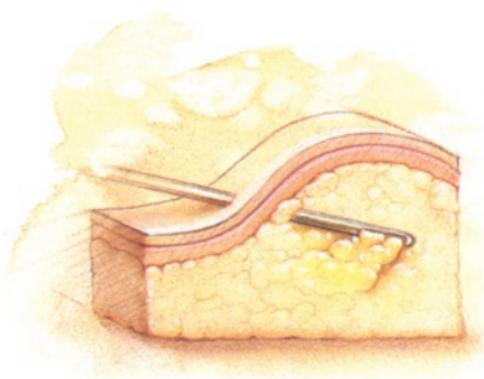
How much you currently weigh and whether you plan to lose or gain weight in the future will be factors in evaluating you for liposuction. Our plastic surgeons may ask you about the effects of prior weight loss on the appearance of those areas which you have indicated for contouring. He or she will assess the elasticity of your skin and estimate the amount of fat to be removed for optimal result.

HOW LIPOSUCTION IS PERFORMED

Fat is removed by first inserting a small, hollow tube, called a cannula, through one or more tiny incisions near the area to be suctioned. Incisions are usually less than 1 cm in length and are placed as inconspicuously as possible, often within skin folds or contour lines. The cannula is connected by tubing to a vacuum pressure unit. Guided by the surgeon, the suction device literally vacuums away the unwanted fat.

What are some variations to the liposuction technique?

Prior to performing liposuction, fluid is instilled into the areas to be suctioned. Our plastic surgeons may use a “dry” technique, a “tumescent” technique that introduces large amounts of fluid, or other variations. Additional options may involve the type of instrumentation used or whether suctioning is performed on the deep or more superficial layers of fat.



Fat is removed by first inserting a small, hollow tube, called a cannula, through one or more tiny incisions. Suctioning can be done in the deep or more superficial layers of fat, depending on the selected treatment.



Areas of the body commonly treated with liposuction are shown, including delicate areas such as the inner knee and the calves and ankles which can be suctioned with a very thin cannula to achieve a more shapely contour.

Liposculpture is the term used for the fine sculpting of areas where there is little fat but contours need refinement. Vibrosuction is a technique used by surgeons where a cannula is attached to a motor that regulates the cannula in a forward and backward movement. Ultra sound-assisted lipoplasty (UAL), uses sound waves transmitted to the tip of a cannula to liquefy the fat before it is removed by suction. Recently laser technology has also been used in liposuction. The fat removal technique that is most advantageous in your particular case depends on many factors which our surgeons will discuss with you.



The abdominal area responds well to treatment with liposuction, resulting in a flatter abdominal profile and better-defined waist. In some patients, liposuction of the upper arms may also be effective.



Liposuction can remove fatty deposits in the cheeks, jowls and neck.

UNDERSTANDING RISKS

Fortunately, significant complications from liposuction are infrequent. Every year, many thousands of people undergo successful liposuction, experience no major problems and are pleased with the results. Anyone considering surgery, however, should be aware of both the benefits and risks.

I understand that every surgical procedure has risks, but how will I learn more so that I can make an informed decision?

The subject of risks and potential complications of surgery is best discussed on a personal basis between you and our surgeons.

Some of the potential complications that may be discussed with you include bleeding, infection and reaction to anesthesia. Blood accumulations under the skin are possible, but these normally resolve themselves and rarely require removal. While numbness of the skin following liposuction is almost always temporary, it is possible for some residual lack of sensation to persist or for skin discoloration to appear in treated areas. Contour irregularities including depressions or wrinkling of the skin can result in some patients, but treatments are usually available to help minimize these problems if they occur.

Other potential complications may be discussed with you depending on the specific technique selected for your body contouring surgery.

You can help to lessen certain risks by following the advice and instructions of our plastic surgeon, both before and after surgery.

YOUR SURGICAL EXPERIENCE

The goal of our plastic surgeons and the entire staff is to make your surgical experience as easy and comfortable for you as possible.

How should I prepare for surgery?

If you are a smoker, you will be asked to stop smoking well in advance of surgery. Aspirin and certain anti-inflammatory drugs can cause increased bleeding, so you should avoid taking these medications for a period of time before surgery. Our surgical team will provide you with additional preoperative instructions.

Depending on the extent of your surgery and the type of anesthesia used, you may need someone to drive you home afterwards and to stay with you at least the first night.

What will the day of surgery be like?

Your liposuction will be performed at our hospital.

Medications are administered for your comfort during the surgical procedure. You and our plastic surgeons will have decided in advance what type of anesthesia is to be used, either local anesthesia, intravenous sedation, and epidural block or general anesthesia. For your safety during the operation, various monitors are used to check your heart, blood pressure, pulse and the amount of oxygen circulating in your blood.

When surgery is completed, you will be taken into a recovery area where you will continue to be closely monitored. There may be some discomfort, but this can be controlled with medication which you may continue taking at home. A compressive dressing such as an elasticized bandage, sponge or specially

designed garment may have been placed over the areas that were suctioned. Our surgeons will tell you how long you should wear the garment and will instruct you on how to remove it so that you may shower or bathe.

You may be permitted to go home after a few hours, although most patients stay overnight in the hospital.

How will I look and feel initially?

It is important to realize that the amount of time it takes for recovery varies greatly among individuals.

The day after surgery, you will need to move around a bit to promote blood circulation. Our plastic surgeons will advise you to limit yourself to these brief periods of gentle activity for the first few days. Remember, you must not take aspirin or certain anti-inflammatory medications, and you should not smoke for a while following surgery.

Your dressings will be temporarily removed within several days so that your plastic surgeon can examine the treated areas. You will notice swelling and bruising, which is to be expected. Swelling usually begins to subside a week or so following surgery, while bruising can last three weeks or longer. There may also be numbness in some areas, and it may take several weeks before feeling returns. If stitches need to be removed, this is typically done within five days after surgery.

When can I resume my normal activities?

You may be able to return to work in just a few days. In many instances, you can resume most of your normal activities within one or two weeks and begin some form of exercise soon after. The timing of your recovery depends largely on the extent of your surgery.

RESULTS OF LIPOSUCTION

Liposuction surgery will reduce those areas of fatty deposits that previously created unflattering bulges and perhaps made it difficult to feel comfortable in your clothing or caused self-consciousness. Factors such as fluid retention following surgery and prolonged swelling may delay the appearance of your new, slimmer contour. The healing process is gradual, so you should expect to wait a while before fully enjoying the results of your liposuction.

Occasionally, a touchup may be desired to further improve an area that has been suctioned. The additional treatment can sometimes be performed under local anesthesia.

More extensive revisions may require a return to the operating room.

How long will the results last?

The results of liposuction will be permanent, as long as you maintain your postoperative weight. Even if you gain a few extra pounds, you may find that the weight is distributed more evenly instead of accumulating in the areas that were problematic for you in the past.

MAINTAINING CONTACT WITH OUR HOSPITAL

You will return to Dr. Tariq Hospital for follow-up care at prescribed intervals, at which time your progress will be evaluated.

Once the immediate postoperative follow-up is complete, our surgeons encourage their patients to come back for periodic checkups to observe and discuss the long-term results of surgery.

Please remember that the relationship with our surgical team does not end when you leave the operating room. If you have questions or concerns during your recovery, or need additional information at a later time, you should contact our surgeons.

Once you determine that having liposuction is something you would like to do for yourself, then you are ready to proceed with planning for your operation. Our plastic surgeons understand that this is an important decision in your life.

Our fully qualified plastic surgeons are first and foremost medical doctors who care about your total well-being. Using surgical skills that have been developed over many years of intensive training and experience, they can help you achieve the personal benefits of liposuction.



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المواعيد Appointments

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To make an appointment للحصول على موعد الرجاء
please contact the above الإتصال بالأرقام الموضحة
numbers. أعلاه.

If you must cancel, we إذا أردت إلغاء الموعد
ask that you please الرجاء إخبارنا وذلك
notify us by telephone, بالإتصال هاتفياً أو إرسال
sms or e-mail as early as رسالة قصيرة أو عبر
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