

# LIPOSUCTION PATIENT INFORMATION GUIDE

*(Educational material - not a replacement for personalised medical advice.)*



# Information For Patients

This booklet provides information to help you decide whether to have liposuction surgery. It explains how the procedure is performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with a relative, partner or carer before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

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## What is Liposuction?

Liposuction is a surgical procedure used to remove localised deposits of fat from specific areas of the body. It is designed to improve body contour and shape rather than to reduce body weight.

Common treatment areas include:

- Abdomen
- Flanks
- Thighs
- Hips
- Back
- Arms
- Chin

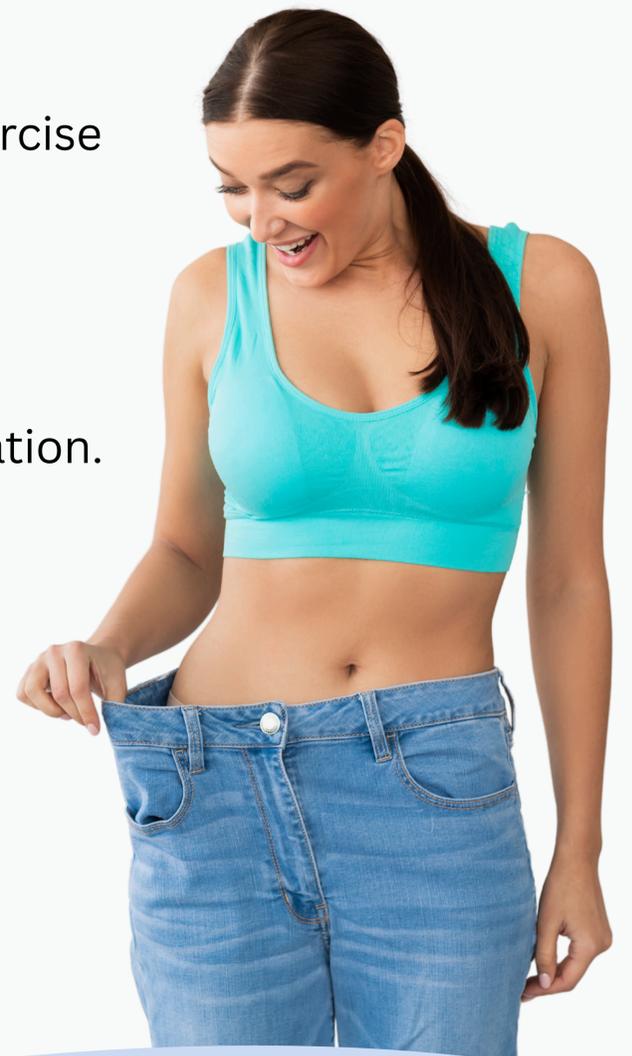
Liposuction does not treat obesity and is not a substitute for a healthy lifestyle.

## Why Consider Liposuction?

Liposuction may be considered by individuals who:

- Have stubborn fat deposits resistant to diet and exercise
- Are close to their ideal weight
- Have realistic expectations
- Have good skin elasticity

Your surgeon will assess your suitability during consultation.



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# Preparing for Surgery

You may be advised to:

- Stop smoking at least 4 weeks before surgery
- Avoid blood-thinning medications and supplements unless approved
- Avoid alcohol before surgery
- Disclose all medical conditions
- Maintain a stable weight before the procedure

If general anaesthesia is used, you will need to fast before surgery.

## Your Treatment Journey (International Patients)

### Initial Assessment

Photos and medical history are reviewed.

### Travel Arrangements

Airport pickup and accommodation are arranged via the treating hospital.

### Pre-Operative Appointment

Blood tests and examination are completed.

### Surgery Day

Liposuction may be performed under general or local anaesthesia depending on extent.

### Post-Operative Stay

Some patients return to accommodation the same day; others may stay overnight.

### Return Travel

Patients are generally advised to remain abroad for 5–7 days before flying home.

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# The Procedure

During liposuction:

- Small incisions are made in the treatment area
- A thin tube (cannula) is inserted
- Fat is loosened and suctioned out

Techniques may include traditional liposuction, power-assisted liposuction or ultrasound-assisted liposuction.

Compression garments are applied after surgery.

## After the Operation

You may experience:

- Swelling
- Bruising
- Mild discomfort
- Temporary numbness

Drainage of fluid from incision sites may occur in early days.

## Recovery and Expected Results

### First 2 Weeks

- Swelling and bruising are most noticeable
- Light activity is encouraged

### Weeks 3–6

- Swelling gradually decreases
- Most normal activities resume

### Months 3–6

- Final contour becomes more visible as swelling settles

Full results may take several months to stabilise.



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## Aftercare Instructions

You may be advised to:

- Wear compression garments for several weeks
- Avoid strenuous exercise initially
- Stay hydrated
- Avoid prolonged immobility
- Attend follow-up appointments

Adherence to aftercare improves contour results.

## Potential Benefits

Liposuction may:

- Improve body contour
- Enhance clothing fit
- Improve confidence
- Reduce localised fat deposits

Results depend on skin quality and individual healing.



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# Risks and Complications

All surgery carries risk.

## During Surgery

- Bleeding
- Reaction to anaesthesia
- Fluid imbalance (in larger procedures)

## After Surgery

- Infection
- Irregular contour
- Asymmetry
- Prolonged swelling
- Seroma (fluid collection)
- Numbness
- Skin looseness

Large-volume liposuction may carry higher risk.

## BMI and Suitability

Liposuction is most suitable for individuals close to a healthy BMI. Higher BMI is associated with increased surgical risk and less predictable contour results.

It is not a weight-loss treatment.



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## Blood Clot (DVT) Awareness

Surgery and long-haul travel can increase the risk of blood clots.

Risk factors include:

- Smoking
- Prolonged immobility
- Higher BMI
- Long procedure duration

Early mobilisation and compression garments help reduce risk.

Seek urgent medical attention for leg swelling, chest pain or shortness of breath.

## Skin Elasticity and Contour Expectations

Liposuction removes fat but does not significantly tighten loose skin.

Patients with reduced skin elasticity may experience:

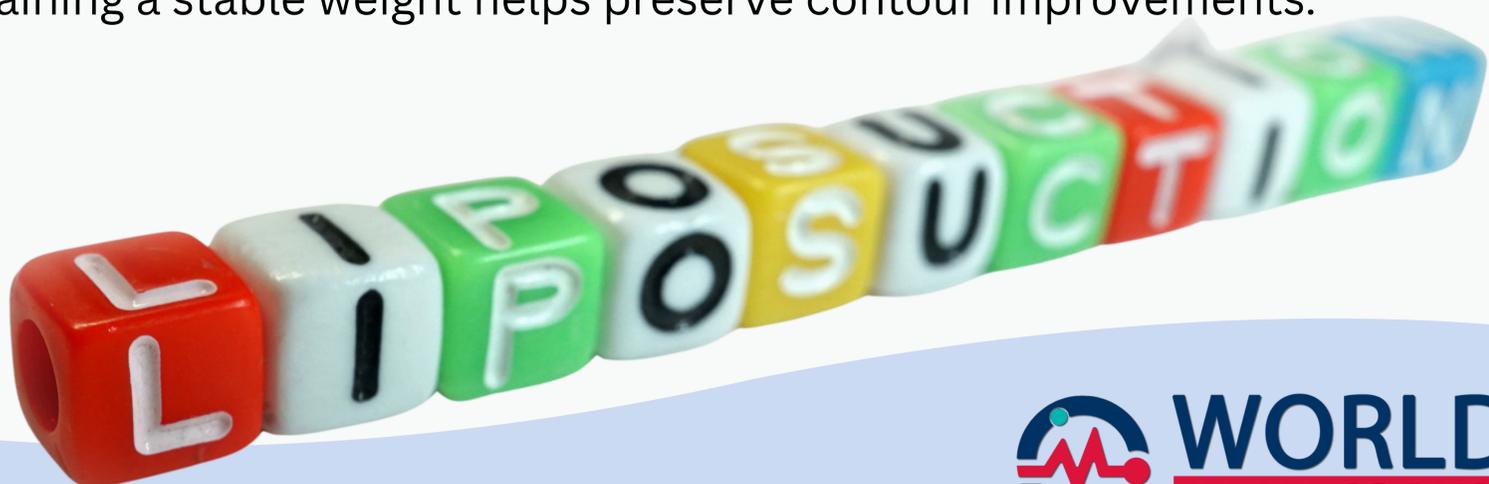
- Mild skin looseness
- Less smooth contour

Additional procedures may sometimes be required for skin tightening.

## Future Weight Changes

Future weight gain may affect results.

Maintaining a stable weight helps preserve contour improvements.



## Emotional Considerations

Cosmetic surgery can affect body image and emotional wellbeing.

Ensure you feel prepared and have realistic expectations before proceeding.

## When to Seek Medical Advice

Seek urgent advice if you experience:

- Severe pain
- High fever
- Increasing redness
- Sudden shortness of breath
- Leg swelling

## Questions to Ask Your Surgeon

- How much fat will be removed?
- What results are realistic for me?
- Will I need additional procedures?
- What is the total recovery time?

## Further Information and Consent

Before surgery, you will be asked to sign a consent form confirming that:

- You understand the risks and benefits
- You understand implants may require future surgery
- You have had the opportunity to ask questions



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## Contact Information

If you require further clarification before your consultation or treatment, please contact:

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## Document Information

Procedure: Liposuction

Version: 1.0

Date of Issue: 2016

This document is provided for educational purposes and does not replace a personalised medical consultation.