

Liposuction

Liposuction or Suction-Assisted Lipectomy (SAL) is a generic term for the removal of fat by creating negative pressure applied through a cannula. It is a safe and reliable way to remove unfavorable figure imperfections due to localized fat deposits.

The best candidates for liposuction are people who have a percentage of body fat relatively close to normal. It is desirable that the patient have a stable weight, i.e., maintenance of weight within 5 pounds over a year period of time. This creates a relative equilibrium between the amount of fat consumed and the amount of fat burned by the body. Patients will get their best results if they are close to their ideal weight.



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There are two layers of fat: subcutaneous surface fat and deep storage fat. The surface fat is the subcutaneous fat that lies just beneath the skin. If you were to suction that layer, it is quite possible to get what is called contour deformities – lumps, bumps, wrinkles, dimples and/or ripples. Although this can happen with deep fat removal too, it is less likely.

PROCEDURE: First, diluted local anesthesia is infused to reduce bleeding and trauma. Then a thin hollow tube, or cannula, is inserted through small inconspicuous incisions to loosen excess fat using a controlled back and forth motion. The dislodged fat is then suctioned out of the body using a surgical vacuum or syringe attached to the cannula. Laser liposuction is done with a laser that liquifies the fat before suctioning it out with a cannula. The laser also heats up the skin which causes more skin contracture than traditional liposuction.

The operation takes between 1 to 2 hours but can be longer depending upon the patient and areas treated.

Liposuction is best for treating localized fat deposits and is not meant to treat generalized obesity. In females, typical areas are: Thighs, love handles, hips and abdomen. In males, typical areas are: love handles and the abdominal area.

RECOVERY: There is often some surface bruising and moderate discomfort for the first 2-5 days with a return to a normal activity pattern within 2-3 weeks. A surgical compression garment is worn for 2 months after the operation to reduce surface irregularities and minimize edema.

COMPLICATIONS: Some potential complications and risks with surgery are, bleeding, infection, hematoma, seroma, asymmetry, sensation alteration, loss of sensation, persistent pain, nerve changes, vascular and/or lymphatic changes. The most commonly encountered complication is that of surface irregularities associated with the procedure itself.

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