

# AESTHETICA



**Laser Surgery Center  
Cosmetic and Plastic Surgery  
Cosmetics and Skin Care**

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*Reveal your inner beauty*

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## About your surgery

### Liposuction

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**S**uction-assisted lipectomy, liposculpture or liposuction is simply a technique to remove unwanted fat deposits from specific areas of the body including the chin, neck, upper arms, breast and upper torso, abdomen, buttocks, hips, flanks, thighs, knees, calves and ankles. Liposuction is not a substitute for weight reduction and is not used as a treatment for obesity. It is an excellent method for the removal of localized fat deposits which do not respond to dieting and exercise. Liposuction can enhance your appearance and self-confidence, but it will not necessarily change your looks to match your ideal or cause others to treat you differently. Think carefully about your reasons for surgery and your expectations of surgery, then discuss them frankly with Dr. Caputy. In this way an honest approach to reaching attainable goals specifically *for you* can be planned and strived for.

**T**he best candidates for liposuction are of relatively normal weight but have pockets of excess fat in particular areas. You should be physically healthy, psychologically stable and realistic in your expectations. Most important, you should have

firm, elastic skin. Loose skin will not reshape to your bodies new contours and, even with the use of superficial liposuction, will remain undulating and uneven. If the skin is excessive or too loose, other surgical procedures and/or the use of laser surgery may be necessary in order to lessen the excessive skin in combination with the removal of the underlying fat. Liposuction is not recommended if you have had recent surgery to the spot to be sculpted, if you have poor blood circulation to that area or if your general health is poor. Liposuction itself will not help cellulite, however, Dr. Caputy is trained in the art of superficial liposuction which breaks down the adhesions between the skin and underlying supporting structures and smoothes out the dimples of cellulite.

**A**ll surgery carries risks and, although liposuction is the most commonly performed procedure in the U.S. and is normally safe, it too carries some risks and uncertainties. Liposuction is performed by unqualified and poorly trained practitioners in poorly equipped facilities. Dr. Caputy is a fully trained plastic surgeon with over three years of additional aesthetic surgery training *after* board qualification in plastic surgery. In particular, he spent 4 months training in Switzerland with one of the originators of liposuction and learned all of the most modern techniques of liposculpture and superficial liposuction using the tumescent technique. He has privileges at Kapiolani, Kuakini and Queen's Medical Centers to perform liposuction as well as all other plastic surgery procedures. **AESTHETICA** is a fully equipped and certified operating facility and only trained anesthesia professionals are used for the delivery of sedation and anesthesia for patient comfort. The highest standards of

surgical excellence are aspired to and achieved in this facility. Nevertheless, in rare instances, serious complications may result from this surgery, particularly if it is extensive. Infection or excessive fluid loss can lead to severe illness and even death, as can severe reaction to anesthetic agents. Loss of blood in amounts requiring transfusion could occur although Dr. Caputy has never had to transfuse a patient following liposuction. An extremely rare but serious complication is that of pulmonary fat embolism which has caused some deaths with this procedure. The chances of this occurring are remote with anything less than massive liposuction. Other infrequent, but possible complications include serum or blood accumulation beneath the skin which may need drainage. The chances of this complication are minimized with the use of the tumescent technique, small caliber cannulas and the wearing of postoperative compressive garments. The risks are also reduced by adhering to the perioperative instructions which you will be given. Scars from liposuction are tiny (about 3 to 4mm across) and are strategically placed to be hidden from view, even when wearing a bathing suit. Rippling of the skin overlying the treated area may occur as may pigmentation changes, particularly if the area is exposed to the sun within 6 weeks of surgery. These may require additional procedures to correct. Asymmetry may occur and sometimes requires a second procedure to correct. None of these has occurred nor correction been necessary in Dr. Caputy's practice to date.

**T**he operative risks, goals and alternative procedures will be reviewed, in detail, prior to the surgery. Occasionally, after your examination, Dr. Caputy may determine that liposuction will not provide you with the

optimal results you desire and that more extensive surgical procedures may be the optimal treatment for your condition. Be certain to tell Dr. Caputy of any large weight shifts in the past, your smoking history, allergies, medications, vitamins and over-the-counter drugs you are taking and, of course, any concerns you have about the surgery. You will be given specific preoperative instructions to begin two weeks prior to your surgery. Adherence to these suggestions will make your surgery significantly safer, reduce many of your risks of complications and will help you recover more quickly. If you develop a cold or infection of any kind, please inform the office as your surgery may need to be postponed until its resolution. Be certain to arrange for someone to take you home after the surgery and have someone available to care for you for one to two days postoperatively.

**T**he procedure will usually be performed in our own, fully accredited office surgical facility. Dr. Caputy will take your preoperative photographs and then proceed to mark you for the procedure. You will then be taken to the operating room and prepared for surgery with vigorous cleansing with antiseptic solutions. Your sedation and anesthesia will be delivered by an anesthesia professional. Sedation, spinal anesthesia, sedation augmented by acupuncture and general anesthesia are all available to you at **AESTHETICA**. The optimal type *for you* will be determined preoperatively. The procedure itself will be performed by Dr. Caputy. The technique of *tumescent* liposuction will be performed in almost all instances. This involves the injection of a

large volume of very dilute numbing medicine along with a substance which reduces postoperative swelling and bleeding. With the use of this technique (which Dr. Caputy learned in Switzerland and has been recently touted on 20/20), the blood loss is minimal, the need for large volumes of intravenous fluid is greatly reduced and the need for strong anesthetic intraoperatively and strong postoperative pain medication is reduced to the point that many patients do not require *any* postoperative pain medication other than Tylenol®. The most uncomfortable portion of the procedure, like going to your dentist, is the initial injection of the numbing medicine. You may feel vibration and friction during the procedure and some tingling when the cannula is near muscle but these are, at most, only uncomfortable and even those feeling may be removed if you so desire. In some cases, *superficial* liposculpture may be performed. This involves the removal of a layer of fat immediately beneath the skin rather than in deeper layers. This technique allows for some modest amount of skin retraction and adherence to deeper layers to occur. It has greater risks of scarring and irregular contour than the classic liposuction procedure and should only be performed by those specially trained in it. For areas of dense fat or those which have a more fibrous component, the technique of **ultrasonic liposuction** will be used. This uses a special machine which liquefies the fat and coagulates blood vessels prior to the suctioning process. It has the advantages of being able to provide a very smooth suctioned area and also to, essentially bloodlessly, allow for large volumes of fat

removal. Dr. Caputy also learned this technique while in Europe from some of the originators of the technique. The procedure will be completed with the placement of your compressive garment. You will then be taken to the recovery room for two to three hours for observation and monitoring.

**D**o not expect to feel great after the surgery. You will likely look much worse than before the surgery and you'll even be heavier for a little while. Once the gradual healing process proceeds, your spirits will be lifted by your new look. You will be walking immediately after the surgery and you can begin your normal routine after two to three days. You should not exercise or strain to lift anything heavier than ten to fifteen pounds for at least two weeks following the surgery. The initial swelling will slowly subside but it may take up to six months for its final resolution.

**S**uction assisted lipectomy is a highly effective technique for giving your body a new contour with very little scarring. The results are permanent since fat cells are actually removed and your body has no way of producing more fat cells. The cells which remain can certainly grow should you gain weight, but the growth will be over your entire body rather than just in the former "bulges". Most patients are very satisfied with the results of their liposuction - they feel more at ease with their bodies and are more comfortable in a wide variety of clothes. As long as your expectations are realistic, you should be happy with your new shape.

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I hope that this short informational brochure answers some of the questions which you have about liposuction. Please ask either the staff of **AESTHETICA** or Dr. Caputy should you have any other questions about suction assisted lipectomy.

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