HOW TO SCULPT YOUR BEST BODY WITH LIPOSUCTION

FROM LEADING BOARD-CERTIFIED DERMATOLOGIST

DR. HOOMAN KHORASANI

FIGHT FAT FOREVER
CORRECT AND TONE
GET BIKINI READY
SLIM YOUR SHAPE
Liposuction, also known as lipoplasty or suction lipectomy, involves the removal of unwanted fat through a vacuum apparatus to reduce fat bulges or pockets. By removing fat with suction through small incisions, your doctor is able to sculpt and shape the curves of your body. Common sites for administering liposuction include the chin, neck, arms, abdomen, thighs, buttocks and even calves and ankles. Types of liposuction include traditional, power-assisted, laser, ultrasound, water-jet and radio frequency.

### Traditional
**Best for:** Entire body (arms, inner thigh, neck and lower abdomen)

*This option can be used to sculpt a more ideal shape, making it more proportional. The traditional version is best if you have localized fat deposits with good skin tone.*

**How it works:** Traditional lipo uses hollow metal tubes called cannulas to remove fat from areas of the body. It’s most effective in areas where the tissue is less fibrous.

**Benefits:** The tried-and-true form of liposuction has years of research backing its safety and effectiveness.

**Limitations:** There are limitations to all liposuction procedures so realistic expectations are crucial, and weight gain may affect results.

### Power-Assisted
**Best for:** Entire body

*This option makes use of special equipment to give the cannula the power necessary to dislodge fat.*

**How it works:** Power-assisted liposuction uses a cannula that moves back and forth to suction out fat. This technique is also the most similar technique to traditional lipo.

**Benefits:** Less force is needed, so some doctors claim that tissues aren’t damaged as much, but there is no data supporting this. It is used almost everywhere on the body.

**Limitations:** There are limitations to all liposuction procedures so realistic expectations are key, and weight gain may affect results.

### Laser
**Best for:** Body and face

*The added bonus for this procedure is that the heat emitted by the laser can create new collagen to tighten minimally loose skin.*

**How it works:** Laser liposuction delivers laser energy to the tissues with a fiber to purportedly break up fat cells. Some doctors believe it offers a benefit of slight skin tightening, although these claims are debatable.

**Benefits:** Purportedly less swelling and bruising than other techniques, but this is not supported by scientific data.

**Limitations:** There’s the possibility of burns and lingering tissue injury (firmness and swelling). It also costs more and takes longer.

### Recovering and Results

**Within Days**

**The day of surgery:** Your skin will be bruised and swollen for the first few days, but you can expect to be up and walking right away. Good circulation is essential to prevent blood clots. Compressive garments and foam pads are used to diminish swelling and bruising.
Liposuction gets rid of unwanted fat bulges when diet and exercise don’t work.

**WHAT TO EXPECT**

Pre-op, your doctor will draw marks on your body to indicate where treatment will take place. During the actual procedure, a small incision will be made at or near the designated area(s). A solution of saline and anesthetics or epinephrine, called tumescent fluid, is first injected into the area to break up the fat cells and allow them to be easily removed with a cannula (tube). The fat is then suctioned out and the area(s) is stitched up.

**WITHIN WEEKS**

**Two to three weeks later:** By now, you should be able to see a noticeable difference in your body and there should be no visible bruising.

**WITHIN MONTHS**

**Six months to one year later:** At six months, your final results will be visible and may continue to improve even more over the next six months. Make the most of your new figure by following a healthy lifestyle plan that includes proper weight maintenance, which will keep you in shape for years to come.
SWELLING AND BRUISING
The lower extremities are more susceptible to fluid retention. Swelling decreases rapidly; however, bruising may persist for up to three weeks.

HYPERSENSITIVITY
Expect to feel slight discomfort. Severe pain is reason to call your doctor.

UNEVEN APPEARANCE
Contour irregularities can occur as remaining fat settles. Massage, topical creams and external ultrasound may help.

NUMBNESS
This temporary side effect is normal and results from disturbing the small nerve fibers below the skin. Only in very rare instances is numbness permanent.

HYPERPIGMENTATION
Occasionally, there may be some darkness in the skin where liposuction has been performed. This may take a long time (months) to go away.

SCARS
Because liposuction incisions are so small, they are rarely visible to someone other than the patient.

SOME COMMON SIDE EFFECTS

PROCEDURE + RECOVERY TIME

PROCEDURE TIME
Will vary based on the areas being treated.

RECOVERY TIME
Three to 21 days, depending on the treatment and area treated; plan to avoid strenuous activity for three to eight weeks.

HOW LONG IT LASTS
Once removed, fat cells in the treated area(s) do not grow back; however, it is still possible to gain fat, especially in untreated areas.

The ideal candidate is within 30 percent of her ideal weight.
The best candidates for liposuction of the thighs are women with a difficult spot, like the saddlebags or inner thighs.

**Ultrasound**

**Best for:** Back, love handles, tummy and hips

*This method is helpful in receiving as repeat procedures, for treating larger areas of fat, or in combination with other surgical body-contouring procedures.*

**How it works:** Utilizes pulsing, high-frequency ultrasound waves to break up fat so it’s easier to remove. This is a great technique for sculpting fat that’s difficult to remove with traditional liposuction.

**Benefits:** Works well on fibrous fatty areas like the back, hips and stomach. The safety profile of pulsed ultrasonic liposuction and less blood loss has been proven.

**Limitations:** Some patients report that the skin is left feeling hot and numb during the initial recovery period. It generally resolves in 10 to 12 weeks.

**Water-Jet**

**Best for:** Large-volume liposuction

*This option is still fairly experimental; it’s best to discuss all options with your doctor in full before making a decision regarding which type of liposuction is best for you.*

**How it works:** One of the newer lipo techniques, water-jet lipo uses high-pressure water to dislodge fat cells.

**Benefits:** Ideal for large-volume liposuction, and a few doctors claim that there is less postsurgery dimpling, but this is not supported by scientific data.

**Limitations:** This is fairly new and requires more research to fully identify its outcomes and compare them with other techniques.

**Radio Frequency**

**Best for:** Fuller figures

*This option is still experimental.*

**How it works:** The newest type of liposuction, radio-frequency lipo employs radio-frequency energy to dislodge fat cells. Currently, radio-frequency liposuction has yet to receive FDA approval.

**Benefits:** Purported to tighten loose skin and shows promising results for weight-loss patients and those with fuller figures. However, there is no hard scientific data to support this claim.

**Limitations:** It’s not widely available and there is potential for deep-tissue injury and skin burns from the high temperatures used.
ENHANCE YOUR NATURAL BEAUTY

By DR. HOOMAN KHOorasani
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R
enowned in the field of dermatologic surgery, Dr. Hooman Khorasani draws on his expertise in performing transformative procedures to deliver optimal results. As chief of dermatologic and cosmetic surgery at Icahn School of Medicine at Mount Sinai, he teaches and performs a vast range of aesthetic procedures. He specializes in facial aesthetic procedures, liposuction, noninvasive body contouring, eyelid rejuvenation, laser resurfacing and Mohs micrographic surgery. Regardless of the procedure, his goal with each patient is to restore their own natural beauty.

WHO I AM

1. HOW DO YOU MANAGE PATIENT EXPECTATIONS?
Clear communication is paramount in managing patient expectations. I educate my patients about all the possible outcomes in the simplest language possible. I am a big fan of diagrams and videos.

2. HOW ARE YOU HELPING TO ADVANCE THE FIELD AT LARGE?
I chair one of the largest multispecialty aesthetic courses in the Northeast. Physicians come from around the world to learn aesthetic surgery from experts in the field. As fellowship director of dermatologic and cosmetic surgery at Icahn School of Medicine at Mount Sinai, I teach surgical procedures to the next generation of residents and fellows and conduct multiple clinical trials.

3. WHAT ARE YOUR MOST REQUESTED PROCEDURES?
Lip augmentation, body contouring, eyelid rejuvenation, scar treatments and laser skin resurfacing.

4. WHAT I LOVE MOST ABOUT MY PROFESSION
The relationships I build and maintain with my patients. I meet such a smart, interesting and diverse group of people every day.

5. THE FUTURE OF MY FIELD
Continuing to use technology to deliver noninvasive aesthetic surgery with minimal downtime.

6. WHAT NEW SERVICES ARE YOU EXCITED TO OFFER?
SculpSure, which is the first FDA-approved laser for noninvasive fat reduction.

7. THREE WORDS THAT BEST DESCRIBE ME
Calm, reassuring, confident.

Fit and Trim Results
Concerned about excess fat on her abdomen and flanks, this 34-year-old patient sought Dr. Khorasani, who performed liposuction to achieve the slimmer, more toned appearance she desired.
A FEW OF MY SPECIALTIES...

Botox® Cosmetic
Clear + Brilliant®
Fraxel®
Juvéderm®
Juvéderm® Voluma
Juvéderm® Volbella
Restylane®
Radiesse®
Kybella®
Laser Hair Removal
Laser Resurfacing
Liposuction
miraDry®
Mohs Surgery
SCAAR FX™
Scar Revision
SculpSure®
Silhouette Instalift™
Thermage®
TotalFX™
Ultherapy®