



# Understanding Body Contouring



Before UAL Lipo.

so dramatic that it looks as though much weight has been lost.

## What different techniques are available?

Commonly used liposuction techniques include **tumescent liposuction**, **ultrasound assisted liposuction (UAL)**, **power assisted liposuction (PAL)** and **laser assisted liposuction (Smart Lipo)**. Tumescent liposuction utilizes a large amount of saline fluid to gently loosen fatty tissue from muscle for easier fat removal. Ultrasound assisted liposuction, uses ultrasonic energy to break up fat prior to removal. Power assisted liposuction is a type of tumescent liposuction, which involves a vibrating cannula to quickly break up the fat. Smart Lipo uses a laser to heat up the fat prior to suctioning.

## Which techniques do you prefer?

I prefer using a combination of techniques, allowing me to tailor my approach to the individual. Tumescent or super-wet liposuction involves the injection of large amounts of fluid mixed with an anesthetic solution into the area to be treated. It allows for easier removal of the fat and reduces blood loss while it numbs the area. The saline fluid separates fat from muscle, making it easier and safer to remove the fat.

Ultrasonic assisted liposuction is excellent in any area that require tightening of the overlying skin such as under the chin, under stretch marks or under

Most of us know how frustrating those exercise resistant fat cells on the stomach, thighs, hips and arms can be. If you are healthy and exercise regularly, but just can't seem to get rid of that extra fat—liposuction may be your solution. So where do you begin? Dr. Robert Louton experienced Plastic Surgeon of Blair Plastic Surgery answers some of your questions.

## What is liposuction?

Liposuction is a surgical procedure designed to remove pockets of fat from specific areas of the body. It contours the body and creates pleasing, better balanced proportions. The fat is removed through a vacuum-like process and although only small

amounts of fat are removed, the contouring effects can be

cellulite. It results in smoother results and shorter recovery time. UAL is also useful in treating areas where the fat is fibrous and difficult to remove such as on the back and love handles and for the treatment of gynecomastia, enlargement of the male breast. I also use PAL for removing larger deposits of fat on hips and thighs.

## Is anesthesia necessary for liposuction?

Typically, only local anesthesia with light "twilight" sedation is necessary but general anesthesia is available if desired. Liposuction is an outpatient procedure.

## What side effects are common after surgery?

Minor swelling and bruising may occur, but should not interfere with your everyday life. A compression garment is worn to keep you comfortable and help hasten healing. The scars are only a quarter of an inch long and will begin to fade in a few weeks. Most patients resume day-to-day activities within a week of surgery.

## Will liposuction get rid of cellulite?

Cellulite is caused by many factors: age, genetics, gender, and the thickness of your skin. Liposuction, while not completely effective, can diminish the appearance of cellulite but will not completely remove it.

## Will the fat come back after liposuction?

Liposuction removes fat cells from specific areas of the body. These fat cells will not return; however, if the patient does not follow a healthy diet and exercise routine, the remaining fat cells could expand and lead to weight gain in other areas of the body.

## When can I go back to work?

Your return depends on the type of work you do and how many areas of the body were treated. Some people may be able to return to work immediately, but most take an average of four to seven days off.

## How do I begin the process?

Begin by scheduling an appointment with a board certified plastic surgeon. Prepare yourself for your consultation by gathering information from reliable sources. The American Society for Aesthetic Plastic Surgery (ASAPS) is an excellent resource. Visit [www.surgery.org](http://www.surgery.org). For any cosmetic procedure, don't be allured by gimmicks, lower costs, or quick-fix solutions. Fancy machinery pales in comparison to the artistry and skill of the surgeon. Experience counts. By educating yourself on your procedure and having an honest discussion with your plastic surgeon, you can achieve beautiful results and minimize the chances of irreversible consequences.

Dr. Robert Louton has over 20 years of liposuction experience. Call 814-949-7280 schedule your consultation or visit [www.BlairPlasticSurgery.com](http://www.BlairPlasticSurgery.com) for additional information. Complimentary nurse consults are also available.



After UAL Lipo.

**Give Yourself a Second Look**

**Robert Louton, MD**

**800-833-3888**  
**BlairPlasticSurgery.com**