



# Peter Callan Plastic Surgeon

Peter Callan Plastic Surgeon specialising in Cosmetic Surgery, Breast Surgery, Hand Surgery and Treatment of Skin

## Liposuction (Liposculpture)

### What is it?

Liposuction is removal of fat from under the skin through small incisions.

### Is Mr Callan experienced at this procedure?

This is an important question to ask. Not only is Mr Callan experienced at this procedure, but he performs liposuction regularly and keeps up to date with the latest techniques. It is also important to know that as a fully trained plastic surgeon Mr Callan performs this procedure to the high standards of Australian Plastic Surgery.

### Can I see photographs?

You can see photographs in our office when you have a consultation. As Mr Callan performs liposuction frequently, there are large numbers of photographs to look at many of which will be of patients with a problem similar to yours. We do not publish photographs on the web for a number of reasons, but the most important of these is that you need realistic photographs for the particular of liposuction you will need.

### Who has liposuction?

Anybody who has a deposit of fat or a shape which they do not like and which can't be improved with exercise or weight loss. There also needs to be minimal skin laxity as the skin needs to snap back into position after the fatty area is removed. Common areas are the thighs, abdomen, hips, ankles, arms. Often liposuction is performed in association with thigh lift, abdominoplasty, bodylift, buttock lift, and arm lift when there is skin laxity.

### Am I suitable?

You need to be sensible, honest about your reasons, happy with your informed decision, and be as healthy as possible. A time of personal crisis is no time to be making decisions about such surgery.

### What would stop me from having the surgery?

You must not be smoking, outside the BMI range of 18-28, under stress when making your decision, or have a medical condition that would make surgery unsafe. The BMI is important here. Liposuction is not a method of weight loss and will never be. It is dangerous to remove large quantities of fat and there is an underlying problem which needs to be addressed if you are overweight.

### How is it done?

Liposuction surgery is done in a fully accredited hospital. The fat is aspirated (sucked) through small incisions in the skin using small metal cannulas (pipes). It must be done skilfully and carefully to be both safe and give a cosmetically pleasing result without bumps and ripples. There are several types of liposuction which are available. Standard liposuction is done with suction alone and has never been bettered for results. The power-assisted and ultrasonic variations of liposuction merely make removal of the fat a little easier but do not improve the result.

### What are the benefits?

This is entirely a personal matter, but a better shape to say the thighs or abdomen or ankles can help many people.

### What are the risks?

All surgery carries some element of risk. You can minimize your risk by being as healthy as possible and as psychologically prepared as possible, by selecting an experienced and qualified surgeon, and giving yourself a stress free time during which to recover. Despite this there are some risks that you will need to discuss. The most common of these is mild asymmetry and some minor contour irregularity. There are other risks common to all surgery, and you should be aware of these.

### Are there scars?

The small incisions for the surgery are always present, but fade over the first six to twelve months. As a rule the incision lines are inconspicuous unless specifically searched for.

### How long am I in hospital for?

Most liposuction patients are only in hospital overnight or even as a day case in some instances. Discomfort is usually not severe and you will be given plenty of medication if it is required to keep you comfortable.

### How long will I need to recover?

This varies but usually ranges from one to two weeks. Exercise can be resumed after three weeks. You must not drive until you are fully recovered from both the anaesthetic and the discomfort of surgery so as you are fully capable. If in doubt, don't.

### Do I wear a garment after surgery?

Yes you will need to wear a pressure garment after surgery to help mould the new shape you desire and help prevent fluid collections.

### Will I need to be seen after surgery?

Yes. We will keep in close contact with you by telephone for the first few days and then will see you about five days after surgery, then at three weeks, then at three months. You are of course welcome to call or visit anytime with any concerns.