

# LIPOSUCTION

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***The Symbol of Excellence in Plastic Surgery®***

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The background is a solid teal color. Three large, thin white circles are overlaid on the page. One circle is on the left side, another is in the center, and a third is on the right side, partially cut off by the edge of the page. They overlap each other in a way that creates a sense of depth and movement.

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**A fit and well-proportioned body is often considered a symbol of health and vitality.**

But despite good health and a reasonable level of fitness, some individuals may still have a body with disproportionate contours due to localized fat deposits. These areas may be due to heredity or family traits rather than a lack of weight control or fitness.

If you are bothered by excess fat deposits, located anywhere on your face or body, that do not respond to diet or exercise, liposuction may be right for you. In general, liposuction slims and reshapes specific areas of the body by removing localized or regional excess fat deposits, improving your body contours and proportion, and ultimately, enhancing your self-image.

This brochure presents an overview of liposuction. The best way to learn how liposuction can help you fulfill your personal goals is a consultation with Anil P. Punjabi, M.D., D.D.S. Dr. Punjabi is a plastic surgeon certified by The American Board of Plastic Surgery®.

## > WHAT IS LIPOSUCTION?

Liposuction, also called lipoplasty or suction lipectomy, is the surgical removal of localized or regional excess fatty tissue. There are three common variations to the procedure:

- Traditional liposuction, simply defined as surgical suctioning of excess fat deposits
- The tumescent or super-wet technique that requires an infusion of saline solution, with added adrenaline and possibly anesthetic prior to removal of excess fat
- Ultrasound-assisted lipoplasty or UAL, where ultrasonic energy is used to liquefy excess fat prior to surgical suctioning

These techniques may be used to reduce localized fat deposits of the:

- Cheeks, chin and neck
- Upper arms
- Breast or chest area
- Back
- Abdomen and waist
- Hips and buttocks
- Thighs
- Inner knee
- Calves and ankles

In some cases, liposuction is performed alone, in other cases it is used with plastic surgery procedures such as a facelift, male or female breast reduction, or a tummy tuck. Liposuction is not a treatment for obesity or a substitute for proper diet and exercise. It is also not an effective treatment for cellulite, the dimpled skin that typically appears on the thighs, hips and buttocks.

Liposuction can, however, permanently reshape body contours where excess fat deposits create areas that are disproportionately large in an otherwise balanced figure. Ideal candidates for liposuction are adults of any age within 30% of their ideal weight and with firm, elastic skin and good muscle tone. Good candidates are defined as:

- Healthy individuals who do not have a life-threatening illness or medical conditions that can impair healing
- Non-smokers
- Individuals with a positive outlook and specific goals in mind for body contouring

Special considerations may be necessary for individuals with diabetes, high blood pressure, heart disease or previous surgery to the treatment area.

## ➤ WHERE DO I BEGIN?

A consultation with Dr. Punjabi is the first step to learn how liposuction can improve body contours by removing excess localized fat deposits. A consultation is designed to fully educate you about liposuction in a non-pressured environment, and will include a discussion of:

- Your goals and an evaluation of your individual case
- The options available in surgical liposuction
- The likely outcomes of liposuction and any risks associated with the procedure
- The course of treatment recommended by Dr. Punjabi

Dr. Punjabi will also answer any specific questions you may have.

## ➤ EVALUATION

Overall health and personal outlook can greatly impact the outcome of body contouring with liposuction. These will be carefully evaluated in your consultation with Dr. Punjabi. The success of your procedure, safety and overall satisfaction require that you:

- Openly share your expectations
- Fully disclose health history, current medications, the use of vitamins, herbal supplements, alcohol, tobacco and drugs
- Commit to precisely following all of Dr. Punjabi's instructions

## ➤ SAFETY

By making the decision to consult with Dr. Punjabi and following all the instructions given, you are taking an important step in helping to ensure your safety.

Dr. Punjabi is certified by The American Board of Plastic Surgery®. This designates surgeons who are specifically trained in plastic surgery of the face and entire body.

## ➤ MY LIPOSUCTION

Liposuction is a highly individualized procedure that requires careful consideration of your specific concerns and the areas in which you desire improvement. An evaluation of skin tone and elasticity, as well as fat density and distribution will determine appropriate techniques for your specific case.

Liposuction is a surgical procedure. All liposuction techniques require incisions in or near the area to be suctioned for insertion of an appropriately sized cannula. In some cases, incisions may be so small that no stitches are required for closure. Once the cannula tip has loosened excess fat, the fat is removed using a surgical vacuum or powered suction device. An alternative method uses a syringe attached to the cannula to manually suction away fat.

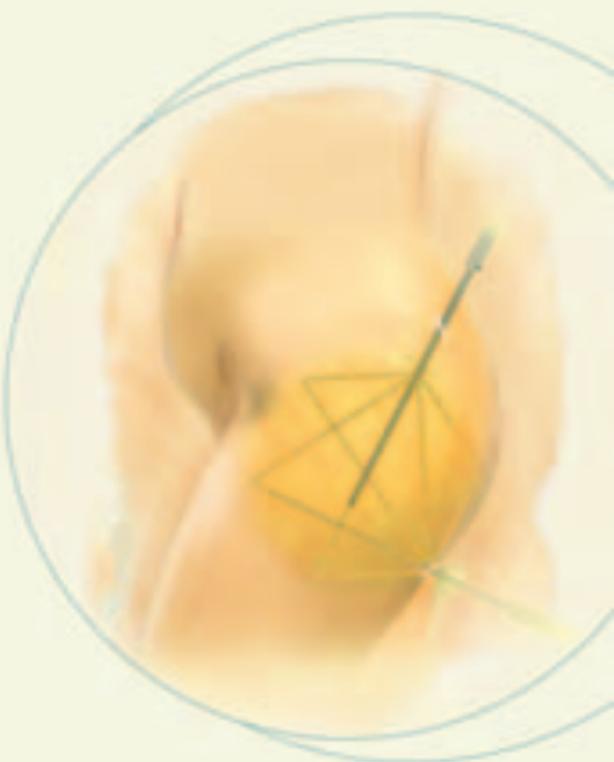
Manual suctioning with a syringe is more commonly used when areas of fat removal are small and very isolated, or when it is planned that fat will be processed and reinjected in other areas of the body. This procedure is called fat grafting and may be used to fill-in wrinkles or hollow areas of the face or depressions appearing anywhere on the face or body.

Where large amounts are suctioned from one area, compression garments may assist during the healing process to help skin conform to the reduced body contours. Secondary procedures may sometimes be recommended to reduce excess skin. Special considerations are needed when large amounts, usually more than 5 liters, or 5000ccs, of fat are suctioned.



Characteristics that can be addressed with liposuction include a double chin, fatty upper arms, enlarged male or female breasts, love handles and excess fat in the abdomen. In addition, liposuction can recontour the lower body: hips, thighs, knees, calves and ankles, creating a slimmer and better-proportioned figure.

Liposuction is performed through small, inconspicuous incisions that are hidden within the natural creases and contours of the body. A thin hollow tube, or cannula, is inserted through these 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.



Your improved body contour will be apparent once the swelling and fluid retention commonly experienced following liposuction subside. With continued practices of healthy diet and fitness, the loss of excess fatty tissue should be permanently maintained. However, substantial weight gain can alter an otherwise permanent result.

## > PREPARING FOR SURGERY

Dr. Punjabi will carefully explain the liposuction procedure you will undergo. You will be given specific instructions that may include:

- Pre-surgical considerations, diagnostic testing and medications
- Day of surgery instructions and medications
- Specific information related to the use of anesthesia
- Postoperative care and follow-up

You will also be asked to sign consent forms to assure Dr. Punjabi that you fully understand the procedure and any risks and potential complications.

Possible risks of liposuction include uneven contours, rippling or loose skin, skin or nerve damage, irregular pigmentation, infection at the surgical site, fat clots, blood clots, excessive fluid loss or fluid accumulation. In addition there is risk of thermal burn or heat injury from ultrasound with the UAL technique. All surgery carries risks associated with anesthesia. These and other risks will be fully discussed prior to your procedure and consent.

It is natural to feel some anxiety, whether excitement for the anticipated outcomes or preoperative stress. Discuss these feelings with Dr. Punjabi.

## > WHAT TO EXPECT

Liposuction may be performed in Dr. Punjabi's accredited office-based surgical facility, an ambulatory surgical facility or a hospital under local anesthesia with or without sedation, or general anesthesia. The decision for anesthesia will be based on the requirements of your specific procedure and considerations of patient and surgeon preference. Dr. Punjabi and the assisting staff will fully attend to your comfort and safety.

## > SURGICAL FACILITY

Dr. Punjabi generally performs liposuction procedures at Redlands Community Hospital, Loma Linda University Medical Center, Loma Linda Community Hospital, and The Inland Surgery Center.

## ➤ FOLLOWING SURGERY

Once your procedure is completed, a compression garment or elastic bandages may cover treatment areas. These assist to control swelling and compress the skin to your new body contours. In addition, small temporary drains may be placed in existing incisions beneath the skin to remove any excess fluid. Before you are released following surgery, you and an accompanying family member, friend or caregiver will be given specific instructions that may include:

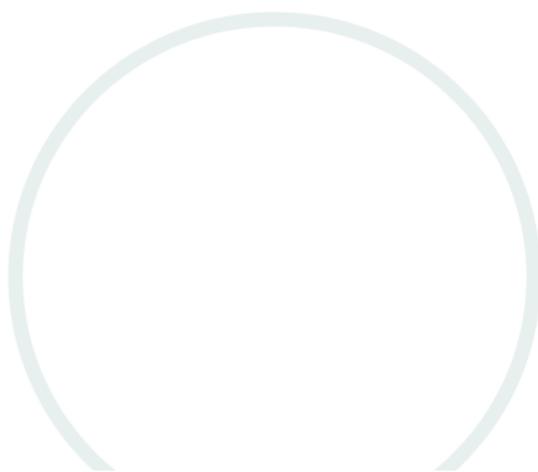
- How to care for the surgical site
- Medications to apply or take orally to aid healing and reduce the potential for infection
- Specific concerns to look for at the surgical site or in your general health
- When to follow up with Dr. Punjabi

## ➤ PROGRESS AND HEALING

Initial healing will include swelling, numbness, soreness, bruising and discomfort that can be controlled with medication. These are common conditions.

Dr. Punjabi will provide specific postoperative instructions based on the technique and extent of your procedure. These will include instructions on the use of any compression garments, expected return to activity and appropriate care of incisions. Follow all instructions carefully - this is essential to the success of your outcome. In general, a return to light, normal activity is possible as soon as you feel ready and is encouraged to prevent blood clots and other complications.

Initial wound healing may take from 5 to 10 days, at which time any sutures or will be removed, if necessary. Healing will continue for several weeks as swelling continues to dissipate. Incisions lines will improve over time. Continue to follow Dr. Punjabi's instructions and attend follow-up visits as scheduled. You will be encouraged to control your weight, as significant weight gain can reverse your results.



## ➤ RESULTS AND OUTLOOK

It may take several months for swelling to fully dissipate. As it does, your new contours and enhanced self-image should continue to develop.

The fulfillment you feel from the initial results of liposuction should continue so long as you maintain your weight and practice a healthy lifestyle that includes eating well and regular physical activity. Following liposuction, your slimmer and better-proportioned body should more accurately reflect the healthy and active life you lead.

## ➤ YOUR SURGEON, YOUR CHOICE

Choosing to have cosmetic or reconstructive plastic surgery is an important decision; so is selecting a plastic surgeon. Consider these important guidelines:

**Board Certification** – Not all physicians who perform plastic surgery or who use the title plastic surgeon are board certified in plastic surgery.

The American Board of Plastic Surgery® (ABPS) and The Royal College of Physicians and Surgeons of Canada® certify physicians in plastic surgery of the face and entire body. To be certified by either board, a plastic surgeon must:

- Graduate from an accredited medical school
- Complete a minimum of five years of surgical training following medical school, including an accredited plastic surgery residency program
- Pass comprehensive oral and written exams

**Privileges** – Your surgeon should have operating privileges at an accredited, local hospital for the same procedure you plan to have performed - even if that surgeon suggests your procedure be performed in an accredited office-based surgical facility or an ambulatory surgery center.

## **Anil P. Punjabi , M.D., D.D.S**

Certified by The American Board of Plastic Surgery®, 2000.



### **PRACTICE PHILOSOPHY**

The cornerstone of Dr. Punjabi's philosophy is commitment to excellence, while care and concern are at the heart. Dr. Punjabi recognizes the importance of clinical experience, surgical acumen, current innovative technology and consistently delivering excellence in patient care. Because of his unique dual qualifications in medicine and dentistry, Dr. Punjabi's expertise gives him a distinct perspective in solving complex cosmetic and reconstructive challenges of the face, head and neck. Developing a good understanding of his patient's expectations and desired goals is of the utmost importance. Dr. Punjabi and his staff are dedicated to providing our patients with a positive, quality experience in a confidential, caring and compassionate manner with as little inconvenience as possible. We think of our patients as part of our family.

### **PROFESSIONAL BACKGROUND**

Dr. Punjabi graduated from the Government Dental College at Bombay University, India, The University of Southern California School of Dentistry, Los Angeles, and Case Western Reserve University (CWRU) School of Medicine, Cleveland, Ohio. Dr. Punjabi has completed training in two specialties, Oral and Maxillofacial Surgery at The MetroHealth Medical Center Campus of the CWRU and Plastic and Reconstructive Surgery at The University of Miami/Jackson Memorial Hospital, Miami, Florida.

### **PROFESSIONAL AFFILIATIONS**

American Society of Plastic Surgeons®

American Medical Association

American Cleft Palate - Craniofacial Association

Dr. Punjabi is on the clinical faculty as an Associate Professor of Plastic Surgery and Associate Professor of Oral & Maxillofacial Surgery at Loma Linda University.

### **HOSPITAL AFFILIATIONS**

Loma Linda University Medical Center

Loma Linda Community Hospital

Redlands Community Hospital

Riverside County Regional Medical Center

Riverside Community Hospital

Inland Surgery Center

This educational brochure is designed to supplement a personal consultation with Anil Punjabi, M.D., D.D.S. Dr. Punjabi is a plastic surgeon certified by The American Board of Plastic Surgery®. Plastic surgeons with this certification have completed extensive surgical training and rigorous examinations in plastic surgery; this uniquely qualifies them to perform cosmetic and reconstructive procedures of the face and entire body.

## **Anil P. Punjabi, M.D., D.D.S**

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## **SURGICAL FACILITY**

Redlands Community Hospital, 350 Terracina Blvd., Redlands, CA 92373

Loma Linda University Medical Center, 11234 Anderson Road, Loma Linda, CA 92354

Loma Linda Community Hospital, 25333 Barton Road, Loma Linda, CA 92354

Riverside County Regional Medical Center, 26250 Cactus Ave., Moreno Valley, CA 92555

Inland Surgery Center, 1620 Laurel Ave., Redlands, CA 92373

Arrowhead Regional Medical Center, 401 N. Pepper Ave., Colton, CA 92324



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