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WHAT TO EXPECT WITH TUMESCENT LIPOSUCTION

Will I be awake during my procedure? Yes, you will be awake, but sedated with sleeping pills, pain pills, and nausea medications. Nevertheless, you can respond when asked to do so. Being awake gives you the benefit of the best result possible since you can move into the optimum position and tighten muscles, which allows easier and more accurate fat removal. You will have the benefit of seeing your actual new shape right away, judging for yourself whether the results are smooth or not.

What will happen during my procedure? Because patients are awake, but sedated during the surgery, they often ask what they will experience. All patients experience things differently. Some patients are completely comfortable. However, most patients will have small periods of mild discomfort during the numbing process. Tumescent fluid is first injected into the area that is being treated. This fluid contains a local anesthetic to numb the pain and a medication called epinephrine, which shrinks blood vessels and minimizes bleeding/bruising. Most patients experience a sensation that is described as "weird" or "strange." For some, it is uncomfortable but it is rarely described as painful. The anesthetic is then allowed to sit in the tissues so that the pain medication and epinephrine can take effect. The removal of fat can then begin. Dr. Dang uses a surgical instrument called a cannula to sculpt the fat. A suction device is connected to remove the fat that has been sculpted away. During the liposculpting part of the procedure, if you experience discomfort, your doctor will usually inject more anesthetic into the area. During the surgery you can expect to be sedated and relaxed while listening to the radio.

What can I expect immediately after my procedure? After the surgery, you will have very small open incisions, which allow remaining fluid in those areas to drain out. Absorbent pads are used to collect the drainage overnight until drainage stops. Your first night will be the most difficult in terms of pain and movement. You will begin to feel much better just 24-48 hours later. The incisions close by themselves when the drainage is complete. You will wear a compression garment, which is made of stretchy fabric, to help aid in fluid drainage while helping your skin reattach

smoothly to the muscle below. The garment is worn for 2-3 weeks on average.

What can I expect during recovery? Most people will be able to return to their work within 2-5 days, depending on the area that was treated. Strenuous activities may need to be stopped or reduced for the first 2-4 weeks. Light activities such as dressing, bathing, working at a desk, driving, shopping, or cooking, can be resumed immediately. There can be significant soreness for the first week, and moderate for the second week. Discomfort will decrease each day. Most discomfort is noticed when moving or utilizing the body part that was treated. For instance, if you had liposuction on the abdomen, you could exercise by walking on a treadmill right away but may not feel like doing sit-ups for up to 3 weeks. Bruising is usually mild, and depending on the person may be more severe. Bruising is usually resolved in 1-2 weeks.

Swelling, as part of the normal healing process, will usually become evident and maximal at about 2-3 weeks. This swelling, which can be firm or hard, will gradually resolve over the next 3-6 months. During the swelling period most people still look better than before but will not look their best until the swelling fully resolves. Swelling can be uneven sometimes but it is temporary and will be even again when it subsides. You will have multiple follow up visits during this process of healing.

Will I be able to eat whatever I want and still maintain my results? The results of liposuction are not permanent despite what you may have seen or heard! Most of your fat cells will be removed from the treated area. Those cells cannot be replaced. However, the remaining few fat cells can enlarge and cause you to lose your results if you put on a significant amount of weight. As an example, if we remove 6-8 lbs of fat from your midsection, you probably won't see it return unless you gain 20 lbs or more. Most fat will go to other areas on your body before it goes back to the areas that we treat. Dr. Dang stresses that all patients lead a healthy lifestyle that includes a good diet and exercise even after liposuction.