

Liposuction

Dr. Butterfield is proud to offer patients her extensive expertise in liposuction, one of the most popular cosmetic surgery procedures in the U.S. today. Despite good health and a reasonable level of fitness, some people may still have a body with disproportionate contours due to localized fat deposits. These areas may be due to family traits rather than a lack of weight control or fitness.

Liposuction can help sculpt your body, restore a more shapely form, and improve your fit in clothes by removing unwanted fat from specific areas, such as the abdomen, love handles, hips, buttocks, thighs, knees, upper arms, chin, cheeks and neck. As we age, our metabolism changes, our body fat is redistributed and stubborn fat pockets form, that don't shrink with exercise. Liposuction is a safe and effective method that can reshape your body, and restore a healthier appearance that can match your inner health.

Dr. Butterfield knows that all patients are different, both in their body shapes and in what they wish to achieve with liposuction. She takes as much time as necessary during every pre-operative consultation to learn what each patient wants liposuction to achieve for them, and to decide which technique is best. In this way, every one of her patients enjoys completely customized treatment designed with his or her specific goals in mind.

How is Liposuction Performed?
Risks and long term considerations?
Recovery?
Other procedures to consider?

How is liposuction performed?

Liposuction is a safe procedure with a low complication rate. Liposuction can be performed with traditional, power-assisted techniques (PAL), or ultrasonic-assisted techniques (UAL). The procedure involves making small incisions to insert a hollow tube, called a cannula. Fluid may be added to reduce bleeding and discomfort. Excess fat is then removed through the tube using a back and forth motion into a suction machine. Post-operative recovery is relatively quick, but bruising and swelling can remain for 2 to 4 weeks. If, following surgery, you maintain a healthy lifestyle (including a sensible diet), perform moderate exercise, and are able to maintain your weight, excellent long-term results are likely.

Tumescent- Tumescent liposuction refers to the performance of liposuction using a dilute solution of lidocaine, a local anesthetic, in combination with adrenaline, which temporarily shrinks capillaries. This is comfortably performed with various sedation methods. Tumescent liposuction is ideal for most areas of concern.

PAL – Similar to tumescent technique, but with the addition of a reciprocating hand-piece on the cannula. It allows more aggressive resection of fat, but with less trauma, pain and swelling, post-operatively. Dr. Butterfield uses this technique most commonly, as it allows her to remove large volumes of excess fat with the least amount of trauma to your tissues.

UAL – Similar to tumescent technique, but with the addition of an ultrasonic cannula, which liquefies fat and allows fat to be removed from more fibrous areas of the body, i.e. the upper back. This technique is used less commonly, as it does carry a slightly higher risk of complications.

Risks and long term considerations?

Risks are uncommon, but may include: bleeding, infection, blood or fat clots, numbness, pigmentation changes, and irregularities in appearance, such as asymmetric or "baggy" skin.

Recovery?

Most patients need some assistance for the first 48 hours, and can return to work by one week. All patients will need to wear post-operative garments for the first 6 weeks after their operation. These garments provide compression to the areas liposuctioned and will help decrease bruising and swelling, and therefore, accelerate the healing process.

Other procedures to consider?

Liposuction may also act as a complement to many other body contouring procedures, such as abdominoplasty, arm lift, breast reduction, and lower body lift.