

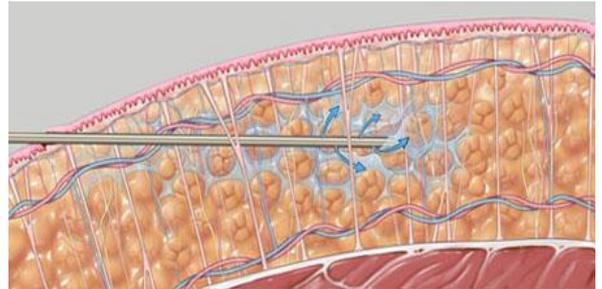


Operation Information

Ultrasound-assisted Liposuction

Introduction

Ultrasound-assisted liposuction is a body contouring procedure. This is the ultrasound wave energy that selectively breaks up small areas of excess body fat by vibration while surrounding tissues are left intact. Then gently vacuumed the fat through a small tube inserted under the skin.



Source:
<https://www.southfloridaplasticsurgery.com/images/vaser-illustration1.jpg>

The surgery is targeting on localized fat accumulation only. Exercises and diet are still the keys to achieve weight loss. This minimally invasive procedure is gentle and fast; the wound is relatively small with less pain and recovery time. It is safe and supremely effective. Liposuction may be useful for contouring under the chin, neck, cheeks, upper arms, breasts, abdomen, buttocks, hips, thighs, knees, calves, and ankle areas.

Outcomes

The expected outcome of this operation is to improve the body appearance and smooth the body contour by eliminating regional fat cells accumulation or skin irregularities. The exact procedures performed are individualized for each client and the benefits also vary.

Procedures

The operation can be performed under local anaesthesia or general anaesthesia depending the extent and location of the surgery. Local anaesthesia is only applicable in clients targeting relatively small areas of fat and general anaesthesia is required if the liposuction area is more than two. Mild heat is generated throughout the procedure from high ultrasound frequency, shaking the fat cells loose. It minimizes the risk of bruising and pain after surgery.

1. The targeted area is injected with a special saline solution to numb the area and shrink the local blood vessels (minimize risk of bleeding and bruising).
2. Small probes are inserted into the body through small incisions, shaking the fat cells loose.
3. Loose fat is removed via specially designed suction tubes.

Possible Risks & Complications

1. Wound haematoma
2. Wound effusion (Drainage may be indicated)
3. Increase in skin laxity
4. Undulation
5. Skin burn

** The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all operations are carried out with utmost professionalism and care, this does not rule out the possibility of complications arising. In the event of peripheral organ damage or post-operative haemorrhage or leakage, further operations may be required.

Pre-operative Preparations

1. Good hygiene can prevent surgical wound infection. Therefore, we advise you to clean up yourself on the day of operation.
2. The procedure and possible complications will be explained by the doctor and a consent form must be signed prior to the operation.
3. Please inform the doctor and nurse all your past medical history, previous surgical operations, current medication and any complication with drug or anaesthesia. Please inform doctor if you are taking medications that affect blood coagulation, such as Aspirin, Warfarin, Xarelto or Pradaxa, nonsteroidal anti-inflammatory drug (NSAID) such as Ibuprofen, Naproxen, dietary supplement and Chinese medication.
4. Photo shooting may be arranged for documentation. Consensus will be achieved between you and doctors over the measurement.
5. No food or drink six hours before operation. (for general anaesthesia only)
6. Please change into a surgical gown after removing all belongings including undergarments, dentures, jewellery and contact lenses.
7. Please empty your bladder before the operation.

Post-operative Instructions

General

1. After general anaesthesia, you may:
 - experience discomfort in the throat after tracheal intubation.
 - experience side effects of anaesthesia including feel tired, drowsy, nausea or vomiting. Inform the nurse if symptoms persist or worsen.
2. Please inform the nurse of wound pain. Proper pain relief treatment by injection or oral medication may be prescribed by the doctor.

Wound Care

1. The use of abdominal binder or pressure garment is required after surgery. It helps minimize the formation of haematoma and swelling effectively.
2. Swelling will appear in the first 3 days after surgery. Please ask the nurse for pain medication if needed. Proper pain relief treatment by injection or oral medication may be prescribed by the doctor.
3. Discharges and bruising are expected in the first 3 days after surgery at wound site. Inform nurse for the change of dressing if indicated.
4. Bruise may extend up to one month.
5. Removal of stitches depends on the healing condition of the surgical site.
6. Upon suture removal, apply massage to the surgical sites as instructed by the doctor to reduce the discharges and improve the undulating of the skin's surface.
7. After operation, the wound will be covered by a sterile transparent waterproof dressing. Showering is allowed. Keep the wound clean and dry afterward.

Diet

A normal diet may be resumed as instructed after recovery from anaesthesia.

Activities

1. Avoid stretching of upper limbs if liposuction is taken place at the abdomen.
2. Elevation of lower limbs is suggested if liposuction is taken place at the lower limbs. It helps improve venous return and thus reducing swelling.
3. Gentle walking with small steps is encouraged in the first week after surgery, but avoid fiction at surgical sites.
4. Apply massage as instructed 7-14 days after surgery. Massage the surgical sites for 20 minutes twice a day in subsequent 3 months which helps recovery and smoothing the skin.
5. Pressure garment is indicated for the first 2 months at all time (24 hours) and 12 hours per days in the subsequent 3-6 months.
6. Avoid excessive exercises.
7. Radio frequency treatment is recommended post operatively for optimal result. It helps tightened and smoothed the skin surface area.

Pressure Garments

1. Discharges may be expected after the surgery, reserved pressure garments are recommended to ensure the skin hygiene.
2. Swelling of the wound may be occurred and last for several weeks. Different models and sizes of pressure garment may be indicated according to the surgical site situation.
3. When applying the pressure garment, avoid over widening of the pressure garment and gently pull on to the surgical site.

Advice on Discharge

1. Immediately consult your doctor or return to hospital for professional attention in the event of severe wound pain associated with redness and swelling, tenderness, secretion of pus, blood seepage, shivering, high fever over 38°C or 100.4°F, or any other unusual symptoms etc.
2. Any follow-up consultation should be attended as scheduled.

Should there be any enquiries or concerns, please consult the attending doctor.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

Compiled by Union Hospital Operating Theatre (OT) Governance Committee

The above information is for reference only, please enquire your physician for details
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification