

## Vaser Liposuction

VASER Liposelection is an advanced body contouring procedure that gives superior results to traditional liposuction and it is associated with greater skin retraction and much less complications.

### About

**Liposuction** is a surgical technique used to remove stubborn to diet and exercise, unwanted and localized deposits of fatty tissue from various areas of the body.

Hundreds of thousands of people choose to undergo body contouring procedures such as liposuction each year. **SFMedica** uses the much acclaimed **VASER Lipo System** to meet patients' demands for gentle body contouring procedures that produce natural looking results with minimal recovery period.

**VASER Liposuction**, or **LipoSelection**, or **Lipoplasty** is an advanced body contouring procedure that uses gentle ultrasonic energy to selectively target unwanted fat, while preserving other important structures such as blood vessels, nerves and connective tissue. The result is a smooth, even body contour with fast recovery.

Over 100,000 procedures have been performed to date with no serious complications attributed.

#### How does Vaser Liposuction work?

Fat cells are contained within fat lobules, which are within fat pearls, which are contained within fat sections, which are within fat compartments.

Because fat cells have the ability to change dramatically in size (from 30 to over 100 µm in

diameter), they are bound together relatively loosely compared to muscle, fascia, and blood vessel cells.

Fat cell structures are affected by the tissue selective ultra sound action used by the **Vaser Lipo System**. Ultrasound is uniquely suited to safely dislodging and emulsifying fat which can subsequently be aspirated and removed through a small suction tube.

In addition, the tissue selective properties of ultrasound energy and atraumatic instrumentation utilized in **VASER Lipo** procedures, preserves the connective tissue matrix structure allowing for smooth, skin contraction.

#### Why VASER Lipo System?

- In a recent study published in the Aesthetic Surgery Journal, patients treated with **VASER Lipo** had 7.5 times less blood loss than those treated with traditional liposuction.
- **VASER**, which stands for **Vibration Amplification of Sound Energy at Resonance**, received FDA Clearance for body contouring in September 2002.
- **VASER Lipo** is a trusted body contouring method in a society saturated with fad procedures.

- **Vaser Lipo** is the ultimate body sculpting system as apart from removing unwanted localised fat it can also be used to transfer autologous (your own) fat to other areas of your body (e.g. deep wrinkles in the face) where a natural long-standing filling effect is required.
- Conventional lipoplasty techniques are associated with destruction of fat cells and surrounding tissues, aspiration of large packets of fat cells, and the potential for complications upon fat transfer and reinjection into other areas of the body (e.g. deep facial lines and folds). The **VASER Lipo System** ensures tissue selectivity and the collection of small packets of viable fat cells for transfer and reinjection yielding excellent long-standing results in a very safe way.

For more information on *Fat Transfer with Vaser* please read the PDF which you can find on our website.

#### **VASER Lipo benefits:**

- Safe
- Smooth, predictable and quick results in all areas of the body
- Improved skin retraction
- Minimally invasive
- Minimal scarring
- Less bruising than traditional liposuction
- Less swelling than traditional liposuction
- Faster patient recovery
- Less contour irregularities
- Better in areas where traditional liposuction wasn't effective. Especially in the more fibrous areas: Posterior flank, back, upper abdomen and breast.

- Can be combined with breast reduction surgery
- Reduced number of re-treatments
- Optimal body contouring can be achieved at one go by removing fat from areas of excess and injecting into areas that will benefit aesthetically.
- Affordable cost

If you want to know more about this exciting body contouring procedure, contact us today to book your first consultation with one of our **SFMedica** doctors who will be happy to discuss VASER Liposelection further and answer any questions you may have.

#### **Indications**

The best candidates for liposuction are healthy individuals of relatively normal weight who have excess fat in particular body areas.

Younger people with firm and elastic skin will achieve optimal results following a lipoplasty.

In patients with a very bad skin quality that will not be able to contract following liposuction surgical removal of the excess skin may be necessary. However during your first consultation with **SFMedica** and after a thorough clinical examination and a detailed medical history we will be able to give you an individualised diagnosis of your skin and fat problems and discuss what would be the best treatment options for your problem.

**Vaser Lipo** can be used to remove unwanted and annoying fat deposits from various parts of the body.

Please note that lipoplasty is not a treatment for weight loss, cellulite, stretch marks, sagging or loose skin, body contour irregularities due to other causes than fat.

**SFMedica** offers other solutions to these problems such as Medical Slimming, Mesotherapy, and Medical Microneedling. **SFMedica** and **Dr Sotirios Foutsizoglou** will soon be offering the revolutionary **CelluTite™** which is a minimally invasive non-excisional cellulite treatment which provides a long-term solution to cellulite problems.

## Surgery Explained

The **Vaser LipoSelection** procedure is performed utilising advanced proprietary patented technology.

A solid metal probe is inserted through a small skin incision into the fatty deposit. Ultrasonic energy emitted from the sides and the end of the probe as it is passed back and forth, breaks down the fatty deposits while leaving nerves, blood vessels and connective tissue largely undisturbed.

A hollow metal cannula is then inserted and is directed through the area of emulsified fat. The cannula is attached to a vacuum source which provides gentle aspiration to remove the fat.

The **LipoSelection** by **Vaser** is unique in that it first targets and disrupts fat cells and then draws them off (as emulsified fat) leaving the collagen matrix intact. Surgical trauma, complications and the potential for post-operative pain and bruising are minimized while skin retraction is optimal.

**LipoSelection** by **Vaser** may be performed under local anaesthesia and requires the infiltration of fluid containing dilute local anaesthetic and adrenaline (or epinephrine) into areas of fatty deposits. This technique can reduce the discomfort at the time of the surgery as well as reduce the potential for bruising.

Support garments and dressings are worn after the surgery to control potential swelling and pro-

mote healing. The garments also provide comfort and support, and help the skin better fit the new body contour.

For more details regarding this unparalleled liposuction procedure you can download the **Frequently Asked Questions PDF** found on our website.

## Aftercare

Every surgical procedure involves a certain amount of risk and it is important that you understand the risks of **LipoSelection** by **Vaser**. An individual's choice to undergo a surgical procedure is based on the comparison of the risks to potential benefit. The vast majority of patients do not experience serious complications but nevertheless you should discuss each of them with your **SFMedica** surgeon to make sure you understand the risks, the potential complications and the consequences of **LipoSelection** by **Vaser**.

## What to expect

The goal of fat removal is not weight loss, but improved contour. Since the body retains fluids in response to surgery, you may notice some swelling and a temporary weight gain for the first week or so following your surgery. In addition, please remember that for the majority of patients the goal is significant improvement, not perfection.

Lower abdominal liposuction patients may experience significant swelling in the pubic area.

Bruising is minimal with **VASER Lipo**, but the more extensive the surgery, the more bruising one would expect.

Post-operative discomfort usually takes the form of deep muscle soreness and normally improves over the following 2 to 7 days.

Slight temperature elevation and flushing of the face, neck and upper chest could last 48 hours.

You may initially experience a mild depression that should begin lifting after the first week, once you see the bruising and swelling fade.

Menstrual irregularities (premature or delayed monthly onset) are a common side effect after surgery.

If areas on the thighs were treated, you may have swelling in your calves and ankles for up to 3 weeks.

### Post-Operative Instructions

You will be provided with a support garment that needs to be worn 24/7 for the first 10 to 14 days. For treatment of the chin you may be required to wear the support garment for only 48 hours. You will receive clear instructions.

During the first 24 hours there is usually a lot of leakage from the wounds. You will need to change the dressings as they become soaked. Initially this may be quite frequent but the need to change the dressings will usually diminish after the first 12 hours. The leak may continue for two or three days after the treatment. Simply apply an absorbent dressing to the area.

You may only shower (not bath) the next day after the treatment provided the small incisions are covered. You should not bathe until the leaking has completely stopped.

You may *gently* massage the treated area 14 days after the procedure but you must avoid vigorous massage for at least 6 weeks.

You may return to normal daily activities the day after the procedure but you must avoid vigorous activities, exercise or sports for at least four (4) weeks. You will find that it is preferable to remain at home quietly at rest for the first at least 24 hours after the procedure as this will allow you to cope with the leakage and will give the healing process a good start.

Remember the slimmer you? If your mirror reflects more than you'd like, maybe it's time to look into **VASER® Lipo**, an exciting method of fat removal available from **SFMedica**.