

---

# spa | suction-assisted lipectomy/liposuction

by Lyn Ross

---

**L**IPOSUCTION CANDIDATES are of normal weight with elastic skin and localized collections of excessive fat on the arms, calves, knees and above the waist, also known as “love handles.” The patient’s skin must be somewhat elastic so that after the fat is removed, the skin is able to re-contour to the new shape. People who have undergone very large fluctuations in body weight are poor candidates for liposuction, as their skin has poor elasticity.

## Procedure

A tubular instrument with a suction unit attached is passed through a small incision into the fatty area under the skin. The surgeon manipulates the instrument while suctioning off the fat. A snug elastic garment will be placed over the suctioned areas after the surgery is completed to help control swelling and bleeding, and mold the skin to the new contour. The garment is worn continuously for two to three weeks and then worn only during the day for an additional two to three weeks.

After the surgery there is usually some bruising and numbness that can persist for a week or more. The majority of the swelling is gone in a matter of weeks.

Liposuction removes fat cells that will not come back, since it is thought that no new fat cells are produced after puberty. Waviness or contour problems can be corrected easily with a minor revision under local anesthesia. Excess fat can be suctioned if present. If a depression in the skin has occurred, fat can be injected into the area to correct the problem. Liposuction will not improve cellulite and is not a substitute for weight reduction.

## Before surgery

The pre-op treatment phase is primarily about exfoliating to stimulate and rejuvenate the skin—preparing the skin’s tissue to be in an optimal state prior to liposuction surgery plays a major factor in minimizing bruising and reducing uneven contour problems that can occur as a result of surgery. Recommended pre-op treatments may include: glycolic peels, LPG Endermologie® and body polishing products, as well as topical antioxidant moisturizers applied on a daily basis. Antioxidants are known to penetrate the skin and protect cells against free radical damage, while at the same time heightening the metabolic rate of healing.

## Post-operative care

Manual lymphatic drainage (MLD) and/or LPG Endermologie are often incorporated into post-liposuction care. MLD and LPG Endermologie help balance stagnated fluid and distribute immune cells throughout the body to accelerate healing and reduce complications. The lymphatic system also rids tissues of excess proteins and toxins and helps to repair damage in injured tissues. MLD also reduces the degree of pain, swelling, bruising and convalescence time associated with liposuction surgery.

Many doctors recommend LPG Endermologie treatments pre- and post-liposuction as the best way to eliminate edema and uneven contours or irregularities. LPG Endermologie, unlike liposuction, does not involve breaking through the skin in any way, so therefore it may be used as an alternative to surgery. Some of the most well-known

liposuction practitioners in the world have studied LPG Endermologie. They concur that it helps reduce swelling and any bruising that occurred due to surgery, and can enhance the results. ■



Many doctors recommend LPG Endermologie treatments pre- and post-liposuction as the best way to eliminate edema and uneven contours or irregularities.

**Lyn Ross** is a licensed master esthetics educator, a recognized leader in the professional skin care industry and the founder of Institut’ DERMed. With more than 25 years of in-clinic esthetic experience, Ross is dedicated to sharing her knowledge with licensed esthetics professionals. A true medical spa pioneer, Ross has written numerous articles, authored chapters in textbooks and appeared on radio and television shows highlighting professional skin care.