

**Dr. Tuan V. Pham M.B.B.S., F.R.A.C.S.**  
Facial Plastic & Reconstructive Surgeon  
Aesthetic Plastic Surgeon  
Nasal, Sinus & Rhinoplasty Surgeon  
Head & Neck Surgeon

**Perth** Facial Plastic  
Cosmetic Surgery 

Level 1, 136 Churchill Ave, SUBIACO  
Western Australia, Australia 6008  
Tel: +61 (8) 9380 448 Fax: +61 (8) 9380 9677  
Email: [info@perthcosmeticsurgery.com.au](mailto:info@perthcosmeticsurgery.com.au)  
Web: [www.perthcosmeticsurgery.com.au](http://www.perthcosmeticsurgery.com.au)



## ***Liposuction / Liposculpture / Lipoplasty / Body Contouring***

Liposuction / liposculpture procedures are one of the most popular operations performed by Cosmetic / Plastic Surgeons today. The procedures are effective and generally safe with short down time. The incisions are almost undetectable.

**Liposuction is ideal for women and men who are of relatively normal weight** but have isolated pockets of fat that cause certain areas of their body to appear disproportionate to the rest of the body. These localized fat deposits may sometimes be an inherited trait and typically do not respond to dieting or exercise.

Liposculpture works best when skin still has enough elasticity to achieve a smooth contour following fat removal. When skin is inelastic, as in some older patients, it may not redrape well and a skin tightening procedure such as [abdominoplasty](#) (tummy tuck) or [face neck lift](#) may be necessary.

**The most common areas** treated in **women** are thighs (outer, inner and circumferential), abdomen, hips, buttocks, arms, knees, back, neck and axillae. **Men** often have the abdomen, love handles, neck or breasts ([gynaecomastia](#)) treated.

Liposuction should not be considered as a substitute for an overall weight loss and a healthy lifestyle which includes good diet and exercise. Nor is it an effective treatment for cellulite, a condition that gives the skin an uneven, dimpled appearance. Alternative treatments may be considered, in some instances, to improve this problem.

Liposuction removes fat cells permanently. With weight gain fat cells increase in size rather than multiply. Therefore, if a person gains weight after liposculpture it will not usually return to the area suctioned since these fat cells have been removed and cannot increase in size. Fat cells in other areas, however, can still increase in size.

Liposuction can be performed on several areas of the body at the same time, and it can also be done in conjunction with other aesthetic plastic surgery procedures.

### **MAKING A DECISION TO PROCEED WITH SURGERY**

You should be informed as much as possible before making a decision to proceed with Liposuction. It is an elective procedure, which means that it is a personal choice and not necessary for maintenance of good health.

You and Dr Pham must weigh the benefits and risks and discuss recovery time, re-draping of the skin and other tightening procedures. Dr Pham will also inform you of the options available and once your goals are understood, he will recommend the appropriate procedure.

Dr Pham's office staff will give you information regarding the surgical facility where your procedure will take place and the cost of surgery. Following a joint decision by you and Dr Pham to go ahead with a procedure, photographs of you will be taken. You are encouraged to seek the opinion of other surgeons if you are uncertain.

**The goal is for a natural, aesthetically pleasing and balanced look.**

Please do not hesitate to seek another doctor's opinion if you are uncertain about Dr Pham's advice.

You are the most qualified person to select a surgeon that is right for you.

### **Contraindications to Liposculpture / Liposuction**

There are a number of reasons why Liposculpture /Liposuction is not suitable in some patients such as -

1. being unable to have an anaesthetic due to high risks
2. bleeding tendencies and poor healing
3. surgical risks are too high
4. being in the process of losing more weight
5. excessive weight gain or Body Mass Index where very large amounts of fat need to be removed.

### **Private Health Insurance Rebate**

Liposuction is usually cosmetic in nature and therefore not covered by Medicare and Health Insurance Funds. The fee will attract GST. You will be given a quote from Dr Pham (for his fee only) and contact numbers for the hospital and anaesthetist if applicable.

In very rare cases Liposculpture can be functional. Dr Pham will inform you of this and you should contact Medicare and your health insurance fund to see what rebates can be expected.

### **Understanding the Procedure**

Liposuction, depending on the extent of the area, is performed either under general anaesthesia, sedation with local anaesthesia or local anaesthesia alone. The procedure may take 1-4 hours. In healthy patients liposculpture is a day procedure but when large amounts of fat ( more than 5000cc) is removed patients are admitted to hospital overnight for observation and pain relief. Local anaesthetic is used in all cases and wears off in 4-6 hours so you will need pain medications for 24-48 hours.

A number of small incisions are made, usually in skin folds, and these are normally not detectable. Fat is removed by first inserting a small, hollow tube, called a cannula, which is connected by tubing to a vacuum pressure unit. The unwanted fat is then removed and the area sculptured to the desire contour.

All patients are recommended to wear post operative corset / pressure garments for 4-6 weeks.

### **Initial Consultation**

The majority of Dr Pham's patients are from referrals by General Practitioners or other Specialists. However, many patients are now seeing Dr Pham because of *word of mouth* referrals from previous patients. These referrals are often the best referrals. Friends, relatives or coworkers who have had facial and cosmetic plastic surgery are often willing to share their experiences. It is often helpful to talk to these people before contemplating surgery.

Facial and cosmetic surgical procedures can help increase self-confidence because, generally when people look better, they feel better. However certain aspects of facial plastic and cosmetic surgery, which cannot be ignored, are the patient's mental and emotional attitudes.

An initial consultation gives you and Dr Pham the opportunity to discuss your intended procedure/s in full.

### **Some of the questions you may wish to ask are:**

- Am I a good candidate for this procedure?
- What is a realistic outcome for me after surgery?
- How long will the operation take?
- What is the recovery time?
- What are the risks involved?
- Is post-operative medication necessary?
- What is the charge for the procedure?

It is a good idea to write down the answers Dr Pham provides so that you can review these carefully later. The consultation also provides you with an opportunity to meet Dr Pham to determine whether your personality and his are compatible and that you feel comfortable with him as your surgeon.

## **Medical History**

It is important that you are candid with Dr Pham and his staff regarding your medical history so that he can plan the best possible treatment. This information is strictly confidential. Please inform him of any:

- Previous facial and/or cosmetic surgery (nose, eyelids, breasts etc.)
- Past and current medical conditions such as heart, lung and kidney disease, prolonged bleeding or excessive bruising, blood clots in the legs or lungs, or gastric reflux.
- Current medications especially Aspirin, Anti-inflammatories, Warfarin, blood thinners, Insulin, and oral contraceptive pills. Over the counter products such as vitamins and herbal medications may also be important.
- Allergies or adverse reactions to antibiotics, anaesthetic drugs or other medications.
- Psychological and psychiatric illnesses
- Past keloid scarring or poor healing
- Connective tissue disorders such rheumatoid arthritis, lupus erythematosus, scleroderma or similar
- Previous radiotherapy to the head, neck or breast areas.

Dr Pham will then examine your features and after discussing options and specific risks and benefits will recommend the most appropriate procedure/s for you.

We respect your privacy. During your consultation you will be able to view some *before and after* photographs. We emphasise that the only photos shown are those of patients who have given their written permission to do so.

## **PREOPERATIVE (Before surgery) INSTRUCTIONS**

- Please cease Aspirin, Aspirin-containing products, Plavix and non-steroidal anti-inflammatories (such as Ibuprofen) for 10 days prior to and two weeks following your surgery. If you are on any medications that affect bleeding (such as Warfarin) please notify Dr Pham.
- Smoking tobacco and alcohol increase anaesthetic and surgical risks. Please cease them for one to two weeks prior to and three weeks following surgery. They cause delayed wound healing, skin redness and other complications.
- Please notify us of all your routine medications and significant health history. You can remain on your daily medications, except for blood thinners unless instructed otherwise.
- Arnica, a natural herb that significantly decreases bruising, can be taken before and after surgery along with Vitamin C (ascorbic acid), which helps promote healing.
- If you are having a morning procedure you must not eat or drink after midnight the evening before. If you are having an afternoon procedure you must not eat or drink after 6.00am on the morning of surgery. You may, however, take your normal medications and brush your teeth.
- Please shower and remove any make-up and nail polish before arriving for your procedure.
- Unless you are remaining in hospital someone will need to drive you home after surgery and stay with you that evening.
- If you have any concerns please call the office. Remember, we are all here to give you the best possible care.

## **POSTOPERATIVE (After Surgery) INSTRUCTIONS**

During surgery, dressings and a corset will be placed on the wounds and the areas that have been liposculpture. Immediately after surgery, you will be transferred to the recovery room for monitoring. Once awake and when it is safe to do so, you will be transferred to your room. You will usually stay overnight but occasionally patients can go home with a responsible adult.

Wound swelling, bruising, tightness and pain are to be expected, especially in the first few days. Keep dressing tapes dry and intact until they are removed after 1 week. Most sutures are dissolvable and the remaining ones are removed at the first postoperative review after 1 week.

Some patients may have mood swings, feel depressed, anxious or elated after the procedure. These feelings usually resolve but if they persist then please inform Dr Pham.

**Medications-** Dr Pham will prescribe pain relief to be used as directed. Usually Paracetamol + Codeine (Panadiene Forte), Tramadol or Oxycodone is sufficient. Most patients complain of discomfort rather than pain. Do not take additional pain relievers other than what Dr Pham suggests or prescribes and start any antibiotics when you get home.

**Diet-** You should take plenty of fluids and eat nourishing food as tolerated. You may feel nauseous for the first 24 hours.

**Recovery-** Most patients return to work after 1-5 days and are encouraged to walk on day one. Exercise can be resumed as tolerated after the first week and most patients are at full activity after 2-3 weeks. Swelling may be persistent and can remain for several months after the procedure. Swelling lasts longer in older patients and usually the patients have their final result using the formula of one month per decade.

**Activity-** You should rest for the entire day after surgery. Sleep on your back with the head of your bed elevated. You can resume most light daily activities the next day. You should avoid heavy lifting, exercise and activities such as running for 2-3 weeks after surgery. You can shower after 1 day. Sexual intercourse can usually resume after 2-3 weeks. You can drive after 1 to 2 days.

Most people can resume work after 1-3 days or earlier, but occasionally longer if patients prefer more privacy. Most of the swelling and bruising will subside after 4 -6 weeks. You should wear a corset for 4 to 6 weeks.

**Final results** following Liposculpture are not apparent for up to 3 months following surgery. We request that you please follow-up with us for at least 6-12 months for assessment and postoperative photographs. Remember to maintain a healthy lifestyle and weight control for long term result.

**Please Inform Dr Pham's office or the hospital where the procedure was performed** if you have the following:

- High fever, chills or a temperature of more than 38 degrees
- Heavy bleeding from the wounds
- Severe pain or tenderness
- Significant redness, or discharge around the incision
- Significant swelling of the abdomen

**If you have any concerns you can contact Dr Pham's office. Remember, we are all here to give you the best possible care.**

## **Risks of Surgery**

Modern surgery is safe but does have risks. Complications can occur despite the highest standards and world's best practice principles used by Dr Pham.

It is not possible to list all the risks but you should be informed of the common side effects and benefits so that you can make an informed consent. Dr Pham will discuss these in greater detail at consultation. You should write down any particular questions or specific concerns.

The potential risks are

### **General risk of surgery**

- Wound infection or breakdown – may require antibiotics
- Bruising and swelling
- Bleeding, blood clots or seroma
- Chest infection
- Sore throat from the breathing tube
- Heart problems, blood clots (lower legs or lungs) or breathing difficulties due to anaesthesia and surgery in some patients

### **Specific Risks**

- Swelling and numbness or tingling and needle like sensations around the areas of Liposculpture
- Asymmetry and contour irregularities including depressions or wrinkling of the skin
- Discolouration of the skin
- Subjective dissatisfaction with the final outcome

- Allergic reaction to sutures tape adhesives
- Injury to underlying organs

**FEES** The cost of Surgeon, Anaesthetist and Hospital fees will depend on the area and amount to be liposuction. GST apply to all cosmetic procedure.

Surgeon Fee: approximately \$1000-1500 per area + GST

Area: Upper abdomen, Lower abdomen, Flanks, Medial thigh, Lateral thigh, Buttock, Axillae, Back, Upper arm

Anaesthetist, Hospital or Churchill Day Surgery-need quote

**Please [contact us](#) for your consultation on [Liposuction / Liposculpture](#)**

You can view our website [www.perthcosmeticsurgery.com.au](http://www.perthcosmeticsurgery.com.au)

- Information on a range **cosmetic surgery and non surgical cosmetic procedures** available
- [Gallery / Before & After Photos](#)
- Find answers to your most [Frequently Asked Questions](#) (FAQs).
- Fees and Private Health Insurance rebate

If you wish to learn more about cosmetic surgery and facial plastic surgery please [contact us](#) to schedule a [consultation](#) with our Facial Plastic and Cosmetic Plastic Surgeon, [Dr Tuan Pham](#) or Nurse Coordinator.

**GALLERY of Liposuction / Liposculpture**

