



## **Liposuction of the Abdomen – Does it Always Give the Best Results?**

Liposuction removes fat on top of the abdominal wall muscle. Liposuction does not tighten the muscle or remove loose skin. It is important to have the right surgical procedure to get the results that you are expecting. Liposuction involves making tiny incisions and injecting tumescent fluid which will decrease bleeding and also offer an anesthetic effect. A cannula (metal probe) is inserted through the small incision. The probe is connected to tubing which is attached to a suction machine. The suction force pulls the fat through the tubing into a canister. In power assisted liposuction, the cannula is turning during the suction process. In ultrasonic assisted liposuction, heat is used to melt the fat prior to removing it. A probe is inserted through the same small incision that is used to inject the tumescent fluid and the fat is liquefied with ultrasound waves prior to removing it. In laser assisted liposuction, a laser light is used to liquefy the fat. In the types of liposuction that involved heat (ultrasonic assisted or laser assisted), the skin shrinkage is improved.

If the patient has good skin elasticity, the skin will be able to shrink after the fat has been suctioned. If any stretch marks are present, the skin elasticity is already decreased. Loose skin is more prevalent after the procedure if stretch marks are present prior to the procedure. If loose skin is present prior to the procedure, it may be worse after the procedure. Exercise will not tighten the skin. With normal aging, the skin loses some of its elasticity. The stretching of the abdominal wall skin with pregnancy will also decrease the skin elasticity. Most importantly, liposuction will not tighten the abdominal wall muscles which can be stretched significantly during pregnancy or weight gain. It is important to have realistic expectations prior to undergoing a procedure to avoid disappointment after the procedure. During your consultation, your plastic surgeon will inform you of what procedure will give you the best result.



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