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## **LIPOSUCTION (ASPIRATION LIPECTOMY)**

### **WHAT IS LIPOSUCTION?**

Liposuction, also called aspiration lipectomy, removes excess fat through a suctioning process. This procedure permanently removes fat deposits from areas such as the chin, cheeks, neck, upper arms, abdomen, hips, buttocks, and thighs. It is one of the most common of all cosmetic procedures, and can be an effective technique for recontouring the body. The tendency to accumulate fat in areas such as the abdomen may be inherited, and this fat is often especially resistant to diet and exercise.

### **WHO IS A GOOD CANDIDATE FOR LIPOSUCTION?**

Candidates must be in good health, have no active diseases or serious, pre-existing medical conditions, and must have realistic expectations of the outcome of the surgery. Candidates should be adults, of any age, within 30% of their ideal weight and with firm, elastic skin and good muscle tone. Liposuction is not a treatment for obesity or a substitute for proper diet and exercise. It is also not an effective treatment for cellulite.

### **HOW IS THE PROCEDURE PERFORMED?**

A small incision is made in or near the areas to be suctioned. In some cases, these incisions may be so small that no post-operative stitches are required. An appropriately-sized tube, or cannula, is inserted through the incision to loosen excess fat. The fat is then removed using a surgical vacuum. Ultrasound may be used to assist liposuction in certain areas that would otherwise not respond well to conventional treatment. Dr. Anzarut will evaluate your skin tone and elasticity, as well as fat density and distribution to determine the appropriate technique for your individual case.

### **OPTIONS TO ENHANCE THE PROCEDURE**

In some cases, liposuction is used in conjunction with other procedures, such as a facelift, breast reduction, or a tummy tuck.

## **PLANNING FOR YOUR SURGERY**

First, schedule a personal consultation with Dr. Anzarut. Communication is vital in reaching your goals. You will have the opportunity to discuss your goals and the results you'd like to achieve. Dr. Anzarut will work with you to reach an understanding about what you can expect from this procedure and what long-term benefits you will experience. Every patient is different, and Dr. Anzarut will choose the surgical technique and treatment plan that is right for you. During your initial consultation:

- Provide a complete medical history. Include information about any previous surgical procedures; past and present medical conditions; and all medications or herbal supplements you are taking.
- Expect your Dr. Anzarut to conduct a complete physical examination.
- Be prepared to discuss possible risks and complications of the procedure.

## **PREPARING FOR YOUR SURGERY**

You will be given specific instructions on how to prepare for your surgery. Dr. Anzarut will instruct you on how to prepare for surgery, including guidelines on eating and drinking, smoking, and which vitamins and medications should be taken or avoided. You should arrange for someone to drive you home after your surgery, whether your surgery is done on an outpatient or inpatient basis. You may also want to make arrangements for someone to help you out for a day or two after you leave the hospital.

## **WHERE YOUR SURGERY WILL BE PERFORMED**

Your procedure will take place in the hospital or at an accredited outpatient surgical facility. The majority of these procedures are completed on an out-patient basis.

## **TYPES OF ANESTHESIA**

You'll remain comfortable throughout the entire procedure. In most cases, general anesthetic is used so that you will sleep throughout the procedure; although local anesthesia with intravenous sedation is also an option for some patients.