

## LIPOSUCTION BODY CONTOURING WITH SKIN EXCISION

This procedure combines traditional liposuction with removal of sagging, excess skin. Areas commonly treated are the abdomen, arms and inner thighs.

Abdominoplasty, treatment of the abdomen, consists of either the full abdomen or the lower abdomen below the belly button. The full abdomen involves making an incision slightly longer than a C-section, detachment and repositioning of the belly button and tightening the abdominal muscle to allow the tissues to shift. Excess skin is then removed. Drains are most often needed and removed in a couple of days. Usually more definition of the waist and a tighter, flatter abdomen is achieved. The less involved lower abdominal skin excision and muscle tightening may be done if the excess is limited to below the belly button. A shorter incision is used.

Brachioplasty, treatment of the arms, includes liposuction and removal of excess skin from the inner aspect of the arm. Incisions should not go below the elbow. People with less laxity are able to benefit with incisions limited to the armpit and very upper arms. There is no need for drains with this procedure.

Inner thigh treatment consists of liposuction and excising the excess skin with the incision lying in the groin and possibly the upper thigh. No drains are needed.

For all procedures a compression garment is worn for 3 to 4 weeks to aid in post-operative comfort and to decrease swelling and bruising. Pain is usually minimal and often controlled with Tylenol or Ibuprofen.

There is no need for general anesthesia. A combination of local anesthesia, oral and intravenous sedation will provide comfort and amnesia throughout the procedure.

Walking is encouraged right away and light activities such as swimming may be resumed a week later. At 3 to 4 weeks, gradual addition of aerobic activities may be started.