

## What is LaserLipo<sup>SM</sup>?

LaserLipo<sup>SM</sup> combines liposuction, the most popular and effective fat-reduction surgery available, with the newest, most advanced laser available to create a superior procedure that offers all the benefits of liposuction with the following advantages:

- decreased post-operative downtime,
- no general anesthesia,
- minimized bruising and discomfort, and
- improved skin elasticity post procedure

LaserLipo<sup>SM</sup> is performed in Reveal<sup>SM</sup> medical facilities by our trained physicians.

Liposuction is a surgical procedure that contours the body by removing excess fat from specific areas, including the abdomen, hips, thighs, buttocks, upper arms, chin, and neck. Because skin laxity and irregular skin contouring may occur following liposuction, LaserLipo<sup>SM</sup> employs a high-power laser during the procedure. This laser provides multiple benefits: As it heats the skin, it causes contraction of the collagen bundles and stimulates the skin to produce more collagen. This promotes tighter skin during the healing process and helps to ensure a more uniform, tighter, smoother look once all final healing has occurred. Additionally, its heating action liquefies fat in the treated area, allowing for easier fat removal with less bruising and less post-surgical discomfort. Finally, the laser's heating action cauterizes many of the small blood vessels that run through the fat layers. This greatly decreases post-procedural bruising, and allows for faster healing so that you can return to your regular routine much faster than with non-laser assisted liposuction (often within 48 hours).

## Am I a good candidate for LaserLipo<sup>SM</sup>?

The best candidates for LaserLipo<sup>SM</sup> are people who are close to their target weight. Because LaserLipo<sup>SM</sup> is a body contouring procedure and not a weight-reduction tool, it's best for those who have isolated pockets of fat that do not respond well to diet or exercise. The amount of fat removed in a LaserLipo<sup>SM</sup> procedure is limited to a maximum of approximately 10 pounds, but more commonly about 2-6 pounds are removed, depending upon the particular area(s).

With tradition liposuction, best results are usually limited to those with firm, elastic skin because the elasticity lends itself to smoother contouring after fat removal. With LaserLipo<sup>SM</sup>, the addition of the laser allows for better overall skin-contouring results for more patients because the heat stimulates the skin to tighten faster and make more collagen than it would if left to its own healing devices. Generally, patients under the age of 50 will generally enjoy better skin contraction and smoothing than those in their 60s and beyond, but the laser can help improve results at all ages.

## What areas are treatable with LaserLipo<sup>SM</sup>?

Typical areas include the upper and lower abdomen, flanks (love handles), back, neck and chin, hips, buttocks, inner thighs, outer thighs, upper arms and male chest.

## What are the risks associated with LaserLipo<sup>SM</sup> surgery?

All surgery involves some risk. Potential complications may include infection, bleeding, asymmetry or poor healing, skin pigmentation changes, temporary superficial blisters or skin pigmentation changes, scars, nerve injury and/or reaction to anesthesia. If you are a smoker, you may be at risk for further complications, so you will be asked to stop smoking for your safety and to optimize healing.

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## What technique will be used to perform LaserLipo<sup>SM</sup>?

Reveal<sup>SM</sup> utilizes the tumescent liposuction technique when performing LaserLipo<sup>SM</sup>. Pioneered in 1985, tumescent liposuction has been used safely in thousands of cases around the world. By infusing a mixture of saline and lidocaine (anesthetic) into the treatment areas to “separate” the fat from surrounding structures, the fat is much more easily localized and removed. Once the solution has been infused, a laser will be inserted into very small incisions (about 3-4mm) around the area, and moved through the area to help break up and liquefy the fat and provide a consistent heating to the skin to promote post-procedural tightening. After the areas are lasered, small hollow tubes (or cannulas) are inserted through those same tiny incisions and into the layers of fat that lie deep beneath the skin. The cannula is connected to a suction device that literally vacuums the now liquefied fat out as the surgeon uses a push/pull motion.

## What should I expect?

LaserLipo<sup>SM</sup> is a relatively simple surgical procedure. About 30 minutes to an hour prior to treatment, you will be given antibiotics and a mild sedative to help you relax. The surgeon will then mark the treatment areas with a surgical marker. The procedure begins with an injection of tumescent solution as described above. You will be fully awake and able to provide feedback to the surgeon during the surgery, which can last from 1 to 3 hours depending upon the areas to be treated. You may even be asked to stand and look in the mirror to make sure that everything is even before finishing the procedure. Once the procedure is over, you will be helped into a form-fitting compression garment to help begin molding the desired contour of the body, pushing the remaining fat into the shape that is desirable. You will relax in our waiting room for approximately an hour so that we can monitor your immediate recovery, and will then be released into the care of a family member or friend to drive you home.

## How long is the recovery period?

You may return to work within approximately 48 hours of your LaserLipo<sup>SM</sup> surgery. The small incisions are left open to allow the tumescent solution to drain after the surgery, and you will drain large amounts of fluid from those incisions for the first 24 to 48 hours. The recovery period usually lasts from four weeks to six months, depending on the patient and the extent of the procedure. Swelling typically subsides after a week while bruising, though minimal, may last three weeks or longer. You may resume more strenuous physical activity after two to four weeks.

## How will I feel after the surgery?

You may feel sore, but excessive pain is rare with LaserLipo<sup>SM</sup>. You may be prescribed pain relievers to manage your comfort, but unlike to traditional liposuction, most people need nothing more than extra-strength Tylenol to manage their discomfort afterwards. Bruising is generally quite minimal. Because there will be swelling and the structures underneath the skin will have shifted and changed, you will be required to wear a compression garment post-operatively to enhance your recuperation and results.

## Are the results of LaserLipo<sup>SM</sup> permanent?

Because the fat cells are removed forever, the results of LaserLipo<sup>SM</sup> are permanent with a sensible diet and exercise. If you gain a significant amount of weight, the remaining fat cells can enlarge and/or the fat may be distributed to other areas of the body.

## When will I see a difference?

This is dependant upon the amount of fat removed, but most people begin to notice a difference in their silhouette after the swelling subsides, which can be as soon as a few days, but for many people, is several weeks. Before and after photos will be taken so that you can fully appreciate the results. The final outcome will generally be reached approximately 6 months after the procedure.

# LaserLipo<sup>SM</sup> Results

**Before**



**After**



**Before**



**After**



**Before**



**After**

