

| fact sheet |

TUMESCENT LIPOSUCTION

What is tumescent liposuction?

Tumescent liposuction represents the single most significant advancement in liposuction since its inception. It has become one of the most commonly performed cosmetic treatments in the United States today.

The word “tumescent” means swollen and firm. By injecting a large volume of very dilute lidocaine (local anesthetic) and epinephrine (capillary constrictor) into pockets of fat, the targeted tissue becomes swollen and firm (tumescent), thereby making it easier for the liposuction cannula to travel smoothly beneath the skin to remove the fat.

The tumescent technique eliminates both the need for general anesthesia and the need for IV narcotics and sedatives. In addition, it constricts capillaries to prevent surgical blood loss while providing fluid to the body so that an IV is not necessary.

How is the procedure performed?

The areas to be treated are first numbed with a tiny injection of local anesthetic. A very small opening is made in the skin and a narrow instrument (a cannula) is inserted to deliver a dilute local anesthetic solution. Once the solution sufficiently swells and firms the



fat tissue, it is suctioned away through the same small opening.

If several areas are treated, they may be numbed all at once and treated at the same time. Or, each area may be numbed and suctioned individually.

How safe is tumescent liposuction?

Certainly any surgical procedure carries a degree of risk. However, tumescent liposuction has an exceptional safety record when performed in an appropriate setting and by appropriately trained surgeons.

Since the tumescent technique eliminates the dangers of general anesthesia, risks and complications drop dramatically compared to traditional liposuction.

What are the possible side effects?

Side effects are rare and easily corrected but may include skin irregularity, lumpiness, dimpling, loose skin, and infections.

How much time is necessary for recovery?

Recovery time varies significantly from person to person. Most of our patients, however, do not require post-operative pain medications and are active within hours of the surgery. Many return to work in as few as three days. Physical exercise, however, is not recommended for at least a week.

Is scarring a problem with tumescent liposuction surgery?

Because we use very small openings (most commonly 1.5 to 2.0 mm in diameter), healing is rapid and requires no stitches. Such tiny holes usually disappear without scarring.

Are there other advantages of tumescent liposuction over traditional liposuction?

Tumescent liposuction offers smoother results. In addition, because tumescent local anesthesia lasts so long, tumescent liposuction is less painful and more pleasant than traditional liposuction performed under general anesthesia. With tumescent local anesthesia, patients are able to avoid the post-operative nausea and vomiting associated with general anesthesia. Tumescent anesthesia is so efficient at providing fluid to the body that it is unnecessary to use IV fluids.

How do I know if the procedure is right for me?

Give us a call at (801) 595-1600 to schedule a consultation.

We are located at the south end of the Gateway Mall at 440 West 200 South, Suite 250, Salt Lake City, Utah 84101.



The safest, the most effective

More pleasant than traditional liposuction, tumescent liposuction offers you amazing results.