

LIPOSUCTION FOR MEN

ABOUT THE PROCEDURE

Liposuction is one of the most popular cosmetic procedures for men. The procedure involves making a small incision and suctioning fat from under the skin using a hollow stainless steel tube called a cannula.

ARE YOU A GOOD CANDIDATE?

Men may be an even better candidate for liposuction than women as they have more localized fat deposits and thicker, denser skin that snaps back better after the procedure.

Liposuction can be used eliminate stubborn, localized fat in the following areas:

- Chest
- Belly
- Chin and/or neck
- Waist and love handles

Liposuction might be for you if you:

- Have disproportionate fat deposits that you cannot get rid of with diet or exercise.
- Have good skin elasticity, as liposuction just removes fat, it does not tighten skin.

POST-OPERATIVE INSTRUCTIONS

- The average time off work is 1-2 weeks.
- If your dressing is leaking or heavily soiled before 2 days after surgery, you can replace with new dressing if needed (e.g. a maxi pads or gauze work well for replacement dressings).
- Shower 2 days after surgery and remove bandages in the shower.
- Apply antibiotic ointment and light Band-Aid then put garment back on – do this daily.
- Wear the garment 24 hours a day for 6 weeks.
- Don't do any activity that increases your blood pressure for 6 weeks after surgery.
- Massage scars postoperatively to help minimize scarring (see general post-op instructions scar management).
- All the stitches are dissolving.
- Call my office to make an appointment 1 week after surgery.

COMMON POST-OPERATIVE EXPERIENCES

- Burning or itchiness around surgical site is normal.
- Bruising and swelling are normal and may spread but will settle in a few weeks.

OUTCOME

- Scars can take up to 1 year to completely heal.
- See general post-op instructions.