

MOMMY MAKEOVER PART III: LIPOSUCTION

*Your Weekly Newsletter by
Dr. Nick Sieveking*



Welcome to part three of our “Mommy Makeover” series, focusing on **liposuction**. While the tummy tuck and breast enhancement/lift/reduction are what most patients consider the key components of the mommy makeover, **liposuction** is a critical tool that helps maximize results—creating the lean, contoured, youthful silhouette often lost after pregnancy.

Areas Commonly Treated with Liposuction

- Chin and jawline
- Arms
- Axilla and upper breast
- Fatty folds along the back
- Flanks, hips, and waistline
- Upper and lower abdomen
- Pubic region
- Inner, outer, and anterior thighs



32-year-old female BEFORE & AFTER SAFE Liposuction of the Arms

Liposuction Techniques

1. Standard Suction-Assisted Liposuction (SAL)

Uses a **tumescent wetting solution** to firm the fat compartment and provide epinephrine for hemostasis. Mechanical force and suction remove fat cells.

Hallmarks of SAL:

- Requires significant manual effort
- Limited finesse and sculpting

- Greater bruising and postoperative discomfort
- Higher rates of contour irregularities and surface deformities

Bottom Line:

Largely replaced by newer, gentler, and more precise sculpting techniques.



42-year-old female BEFORE & AFTER SAFE Liposuction of the Arms

2. Laser-Assisted Liposuction (LAL)

Once popular for its high-tech appeal, LAL used laser energy beneath the skin to destroy fat cells. Unfortunately, the **thermal heat** often led to **burns, open wounds, and contour deformities**.

Bottom Line:

The risks outweighed the benefits. LAL has fallen out of favor.

3. Ultrasonic-Assisted Liposuction (UAL)

For years, this was considered the gold standard. Ultrasonic waves gently emulsify fat, minimizing trauma and allowing smoother, more refined contouring.

Benefits:

- Less bleeding, bruising, and downtime
- Larger-volume fat removal possible
- Allows precise sculpting

Risks:

- Possible skin burns from heat
- Temporary swelling or fluid collections from lymphatic disruption



42-year-old female BEFORE & AFTER SAFE Liposuction of the Inner, Outer, and Anterior Thighs

4. SAFE Liposuction

Acronym: Separation, Aspiration, Fat Equalization

Developed by **Dr. Simeon Wall Jr.** of the Wall Center for Plastic Surgery, this advanced method uses **power-assisted vibration and oscillation** to dislodge fat cells gently before suctioning.

Advantages:

- Even fat removal across multiple layers
- Smooth, natural contours with fewer irregularities
- Reduced risk of surface deformities

Bottom Line:

A superior, refined, and safer method—especially in experienced hands.



54-year-old female BEFORE & AFTER SAFE Liposuction of the Abdomen

What Is Tumescant Solution?

Before fat removal, the target area is infused with a **saline solution containing epinephrine** (to minimize bleeding) and **lidocaine** (for local anesthesia).

Benefits:

- Increases internal pressure for efficient fat disruption
- Constricts blood vessels to reduce bleeding
- Provides early pain control
- Helps prevent burns by cooling the tissue during ultrasonic or laser liposuction

Are Drains Needed?

Yes. Experienced surgeons typically use drains for several days post-op to remove fluid accumulation in treated areas. Without drainage, **seromas** can form, delaying healing and distorting results.

Surgical Duration

Depending on the number of areas and total fat removed, liposuction can last **1 to 6 hours**.



26-year-old female BEFORE & AFTER SAFE Liposuction of the Submental Zone with Chin Implant

How Much Fat Can Be Safely Removed?

Most surgical facilities require **overnight observation** for fat removal exceeding **4 liters (≈8 pounds)**.

Interestingly, even with only 8 pounds removed, patients often **appear 20+ pounds lighter**—because liposuction permanently eliminates fat cells, not just shrinks them.

Will Fat Cells Return?

No—under normal conditions, fat cells do not regenerate after liposuction. However, **remaining fat cells can enlarge** if weight is regained. Future fat accumulation may shift to untreated areas (e.g., buttocks or thighs).

Compression Garments

Tight, elastic garments are worn for **3–6 weeks** post-op to:

- Reduce swelling
- Prevent fluid buildup
- Guide skin retraction
- Encourage smooth contouring



54-year-old female BEFORE & AFTER SAFE Liposuction of the Abdomen

Recovery Timeline

Days 1–5:

- Compression garments and drains remain in place

- Moderate pain controlled with medication
- Bloody drainage is common; sleep on washable pads
- Drains typically removed on day 4–5

Days 6–14:

- Switch to over-the-counter pain relief
- Mobility returns; most can drive after a week
- Continued use of compression garments (except during showers)
- Expect swelling and bruising—results are not yet visible

Days 14–28:

- Resuming normal daily activity
- Light exercise allowed, no strenuous workouts
- Swelling improving, skin starting to settle
- Compression worn only during the day

Beyond 28 Days:

- Bruising gone, energy and mobility restored
- Visible contour improvements—flatter abdomen, narrower waist
- Still some residual swelling

By Month 4:

- Final results visible
- Smooth, contoured figure with tight, natural lines
- Most patients report renewed confidence and satisfaction



44-year-old female BEFORE & AFTER SAFE Liposuction of the Hips and Waistline

Potential Risks

While modern liposuction is remarkably safe, potential risks include:

- **Organ injury** (extremely rare in skilled hands)
- **Bleeding or hematoma** requiring intervention
- **Infection** (usually minor and treated with antibiotics)
- **Asymmetry or contour irregularities**
- **Residual loose skin**, which is sometimes unavoidable

At **Sieveking Plastic Surgery**, we exclusively perform **SAFE Liposuction**. After 25 years of experience with all major techniques, I've found this approach provides **the smoothest, safest, and most predictable results** with minimal complications.



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