

Liposuction

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NHS Foundation Trust

What is Liposuction?

Liposuction also known as liposculpture is a surgical procedure to remove areas of unwanted fat from the body, such as a dog ear following breast surgery.

How it is done?

Liposuction is performed in theatre under general anaesthetic. Fat is removed using suction from a vacuum device.

Hospital stay

Liposuction is normally performed as a day case.

What are the risks and complications?

Side effects are minor but liposuction like all surgical procedures does carry a risk.

- Bruising – can be considerable depending on the size of the area being treated.
- Swelling – results should be seen after two or three weeks, although it may take a further six to twelve weeks for most of the swelling to settle.
- Sensation – numbness or increased sensitivity of the area can occur for several weeks following the procedure.
- Infection and bleeding – is unusual, but antibiotics are given if needed.
- Painkillers may be needed for a few days.

Recovery

You are advised to take it easy for the first 48 hours.

You can resume normal activities following liposuction to small areas after a few days: larger areas may need up to ten day's recovery.

You will have a waterproof dressing over the wound which is to be left in place for one week.

Further information

British Association of Plastic Reconstructive and Aesthetic Surgeons.

www.bapras.org.uk

**If you have any concerns, please contact your breast care nurse on 01493 452447 9am-4.30pm
Monday to Friday**

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

Trust Values

- Courtesy and respect
- A welcoming and positive attitude
- Polite, friendly and interested in people
- Value and respect people as individuals
- So people feel **welcome**
- Attentively kind and helpful
- Look out for dignity, privacy & humanity
- Attentive, responsive & take time to help
- Visible presence of staff to provide care
- So people feel **cared for**

- Responsive communication
- Listen to people & answer their questions
- Keep people clearly informed
- Involve people
- So people feel **in control**
- Effective and professional
- Safe, knowledgeable and reassuring
- Effective care / services from joined up teams
- Organised and timely, looking to improve
- So people feel **safe**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240