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Liposuction: What You Need To Know
Liposuccion: ce qu'il faut savoir

As an esthetician, you are considered to be a source of information, a confidante whom your client relies on for advice about issues relating to their skin and bodies. Many clients may seek your advice about surgical procedures before approaching a physician. This month, we asked Dr. Trevor M. Born, one of Toronto's foremost experts on liposuction to explain the fundamentals of this popular procedure.

For those who have reached a certain weight and just can't lose those few extra pounds, liposuction may be the answer. Many individuals have localized fatty deposits on different parts of their body, such as the face and neck, upper arms, breast, chest, abdomen, thighs and calves that are resistant to diet or exercise. Liposuction is a surgical procedure designed to reduce targeted areas of excess fat.

Many people have misconceptions about the procedure. "Liposuction is a contouring procedure and is not meant to be for weight loss," says Dr. Born. "Clinics who advertise a 20 to 30 per cent weight loss are putting patients at risk." In fact, guidelines from both the American and Canadian Societies for Plastic Surgery advise the removal of 5 litres of fat or less.

"I tell people not to expect weight changes," says Dr. Born. He cautions that people with unrealistic goals may be disappointed with the results if they don't understand the purpose of liposuction.

The drawbacks and surgical risks in correctly selected candidates are few explains Dr. Born. The most common complication is bruising which varies from patient to patient and lasts anywhere from a week and a half to three weeks or more. Minor risks include infection and pain at the sight of the surgery. Not removing enough fat from an area or, very uncommonly, removing too much fat from an area could also be considered drawbacks. "Despite all those risks, liposuction has a high degree of safety," reassures Dr. Born. Patients considering this procedure should ensure that it will be performed by a board-certified plastic surgeon.

"Discomfort is minor to moderate, depending on the patient and the fat removed," says Dr. Born. Some discomfort that may occur is usually related to swelling around the muscle or the bone. It usually takes about three to five days until patients can resume their daily activities and light exercise and about two weeks until they can resume full activities and full exercise.

Liposuction can be done under general or local anesthetic and sedation, depending on how many areas the patient wants treated or on what the patient chooses.

The ratio of women to men who seek this procedure is 60 per cent women to 40 per cent men. Women tend to want liposuction on their abdomen, flanks or hips, lateral thighs, medial thighs, knees, calves, upper arms, chin and back. Men commonly seek the procedure to remove fat from their abdomen, flanks, hips and chest.

"Once you remove the fat it's gone," explains Dr. Born. However, he cautions that if someone gains weight, there are still fat cells in the area that will increase in size and the patient can gain fat mass in that area.

Liposuction can be done in conjunction with body sculpting. "In a properly selected patient, you can have excellent results." says Dr. Born. It is generally done in the calf and abdominal area. He also explains that using liposuction of reducing breast size is a very good procedure in properly selected patients because it give lift and reduces size without any large incisions.

Les clientes posent généralement des questions aux esthéticiennes et leur parlent de leurs problèmes de peau ou d'apparence avant de voir un médecin. Ce mois-ci, nous avons demandé au Dr. Trevor M. Born, l'un des principaux spécialistes de la liposuccion de Toronto d'expliquer les principes de cette technique populaire.

La liposuccion peut être la solution pour les femmes qui, après un régime, ne réussissent pas à perdre quelques dernières kilos. De nombreuses personnes ont des dépôts de graisse localisés à divers endroits de leur corps, comme le visage et le cou, les bras, la poitrine, l'abdomen et les mollets, qui résistent à tous les régimes et exercices. La liposuccion est une intervention chirurgicale qui vise à réduire les excès de graisse dans des zones ciblées.

Nombreux sont ceux qui ont de fausses idées sur la liposuccion. «C'est une intervention qui modèle la silhouette et ne doit pas servir à faire perdre du poids, explique le chirurgien toronto, Trevor Born. Les cliniques qui prétendent faire perdre 20 à 30 pour 100 de leur masse corporelle à leurs patients, mettent leur vie en danger.» De fait, suivant les directives des Sociétés canadienne et américaine des chirurgiens plasticiens, il est dangereux d'enlever plus cinq litres de graisse.

«Je dis aux gens de ne pas s'attendre à un changement de poids, explique le Dr Born. Il met en garde ceux qui ont des buts irréalistes et dit qu'ils risquent d'être déçus par les résultats s'ils ne savent pas exactement à quoi sert la liposuccion.

Les inconvénients et les risques chez les bons candidats sont rares, explique le Dr Born. La complication la plus fréquente varie d'un patient à l'autre et peut persister pendant une semaine et demie jusqu'à trois semaines ou davantage. Les risques mineurs comprennent les infections et un peu de douleur. Le fait d'enlever pas assez ou trop de graisse (ce qui est rare) est aussi un inconvénient. «Malgré ces risques, la liposuccion est généralement sans danger», tranquillise le Dr Born. Il est conseillé de s'adresser à un chirurgien plasticien agréé.

«La douleur est minime ou modérée selon le patient et la quantité de graisse enlevée», dit le Dr Born. Cette douleur est habituellement associée aux gonflements autour du muscle ou de l'os. Il faut généralement entre trois et cinq jours avant que les patientes puissent reprendre leurs activités quotidiennes et faire de légères exercices et deux semaines environ avant de pouvoir faire des exercices plus intenses.

La liposuccion peut être effectuée sous anesthésie générale ou locale, selon le nombre de régions que la patiente veut faire traiter ou le type de sédation choisi.

Soixante pour cent des femmes et 40 pour 100 des hommes ont subi cette intervention. Les femmes se font le plus souvent traiter l'abdomen, les flancs ou les hanches, la face antérieure et intérieure des cuisses, les genoux, les mollets, les bras, le menton et le dos. Les hommes, l'abdomen, les flancs, les hanches et le torse.

«Lorsque la graisse est enlevée, elle ne revient pas», explique le Dr Born. Toutefois, il indique qu'en cas de prise de poids, les cellules graisseuses restantes risquent de s'accroître et que de la graisse peut s'installer.

La liposuccion peut être effectuée en même temps que la lipo-sculpture. «On peut obtenir d'excellents résultats chez les candidates bien sélectionnées», dit le Dr Born. Il ajoute que cette technique permet aussi de réduire et de lifter les seins sans qu'il ne soit nécessaire d'effectuer de grosses incisions.

ARTICLE HIGHLIGHTS

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