

GOLD COAST

**Plastic Surgery**

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## ULTIMATE GUIDE TO LIPOSUCTION

(07) 5598 0988

[www.goldcoastplasticsurgery.com.au](http://www.goldcoastplasticsurgery.com.au)

# WHAT IS INVOLVED IN LIPOSUCTION SURGERY?

Liposuction is a procedure in which Dr Mark Doyle targets very specific areas of unwanted fat between the skin and muscle for removal. Sculpting and contouring your body can create a slimmer and more contoured shape.

Liposuction is primarily used to eliminate stubborn areas of fat that have been resistant to diet and exercise, and areas of fat that have accumulated simply due to the aging process.

Liposuction surgery can be performed alone or in conjunction with an open procedure to contour the overlying skin. Most liposuction procedures involve making a small puncture in the skin and then utilizing various modalities to loosen the fat prior to suctioning the fat through a small metal tube (cannula) and a suction device. If liposuction is being performed with a fat transfer procedure, the extracted fat will be purified and then injected into the target area of the body, such as the breast, butt, or face.

## PROCEDURE CONSIDERATIONS

Liposuction is designed to sculpt the body and should not be considered a weight loss option. Liposuction is not meant for individuals with notable weight issues. The results are best when you are near your ideal weight. Diet and exercise should be emphasised before proceeding with these types of procedures.

## LIPOSUCTION MAY BE USED ON AREAS OF THE:

- Thighs
- Hips and buttocks
- Abdomen and waist
- Upper arms
- Back
- Inner knee
- Chest area
- Cheeks, chin and neck

## AM I A GOOD CANDIDATE?

You might be a candidate for liposuction if you have:

- Have areas of fat deposits that are out of proportion with the rest of your body and have not responded to persistent diet and exercise
- Do not have a lot of excess skin and the area is firm (your skin elasticity is good)
- Would like more definition (toning) in certain areas of your body, a sleeker contour, or more athletic appearance

You will be individually assessed during your consultation to determine if you're a healthy candidate to undergo surgery. As well as if liposuction will need to be performed in conjunction with another procedure to contour the skin. Liposuction is often used to remove excess fat cells from many areas of the body, including the lower legs, thighs, hips, waist, back, chest, neck, and chin.

## DO I NEED A REFERRAL FROM A GP TO BOOK A CONSULTATION?

You do not need to have a medical referral from a GP or specialist to book a consultation, however, it is recommended. Having a referral may allow you to claim a small rebate back on your initial consultation with your surgeon.

## LIPOSUCTION SURGERY OPTIONS

There are various technologies used for liposuction to make the fat removal process less invasive, more predictable and safer. Some of the more common forms of technologies and techniques Dr Doyle may recommend include:

**Tumescent liposuction** is where a solution of saline, local anaesthesia, and adrenaline is injected into the fatty area to be removed. This causes blood vessels to constrict and the fatty area to swell allowing Dr Doyle to effectively target the area. Most surgeons will use this in combination with other liposuction techniques to reduce post-surgical pain and bleeding.

**Suction-assisted liposuction** (SAL) technology is the traditional form of liposuction and involves the removal of fat with a high-powered vacuum.

**Power assisted liposuction** (PAL) is a technology in which the tip of the suction tube vibrates at a rapid speed. This vibration loosens the fat cells during liposuction so that they may be suctioned away gently with less trauma to the surrounding tissues. PAL is performed using the tumescent technique.

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## BEFORE SURGERY RECOMMENDATIONS



Your surgeon needs to know your medical history to plan your treatment. Fully disclose any health problems you have had now and in the past.

Please advise the surgeon if you have had:

- Any allergy or bad reaction to antibiotics, anesthetic drugs, any other medicines, surgical tapes or dressings
- Prolonged bleeding or excessive bruising when injured.
- Previous problems with blood clots in the lungs or a deep vein of the leg (deep vein thrombosis, DVT)
- Any recent or long term illness
- Previous surgery
- Any bad scarring or poorly healed scars after previous surgeries

## WHAT CAN I EXPECT FROM MY INITIAL CONSULTATION?

At your initial consultation you will most likely:

- Have your photos taken
- Have a physical examination
- See before and afters from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your selected options
- Go through the possible risks involved with your associated surgery
- Have any questions answered that you may have with Dr Mark Doyle
- Speak with our client advisor and receive information about your surgery pricing and available dates for surgery



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## WHAT HAPPENS DURING THE SURGERY?

Depending on the area being treated the procedure it can last anywhere between half an hour to two hours. Dr Mark Doyle's procedure usually involves small incisions where fat is then removed from under the skin in the targeted area. The area will be wrapped loosely in bandages that provide gentle pressure to minimise swelling and bruising. Most liposuction procedures only require a day stay in hospital where you will be monitored until being sent home to recover.



# RECOVERY FROM A LIPOSUCTION

Recovery from liposuction can vary with each person. Pain is mild to moderate. A dressing will be applied to the treated area. In some cases, small drainage tubes may be placed in incisions to allow excess fluid to drain from the body. When surgery is completed, you will be taken into a recovery area where you will continue to be closely monitored.

## **Post-surgery garment**

You will most likely be wearing a compression garment, usually used to help support and “shrink” the skin. Compression garments are typically worn for 3 weeks, 24 hours a day and then at night only for the following 3 weeks (some patients may choose to wear them longer).

## **Swelling and bruising**

During the first 48 hours following surgery, patients experience varying degrees of swelling. Bruising typically disappears within 7 to 10 days. Swelling may persist for several months after surgery. Stitches and drains will be removed within the first 10 days after the procedure. Pain medication and antibiotics may be prescribed to help alleviate discomfort and reduce the risk of infection. Straining, bending over and lifting should be avoided during the early postoperative period. In many instances, you will be able to resume most of your normal activities within 10 days or less. Return to work, depending on the job duties, can be as early as 3 to 4 days after surgery if needed. Since the healing process is gradual, you should expect to wait at least several months to get an accurate picture of the results of your surgery.

## **Results**

Usually 90% of the healing will be completed at 1 month post surgery and the final results are seen after 6 months. The small incisions used for access of the cannula will fade over a number of months, usually becoming barely visible. The results of liposuction surgery are technically permanent because the fat cells have been removed. However, your body shape and contours might be affected by weight gain, ageing, pregnancy, family genetics, and lifestyle factors. It is crucial to maintain healthy habits and a stable weight to prolong the results from liposuction. Your exercise routines can usually begin 2 weeks after surgery.





## WHAT RISKS MAY BE INVOLVED?

Each year thousands of women and men undergo successful liposuction procedures, experience no major problems and are happy with the results. Significant complications from liposuction are infrequent. However, make sure you understand what surgery involves, including possible risks, complications and follow-up care.

Liposuction poses various risks, including:

- Hematoma (an accumulation of blood under the skin that may require removal)
- Sensation changes
- Scarring
- Possible need for revisions or additional procedures

Other rare side effects can include uneven contours, rippling skin and scarring. Like any major surgery, liposuction poses a risk of bleeding, infection and an adverse reaction to anaesthesia. It is also possible to have an allergic reaction to the surgical tape or other materials used during or after the procedure.

You can help minimise certain risks by following the advice and instructions of Dr Doyle, both before and after your liposuction surgery. If you have any concerns about the risks involved with liposuction surgery, please consult Dr Mark Doyle or the team at Gold Coast Plastic Surgery.

## IMPORTANT REMINDER

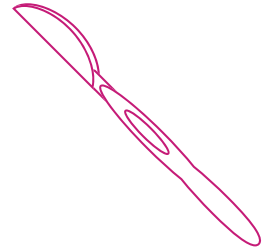
It is important to remind everyone that each surgical journey is different from the next and each individual's results and procedure may vary.

# COMMON QUESTIONS



## IS LIPOSUCTION COVERED BY MEDICARE OR MY PRIVATE HEALTH FUND?

If it is considered medically necessary, Medicare may cover part of the costs associated to the surgery less the doctors fee. How much Medicare covers will depend on the nature of the surgery you require.



To find out if your procedure falls under the category of medically necessary you will need to contact Medicare. You will also need to provide details to your health fund to see if they will cover you and to what extent.

## IS LIPOSUCTION PAINFUL?

It's common to have pain, swelling, bruising, soreness, and numbness after liposuction. You may be given a pain reliever, for mild discomfort, but remember to avoid anti-inflammatory medication such as aspirin, ibuprofen, naproxen and any other medications or herbal supplements that may increase bleeding.

## WHEN CAN I RETURN TO WORK?

The time taken to recover before returning to work or daily activities often varies depending on each person and their role at work. Typically most people return to work 1-2 weeks after the initial surgery.

## HOW LONG AFTER SURGERY UNTIL I CAN DRIVE AGAIN?

You are not allowed to drive following your procedure. This is due to the decreased movement and the inability to move freely. After 1-2 weeks when you can see and react without pain and are no longer taking any pain medication you may recommence driving.



## WILL I NEED TO STOP SMOKING BEFORE HAVING SURGERY?

It is recommended that you completely stop smoking at least 6 weeks before surgery. This is to ensure that the body can heal to the best of its ability as smoking decreases the oxygen that is carried throughout your blood to help your skin heal from a surgical incision.

## WHAT CAN I DO TO MINIMISE ANY SCARRING?

Any surgery procedure that involved an incision will result in a scar. Post-surgery you may commence using a topical scar treatment such as vitamin E or silicone gel. Your scars will be reddened for about 12 months after surgery, and then it should start to fade and soften. Please avoid direct sunlight on the scarring areas and wear sunscreen when in the sun.

## WHEN CAN I RETURN TO DAILY ACTIVITIES?

Start walking as soon as possible to help reduce the swelling and lower the risk of blood clots in your calves.

## WHEN CAN I EXERCISE AGAIN?

Most patients may resume light exercise after 4 to 6 weeks. It is recommended at strenuous exercise is restricted for 4-6 weeks as it may increase swelling, bleeding or duration to the body's natural healing process. These activities include weight lifting, push-ups and running.

## WHEN WILL I BE ABLE TO GO SWIMMING AGAIN?

It is recommended that no ocean or pool swims occur before 4-6 weeks of surgery due to infection as your wounds are not completely healed.

## HAVE A QUESTION YOU CANNOT SEE HERE?

Our team of patient care advisors can assist with any questions you may have when considering surgery. You can send in an enquiry form online or call (07) 5598 0988 between 8am - 5pm Monday - Friday.

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## OUR SURGEON DR. MARK DOYLE

Dr. Mark Doyle is a fully qualified Plastic and Reconstructive Surgeon and is a Fellow of the Royal Australasian College of Surgeons (FRACS).

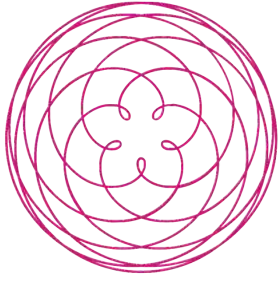


Dr. Mark Doyle and his team at Gold Coast Plastic Surgery focus on a core philosophy that everybody, regardless of their age, has the right to look and feel their best.

With over 30 years of experience to call upon, Dr. Doyle is one of Australia's finest and highly esteemed specialist plastic and reconstructive surgeons. He is driven by an intense passion for helping patients achieve a happier, more beautiful self, through advanced cosmetic treatments. His expertise in cosmetic medicine has been showcased through years of exceptional patient results.

One of the key factors behind Dr. Doyle's success has been his ability to combine experience with unparalleled compassion and understanding. Dr. Doyle has always maintained a firm commitment toward the provision of quality and optimal results. His depth of experience ensures patients receive detailed consultations, providing expected outcomes that are realistic and achievable. He regularly attends international meetings and workshops in Australia, America, and Europe to remain a leader in the latest advances and surgical techniques.

Dr. Doyle is a member of numerous professional organisations. These include the Australian Medical Association, The Australian Society of Plastic Surgeons, The Australasian Society of Aesthetic Plastic Surgery, The International Society of Plastic Surgery, The American Society of Aesthetic Plastic Surgery, The American Society of Plastic Surgeons and the International Society of Plastic and Reconstructive Surgery.



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## YOUR NEXT STEPS?

Schedule a confidential consultation with Dr. Mark Doyle by phone or in person.



(07) 5598 0988



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