



**LIPOSUCTION  
FACTS YOU NEED TO KNOW  
Rod J. Rohrich, FACS, MD**

- Liposuction is a procedure where a small cannula (tube) is used to do circumferential sculpting of the body to improve the silhouette. Areas that are not responsive to diet and exercise can be more easily removed especially in the central trunk area, arms and neck.
- It is not a cure for weight gain or obesity and best results are obtained if you combine liposuction with a rigorous diet and exercise program long-term.
- Liposuction is not a cure or a treatment for “cellulite” or “skin dimpling” - it usually does not make it worse but it can if you have poor skin tone. It is also not a treatment for asymmetry of the body.
- Liposuction is a very safe procedure if done by someone with experience. Dr. Rohrich performs all his procedures under general anesthesia administered by a board certified anesthesiologist and uses either an accredited outpatient surgery center or a hospital setting.
- Dr. Rohrich uses an advanced technique of body contouring surgery combining ultrasound-assisted liposuction (an advanced method for obtaining more uniform results) with a tumescent type of liposuction to enhance overall safety and results. Dr. Rohrich uses this procedure on all his patients who undergo liposuction and has written the only textbook on this procedure. He has demonstrated and taught this technique to over 3,000 plastic surgeons worldwide.
- The risks and complications for this procedure are as with any operative procedure. This includes infection, scarring, bleeding, asymmetry, damage to nerves and blood vessels, and may require revisional surgery. As with any surgical procedure the results cannot be guaranteed. Liposuction is an art and a science as is all of plastic surgery.
- For you to maximize your recovery it is important to drink lots of fluids and walk 3-4 times per day (10-15 minutes each time) with assistance. The first time you change your dressing (in 3-4 days); make sure that someone is with you.
- Some patients have experienced faintness when they remove the compression garment. For safety, Dr. Rohrich recommends you sit down or lay down when taking off the garment. You can shower and wash your garment, keeping it off about 1 hour before putting it back on with small pads of epifoam. Dr. Rohrich or his nurse will instruct you on how to do this when you come in for follow up.
- It is important that you understand you will have a modest amount of bruising for 7-10 days and that you will be numb in some areas where you underwent liposuction that can last up to 10 weeks. You will see a final result in about 3 months.

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