



Liposuction Information Leaflet

1. What is Liposuction?

Liposuction is a surgical procedure that aims to remove excess fat from specific areas of the body. It is typically performed to enhance body contours and achieve a more proportionate figure. Liposuction is not a weight-loss solution but can help improve the appearance of stubborn fat deposits that have been resistant to diet and exercise.

2. What Does the Surgery Involve?

During liposuction, Mr Khashaba will make small incisions in the targeted areas and insert a thin tube, called a cannula. The cannula is used to break up and suction out the excess fat from beneath the skin. There are different techniques for liposuction, including traditional liposuction, tumescent liposuction, and power-assisted liposuction. Mr Khashaba will discuss the most suitable approach for you.

3. How Can I Get Ready for My Operation?

Preparing for liposuction surgery is crucial to ensure a successful procedure and smooth recovery. Mr Khashaba will provide detailed preoperative instructions. Generally, it involves avoiding certain medications, quitting smoking, staying hydrated, and following a healthy diet. You may also need to arrange for someone to drive you home after the surgery and assist you during the initial recovery period.

4. What Are the Possible Risks and Complications?

Like any surgical procedure, liposuction comes with potential risks and complications, including infection, bleeding, bruising, asymmetry, skin irregularities, and adverse reactions to anaesthesia. It's essential to discuss these risks with Mr Khashaba before the operation.

5. How to Minimize Risks and Complications?

While complications cannot be entirely eliminated, you can take steps to minimize risks. Follow your Mr Khashaba's instructions carefully, disclose your complete medical history and any medications you are taking, and rest assured, Mr Khashaba is a certified and experienced surgeon. Adhering to postoperative care guidelines is also crucial to minimize complications.

6. What Is the Aftercare for Liposuction?

After the procedure, you will likely need to wear a compression garment to support the treated areas, reduce swelling, and help the skin conform to its new shape. Mr Khashaba will provide detailed aftercare instructions, including wound care, medications, and restrictions on activities. Attend follow-up appointments as advised to monitor your progress.



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7. When Should I Expect the Final Outcome?

The initial results of liposuction may be visible soon after the procedure, but it's essential to be patient. Swelling and bruising can take several weeks to subside, and the final outcome may take several months to become apparent. The outcome will vary based on individual factors such as the extent of liposuction and your body's healing response.

8. How much weight do you lose with liposuction?

Mr Khashaba emphasizes that liposuction is not a weight loss procedure, but rather a body contouring procedure designed to remove stubborn fat deposits that are resistant to diet and exercise. While it is possible for patients to lose some weight as a result of liposuction, the amount of weight loss is typically minimal and should not be the primary goal of the procedure. The amount of fat that can be safely removed during liposuction is limited, and the ideal candidate for the procedure is someone who is close to their ideal body weight but has specific areas of excess fat that they would like to address. The amount of fat that can be removed during liposuction depends on several factors, including the patient's body type, the areas being treated, and the amount of fat present in those areas. It is important to note that liposuction is not a substitute for weight loss, and patients who are significantly overweight are typically not good candidates for the procedure. Instead, weight loss should be achieved through a combination of diet and exercise before considering liposuction as a body contouring option. Overall, the goal of liposuction is not to lose weight, but to sculpt and contour the body to achieve a more aesthetically pleasing appearance.

9. How Long Do the Effects of Liposuction Last?

Liposuction permanently removes fat cells from the treated areas. However, maintaining the results depends on maintaining a healthy lifestyle. Weight gain after liposuction can affect your body contours. Stick to a balanced diet and exercise regularly to prolong the effects of liposuction.

10. What are the disadvantages of liposuction? Does it leave loose skin?

Mr Khashaba can tell you that while liposuction is a generally safe and effective procedure, there are some potential disadvantages and risks associated with the procedure. One of the most common concerns among patients considering liposuction is the potential for loose or sagging skin after the procedure. Liposuction removes fat cells from the treated area, but it does not address excess skin or tissue that may be left behind. In cases where there is a significant amount of excess skin, such as after significant weight loss or in older patients with less elastic skin, liposuction alone may not be sufficient to achieve the desired results. In such cases, additional procedures such as a tummy tuck or body lift may be necessary to remove excess skin and create a more contoured appearance. Other potential disadvantages of liposuction include bruising, swelling, and discomfort during the recovery period, as well as the risk of infection, bleeding, or other complications. Patients should also be aware that the results of liposuction are not immediate and may take several weeks or even months to fully appear as swelling and bruising subside. It is important for patients to



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have a realistic expectation of the results of liposuction and to discuss any concerns or questions with Mr Khashaba prior to the procedure. As a qualified plastic surgeon, Mr Khashaba will assess your individual needs and goals and recommend the most appropriate treatment plan to achieve the desired results while minimizing the risk of complications.

11. What Should I Do if I Am Not Happy with My Results?

If you are dissatisfied with the results of liposuction, discuss your concerns with Mr Khashaba. In some cases, a touch-up procedure may be recommended once the initial recovery is complete. Be open with your surgeon about your expectations and discuss any revisions or adjustments that may be necessary.

12. Are there any alternative options other than liposuction?

Other alternatives of liposuction including exercise, weight loss, dieting and some other forms of non-invasive lipo-modelling like fat freezing. If you wish to explore these options, Mr Khashaba can refer you or direct you to the appropriate facilities, as he does not provide such alternatives.

Remember, liposuction is a personal decision, and results can vary from person to person. It's crucial to have realistic expectations and communicate openly with your surgeon throughout the process. Always seek guidance from a qualified surgeon to determine if liposuction is the right option for you.



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Understanding Risks and Complications associated with Liposuction

Liposuction is generally considered safe when performed by a skilled and experienced surgeon. However, like any surgical procedure, it carries certain risks and complications. It's essential for patients to be aware of these potential issues and for surgeons to take necessary precautions to minimize them. Here are some common and rare risks and complications associated with liposuction, along with their descriptions and possible management:

Common Risks and Complications:

1. **Swelling and Bruising:** Swelling and bruising are common after liposuction and are part of the normal healing process. They usually resolve on their own within a few weeks.
2. **Pain and Discomfort:** Mild to moderate pain and discomfort are typical after the procedure. You may require over the counter pain medications (e.g., Paracetamol, Ibuprofen) to manage this discomfort during the initial recovery phase.
3. **Infection:** Although rare, infections can occur at the incision sites. Mr Khashaba minimize this risk by using sterile techniques during the procedure and prescribing antibiotics when necessary.
4. **Hematoma:** A hematoma is a collection of blood under the skin, which can occur if blood vessels are damaged during liposuction. Drainage or aspiration of the hematoma may be required to facilitate healing.
5. **Seroma:** Seromas are fluid accumulations under the skin, and they can occur after liposuction. Mr Khashaba may drain seromas if they persist or cause discomfort.
6. **Skin Irregularities:** Liposuction can sometimes lead to uneven skin surfaces or contour irregularities. Mr Khashaba may address these issues with additional treatments or procedures, such as fat grafting or skin tightening.
7. **Numbness or Altered Sensation:** Temporary numbness or altered sensation in the treated areas is common but usually resolves over time as nerves heal.
8. **Allergic Reactions:** Rarely, patients may experience allergic reactions to anaesthesia or medications used during the procedure. Mr Khashaba will carefully review your medical history and allergies to minimize this risk.



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Rare Risks and Complications:

1. **Fat Embolism**: A fat embolism occurs when fat particles enter the bloodstream and block blood vessels in distant organs. This is a very rare but serious complication that may require immediate medical attention and may be **fatal**.
2. **Organ Perforation**: In rare cases, the cannula used during liposuction may inadvertently cause damage to underlying organs. Mr Khashaba will exercise caution to avoid such complications.
3. **Excessive Blood Loss**: Significant blood loss during liposuction is uncommon, but Mr Khashaba will monitor you closely during the procedure to ensure safety.
4. **Anaesthesia-related Complications**: Anaesthesia carries its own set of risks, which may include allergic reactions, breathing difficulties, or adverse reactions. An anaesthesiologist will carefully assess your health status before administering anaesthesia.

Minimizing and Treating Complications:

To minimize risks and complications during and after liposuction, your surgeon will follow specific protocols:

- **Thorough Patient Evaluation**: Mr Khashaba will conduct comprehensive preoperative evaluations, considering your medical history, current health status, and any pre-existing conditions or allergies.
- **Appropriate Surgical Technique**: Choosing the most suitable liposuction technique for your needs helps reduce the risk of complications.
- **Experienced Surgeons**: Mr Khashaba is an experienced and certified plastic surgeon who poses a high level of expertise and skill.
- **Sterile Techniques**: Mr Khashaba adheres to strict sterile practices to reduce the risk of infections.
- **Proper Postoperative Care**: you will receive detailed postoperative care instructions, including wound care, compression garment usage, and activity restrictions, to promote proper healing.
- **Monitoring and Follow-up**: Mr Khashaba will closely monitor you during the initial recovery phase and schedule follow-up appointments to assess your progress and address any concerns.



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If complications do arise, prompt recognition and management are vital. Mr Khashaba will address issues like infections with appropriate antibiotics, drain fluid collections like hematomas and seromas if necessary, and provide adequate pain management and support during the healing process.

Overall, the risks and complications associated with liposuction are relatively low when performed by an experienced surgeon in suitable candidates. Open communication with Mr Khashaba, adherence to pre- and postoperative instructions, and realistic expectations can contribute to a successful liposuction outcome.

I, _____, hereby certify the following:

- 1- I have read through the entire patient information leaflet and risks and complications regarding liposuction.
- 2- I asked questions regarding the procedure.
- 3- I have understood the benefits, alternatives, risks, and complications of liposuction.
- 4- Mr Khashaba has explained thoroughly every point and has given me ample time to think and ask questions.
- 5- Mr Khashaba has checked my understanding and answered all my queries.

Name:

Date of Birth:

Signature:

Date:

Name:

Signature:

Date: