

# Surgical information leaflet for persons wishing to undergo liposuction under tumescent local anaesthetic.

Bey By Bergman Clinics – July 2022

In this leaflet, you will read information about liposuction: why and when, the consultation, the preparation, the surgery, the period after the treatment, the result, and lastly the possible complications and risks. Your personal situation and options for treatment can only be discussed during a personal conversation. This leaflet serves as preparation and/or addition to your conversation with the plastic surgeon.

## Why and when

Local fat accumulations can occur in areas such as the neck, arms, abdomen, pubic area, breasts, hips, buttocks, thighs, knees and lower legs. These are caused by an increased number of fat cells in these areas in people who are predisposed to this. The fat layer covering the rest of the body is often normal. Such local fat accumulations can cause problems. For example, it can be difficult to find clothing that fits properly. Or the legs can rub against each other, feel tired and heavy, or cause pain in the case of lipoedema. In addition, a person can be dissatisfied or even unhappy about the external appearance of these local fat accumulations. If you experience the problems listed above and this bothers you, then this can form a good reason to consider treatment: having excess fat suctioned off often provides a solution. This is also called 'liposuction' or 'liposculpting'. Liposuction or liposculpting is not intended as a general weight loss treatment. If you weigh too much in all areas of your body, then a surgeon will generally not consider it wise to treat you.

Liposuction, liposculpting or liposculpture is defined as the removal of subcutaneous local fat accumulations. Various liposuction techniques can be used. This leaflet describes the most refined technique in which liposuction is performed entirely under local anaesthetic and large quantities of liquid are injected very slowly into the fat tissue in order to achieve the very best result. Thin vibrating blunt suction needles are then used to remove the fat in an even manner. This technique is called Liposuction (or liposculpture/liposculpting) under Super Tumescent Local Anaesthesia with Vibrating Microcannulas. Quite a mouthful, but we will explain it all.

## The safest method to remove excess fat: Pure Tumescent Liposculpture

Pure Tumescent Liposculpture is the liposuction technique that is used for the removal of fat. This method was developed by the American dermatologist Jeffrey Klein and can be considered a major improvement of the classical liposuction procedure.

## The main difference compared to traditional liposuction

The real (Pure) Tumescent Liposculpture differs from the traditional liposuction methods in many respects. In fact, the differences are so vast that it is actually a completely different technique. Below we have listed the differences and advantages of Pure Tumescent Liposculpture for you:

- The procedure is performed under local anaesthetic, which is contained in the liquid that is injected into the fat. This places less of a burden on the body than the anaesthetic that is used for traditional liposuction (a general anaesthetic, an epidural, or sedation administered via an infusion). The risk of complications is also lower and you will recover more quickly after the procedure. Another major benefit of a local anaesthetic is that you can change position during the procedure and you can stand up, so that the doctor can see exactly where fat still needs to be removed to achieve the best result.
- The injection of large quantities of liquid effectively dilutes the fat and allows for the fat to be removed very uniformly. Thin needles are also used to remove the fat. This produces a more even final result than standard liposuction.
- The use of large volumes of liquid and the rapidly vibrating suction needles prevents damage to the underlying tissues, blood vessels and nerves. The ingenious network of fibres that connects the skin to the muscles is also left intact. This ensures that the skin remains evenly attached to the muscle and produces a noticeable lifting effect. As the subcutaneous tissues and the skin contract, it is hardly ever necessary to cut away any excess skin.
- The incisions do not need to be sutured after the procedure and there are no large scars.

## Consultation

During a non-binding consultation with the plastic surgeon, you will have the opportunity to discuss your wishes and complaints. The doctor will examine the areas where excess fat has accumulated and discuss with you whether a treatment will sufficiently resolve your problem. You will receive the most detailed possible information about the preparation, the treatment, the expected result and the possible complications. Having the wrong idea about these factors could result in disappointment.

You will be shown examples of before and after results. We guarantee that none of these photographs have been edited to enhance the result.

The doctor will also discuss with you when he/she is not convinced that your problem can be adequately resolved. If possible, he/she will propose a different solution. Other options may be discussed, such as cryolipolysis (the freezing of fat), cutting the fat and the skin away. If you wish, you can be referred to a colleague for a second opinion. Cosmetic surgery is not covered by health insurance. Reimbursement of medically necessary surgery depends on the criteria set by the healthcare insurance company for this procedure. You can consult your healthcare insurance company and/or policy terms and conditions to check these criteria. The doctor cannot deviate from these criteria. The current rules for reimbursement may change in the future.

## Preparations

You should observe a number of preparations in the period prior to your surgery, such as:

- Ensure that you are well rested on the day of the procedure. The skin needs to be in the best possible condition to ensure proper healing of the treated area. You must inform us in advance if you are using medication or if you bleed more easily than normal.
- You must not take vitamin supplements that contain vitamin E for 3 weeks prior to the treatment.
- You may (this is not compulsory) take 3 Arnica D6 tablets 4x daily for 2 weeks prior to the procedure, to limit the development of bruises as much as possible. You can stop taking these tablets 7 days after the treatment.
- You should not take aspirin or any other painkillers that contain salicylic acid from 10 days prior to the procedure. You can take paracetamol for pain relief if necessary.
- You should also not consume any alcohol for 3 days prior to the procedure and for 2 days after the procedure.
- You will start taking the antibiotics that you have been prescribed on the evening prior to the procedure. If your procedure is scheduled for the afternoon, you only need to start taking the antibiotics on the morning of the day of the treatment.
- On the day of the procedure, wear loose-fitting clothes, stretchy fabrics if possible, preferably in a dark colour (for example dark sweatpants). After the procedure, fluid can leak from the wounds – despite the use of absorbent dressings – and can stain your clothing.

- Do not use body lotion or cream in the area requiring treatment on the day of the procedure.
- You do not need to fast prior to the procedure, please ensure that you have eaten breakfast or lunch and that you are well rested.
- You may not consume caffeinated coffee/beverages on the day of the procedure.
- Photographs will be taken for your medical file prior to the treatment.

## The procedure

- The procedure will be performed under local anaesthetic. If necessary, you can be given a tablet to calm your nerves before the procedure. You will remain conscious throughout.
- In the treatment room where you will get undressed and put on the clothing provided by us, the nurse will start with the preparations, after which the doctor – after photographs have been taken – will draw a number of lines on your skin using a marker pen.
- Very thin needles will be inserted in the area where the fat needs to be removed and a fluid will be injected, which also contains the anaesthetic. Depending on the size of the area that requires treatment, this will take between 15 minutes and an hour and a half.
- The fluid is given at least half an hour to take effect before the process of removing the fat tissue starts using a thin blunt suction needle (cannula) attached to a handle containing a small motor that allows the suction needle to vibrate back and forth.
- Several small incisions are made in the skin for the needle to be inserted through. The needle is not sharp and has a rounded tip.
- You will be asked to change position regularly throughout the procedure (from back to stomach to side). After a while, the doctor will sometimes ask you to stand, so that he/she can assess the distribution of the fat in a standing position, after which the procedure will continue.
- Once the treatment has been completed, the area will be dressed with absorbent material and this will be covered by an elasticated garment. These pressure garments have an open crotch, to make it easier for you to go to the toilet. You can wear your own clothing over this pressure garment. You will also be given a bag with extra absorbent materials.
- If you are having treatment on your lower legs, then we recommend that you bring slippers or footwear with an open heel.

## After the treatment

- You can walk after the procedure. You will go home with someone to accompany you, who we will give a set time on the day of the treatment at which you can be collected. Depending on the extent of the procedure, you will spend between 2 and 5 hours in the clinic.
- As it will not be pleasant for you to spend a long time waiting here after the procedure, the person accompanying you home should arrive in good time. **You may not drive a vehicle yourself.**
- If necessary, you may take paracetamol for pain relief.
- A thin layer of antibacterial cream will be applied to the incisions of the treated areas immediately after the procedure. You do not need to repeat the application of this cream at home.
- The injected liquid can sometimes leak from the incisions. This is normal. This liquid can be light red in colour due to mixing with a drop of blood, do not worry about this! Most incisions stop leaking within a few days, though it is not unusual for the leaking to continue for up to 2 weeks, with the colour turning to light yellow.
- If your abdomen has been treated, then the pubic area can be temporarily swollen due to fluid moving downwards. This can be prevented to some extent by wearing sturdy underwear.

## The first day at home

- You may feel tired and drowsy on the day of the procedure, you can sleep for a little while if necessary.

- During the first two days your body will need to adjust to the new situation. This can cause you to feel a little lightheaded from time to time. Be sure to stand up slowly. Sit on the edge of the sofa or bed first, before standing. Also take things slowly when leaving the toilet. Remove the pressure garment whilst you are sitting. This will prevent you from feeling light-headed.
- It is vital that the location where you spend the first few days after the procedure is clean. This location should give you the opportunity to prepare your own meals if you are able to and offer you the space move around and walk.
- If the address where your recovery will take place differs from the contact details in our system, then please provide these details to the administrative office. It is very important that we are able to contact you at all times.
- It is vital that you start walking around a little starting from the day of the procedure, as this will significantly improve your recovery. The absorbent dressings can be changed before going to bed that evening, if you think it is necessary. We recommend that you protect your bed linen against the leaking fluid.
- You may shower the morning after the procedure. Try to ensure that someone is nearby to assist if necessary. Sit on a chair whilst removing the pressure garment, to prevent dizziness. Take a plastic bag + scissors with you to the shower so that you can cut away and dispose of the absorbent material that has become wet under the shower.
- You can wash the pressure garment and dry it in the tumble dryer. If the garment has shoulder straps, these should be removed before washing due to the drying time of the straps. It is also recommended that you have a chair or stool nearby when showering. You should sit down immediately if you start to feel dizzy.
- You may take a bath once all the wounds have healed and the scabs have fallen off. The same applies to the use of soap and/or shower foam and body lotion.

### **The next few days at home**

- Listen to your body. Gradually increase your activities according to what your body feels capable of.
- You can undertake some activities starting on the day of the procedure. However, you should never force yourself. You should start walking again on the day of the procedure. Walk short distances to start and gradually increase the distance. You can perform administrative work from home starting the day after the treatment. It is best to wait a week before resuming more strenuous activities. The treated area will still feel sensitive.
- Limit your consumption of alcohol to 1 glass of beer or wine per day in the week after treatment and avoid aspirin.
- Bruises will develop, which usually disappear within 2 weeks.
- You will wear a pressure garment day and night for 14 days, after which you no longer need to wear it. It is not a problem if you wish to continue wearing the garment if you feel it offers support, e.g. when exercising.
- If you wish, you can purchase a second garment from the clinic. Of course we can also post the garment to you if you wish.
- If your lower legs have been treated, then we will also give you compression stockings. Please read the instructions in the appendix.
- You can swim after approx 14 days. Only if all the wounds have healed and the scabs have fallen off. You can also sit out in the sun again after 14 days, although you do risk the development of brown pigmentation marks over the scars. This can usually be prevented with sun block.

### **Recovery period**

The recovery process takes time. The first days and weeks after the procedure will be the most difficult. Please realise that your body will take more than a year to recover completely. You are always welcome to come for an extra check-up. Do not soldier on if you have any doubts. Always contact us by telephone if you have questions or if you think that your recovery is not progressing properly.

### **The result**

- The result of the treatment cannot be assessed immediately due to the swelling. Most of this swelling will disappear during the first few weeks after the procedure. The treated area can feel hard and warm to the touch for several months after the procedure, or lumps and irregularities can be palpable. This will disappear over the course of several months.

- During this process you will notice something happening in the treated area. This varies from itching to the occasional mild stabbing pain or a sensation of muscle pain. This is normal. All these side effects will disappear.
- The definitive result of the treatment can only be determined after several months. The immediate result is often visible much sooner. The contours will not change much after the initial period, but the result can still improve further up to a year and a half after the treatment.

## Complications and risks

- The doctor always invests a great deal of time, care and personal attention in your treatment. Liposuction performed entirely under super tumescent local anaesthesia is a very safe procedure. However, no procedure is entirely free of the risk of complications. The detailed summary of possible complications as listed here will be discussed with you during the initial consultation.
- We must try to avoid a result that is disappointing for you. Therefore, we will do everything that we can to ensure that your expectations of the achievable result are as realistic as possible. Despite these efforts, you may not be entirely satisfied with the final result.
- Irregularities in the skin that existed before the procedure will not be corrected. In fact, your skin may become more irregular as a result of the procedure due to some local excess skin and insufficient shrinkage of the skin. We sometimes see this in people who have lost a lot of weight or whose weight fluctuates a lot and with increasing age.
- Residual swelling and hardening can sometimes be present and may only resolve after weeks or even months. Temporary reactions that can be expected after the treatment include: Swelling, bruising, abnormal sensation in the skin, itching, sensitivity/pain, fatigue, side effects of the antibiotics.
- Small incisions (3-4mm) will be made in the skin. These will be almost invisible once healed. In sporadic cases, a small brown spot or slightly raised scar can occur. Please inform us if you are predisposed to this.
  - Rare side effects and complications
  - Swelling, itching and sensitivity persist for a longer period
  - Skin markings similar to marble, clouds, a giraffe or 'laptop thigh' can develop (erythema ab liposuctio). Many people experience this normal phenomenon even before the procedure due to temperature fluctuations.
  - Allergic reaction to medication
  - Allergic reaction to dressings
  - Redness and sensitivity around an incision where the suction cannula was inserted,
  - There is a risk of more than normal bruising after liposuction, though this almost never occurs. The bruising will disappear spontaneously over the course of a few weeks.
- Very rare side effects/complications:
  - A scar forming as a result of an area of skin failing to heal properly
  - Accumulation of wound exudate (seroma). This is not serious and will need to be drained repeatedly
  - Accumulation of blood (haematoma). This will need to be drained or may heal spontaneously.
  - Infection of the treated area is a very rare complication. You will always be prescribed antibiotics to prevent this.
  - There are also 'general' complications that can occur with any surgery. Due to the technique that is used and because the procedure is performed under local anaesthetic, serious complications such as pulmonary embolism, bowel perforations or life-threatening infections (necrotising fasciitis) have never been seen in the thousands of treatments performed by the specialists at Bergman. Thrombosis is also very rare, as the muscles remain active during the local anaesthetic. Sometimes the doctor can decide to administer a blood-thinning injection after the treatment as an extra precaution.
- If you start to feel ill, develop a fever or the treated area becomes red, looks swollen, feels extra warm or becomes painful to the touch, then you should contact the clinic.

### **Always contact us after surgery in the following cases:**

- significantly increased swelling of the wound or the surgical area
- increased pain on one side in the days after the treatment
- strong redness and swelling of the wounds
- abnormal increased swelling on one side
- feeling ill and/or a fever, above 38°C (measured via the anus)
- acute pain in the leg, possibly with swelling
- concerns or doubts

We can be contacted for emergencies 24 hours per day, via +31 (0)88 9000 567.

For non-urgent matters, please call +31 (0)88 9000 535 during office hours.

### **More information**

If you have any further questions after reading this leaflet, you can ask your plastic surgeon to answer these questions at any time. You can schedule an appointment for a consultation. You can contact the clinic on telephone number +31 (0)88 9000 535 about this.

### **Complaints and privacy regulations**

Bey by Bergman Clinics has complaints and privacy regulations in place. A copy of these regulations can be obtained from our locations and on our website [www.beyclinics.nl](http://www.beyclinics.nl).

### **Cooling-off period**

Bey by Bergman Clinics acts according to the guidelines of the NVPC and thus implements a 'cooling-off' period. This is the time between the first consultation in which the treatment is proposed and the decision to continue with the treatment. We implement a cooling-off period of one week for a cosmetic surgical procedure.

### **Terms and conditions of payment\***

The first installment of 25% of the treatment costs must be paid within 5 days after receipt of the invoice.

The remainder of the treatment costs should be received by us no later than 4 weeks prior to the surgery date.

Cash payments are only possible following agreement with your consultant. If your surgery has been approved by your healthcare insurance company, then you are responsible for reading the terms and conditions of your insurance policy to check that they will reimburse 100% of the costs of your surgery.

### **Cancellation policy**

You must cancel your surgery in writing. Cancellation within 3 weeks prior to your surgery will result in costs already incurred to the sum of 25% of the costs of surgery being billed to you. Cancellation within 48 hours prior to the agreed date of surgery is only permitted in the case of absolute and demonstrable force majeure.

In all other cases of non-insured care, you will be billed for 100% of the agreed treatment costs. In the case of a treatment that is reimbursed by your healthcare insurance company, your treatment cannot be rescheduled at Bey by Bergman Clinics. The aforementioned cancellation policy also applies if the surgery cannot be performed due to failure on your part to fulfil your responsibilities as listed in this leaflet.

### **Finally**

This leaflet serves as preparation and as a supplement to the conversation with the plastic surgeon and as a 'reference' for the period after the surgery. However, such a description can never apply completely to each individual situation. Plastic and aesthetic surgery is not an exact science; this written information should in no way be construed as a guarantee for the course of events and result of your treatment.