



VASER[®] LipoSelectionSM

What is VASER[®] LipoSelectionSM?

VASER LipoSelection is an advanced liposuction procedure that uses gentle ultrasound waves to melt unwanted fat while preserving important tissues such as nerves, blood vessels, and collagen. These unwanted deposits of fat can be removed from specific areas of the body, including the face and neck, upper arms, upper and lower back, abdomen, buttocks, hips, inner and outer thighs, knees, calves, and ankles. This is not a substitute for weight reduction, but a method for removing localized deposits of fatty tissue.

How does this treatment work?

First the fatty layer is infused with tumescent fluids (saline solution that contains numbing agents). Next, ultrasound waves selectively target and break apart unwanted fat. After the fat is liquefied by the ultrasonic energy, it is removed via gentle suction. During the healing process, the skin retracts to reveal a smooth, natural looking result.

When will I see results?

You will see a noticeable improvement immediately after the procedure but final results will take up to six months to achieve.

Is it permanent?

Fat removed with VASER Liposelection is gone and, assuming a healthy lifestyle of proper diet and exercise, will not return or migrate to another area. Your post-operative shape is relatively permanent. Because some body fat is necessary for the sake of your health, fatty tissue that remains after VASER liposelection will expand if you gain weight.

Can VASER[®] LipoSelectionSM help reduce cellulite?

Liposelection itself will not improve areas of dimpled skin known as cellulite. See your Body Perfect Specialist for information on Cellulite Treatment.

Does it hurt?

Prior to your procedure, you will be given medication to help you relax and lessen the pain. The first part of the procedure is infusion of normal saline with local anesthetic and epinephrine. This will reduce discomfort, bleeding and post-operative bruising. The ultrasound probe which melts the fat is warm and as well as hearing a high pitched noise, may feel slightly tender in some areas. Suction is used during the third part of the procedure and may become uncomfortable toward the end of the procedure as the numbing medicine begins to wear off. If needed, more may be added. The entire process may take three to five hours and we will rate your pain level and keep you comfortable throughout.

What are the alternatives?

You may choose to do nothing, elect for diet and exercise or choose other types of surgery.

What are the side effects?

You should expect some drainage (oozing) of blood-tinged anesthetic solution at the incision site(s) due to fluids injected during your procedure. Although the fluid may appear red, it is mostly anesthetic solution and saline and only 1% blood. In general, the more drainage there is, the less bruising and swelling there will be.

Since the body retains fluids in response to surgery, you may notice a temporary weight gain (resolving over the first week).

Lower abdominal patients may experience significant swelling in the pubic area.

If areas on the thighs were treated, you may have swelling in your calves and ankles for up to 3 weeks.

Bruising is minimal with LipoSelectionSM only by VASER[®]. Nevertheless, the more extensive the surgery, the more bruising one can normally expect.

Post-operative discomfort usually takes the form of deep muscle soreness and normally improves over the following 2-7 days.

Slight temperature elevation and flushing of the face, neck and upper chest could last 48 hours.

You may initially experience a mild depression that should begin lifting after the first week, once you see the bruising and swelling fade.

Menstrual irregularities (premature or delayed monthly onset) are a common side effect to surgery.

It is normal to experience lightheadedness when rising or removing/ changing your compression garments. Please have someone help you with this for the first few days after surgery.

Take it easy the first week, resuming normal activity as tolerated.

Even with a successful procedure, some individuals will not be satisfied with the outcomes.

Individuals with poor skin tone, medical problems, obesity, or unrealistic expectations may not be candidates for LipoSelection only by VASER.

What are the benefits?

- Predictable results
- Smooth contouring
- Performed safely in-office
- Fast recovery
- Minimal pain and bruising
- Precise enough for delicate areas

What are the risks?

Allergic reactions. Rarely, local allergies to tape, suture material, topical preparations, or systemic reactions due to drugs administered during surgery and prescription medicines may occur.

Skin discoloration and/or swelling. Although LipoSelection only by VASER typically reduces or eliminates the skin discoloration and swelling normally resulting from lipoplasty procedures, such could occur and, in rare situations, persist for extended periods of time. The incidence of permanent skin discoloration is rare.

Change in skin and skin sensation. A temporary decrease in skin sensation may occur following LipoSelection only by VASER. This usually resolves over a period of time. Diminished or complete loss of skin sensation that does not totally resolve could potentially occur, as it infrequently has with various lipoplasty procedures.

Infection. Infection is unusual following this type of surgery. You will be given an antibiotic to take before and after your procedure. Although extremely rare, life-threatening infections such as toxic shock syndrome could occur after lipoplasty surgery, regardless of the technology utilized

Seroma. While LipoSelection only by VASER has reduced the incidence and severity of seromas associated with lipoplasty procedures, such fluid accumulation is possible and could require additional treatments or surgery to promote drainage.

Skin contour irregularities. As LipoSelection only by VASER selectively targets fat cells, leaving other essential tissues intact, skin contour irregularities and depressions in the skin are unlikely but possible. Visible and palpable wrinkling of skin can occur, particularly when large quantities of fat cells are removed and/or the skin is lacking good elasticity. Post-operative skin contour irregularities could necessitate additional treatments including surgery.

Asymmetry. Most people have some asymmetry to start with. At Body Perfect, we try to correct this with VASER, however, there may be some variation from one side to the next, due to skin tone, bony prominence and/or muscle tone.

Scarring. Although the incisions created for LipoSelection only by VASER are minimal and good wound healing after a surgical procedure is expected, abnormal scars may occur within the skin and deeper tissues in rare cases. Such scars may be unattractive and of a different color than surrounding skin. Additional treatments, including surgery, may be necessary to treat abnormal scarring.

Bleeding. While unusual, it is possible to have a bleeding episode during or after surgery. Should post-operative bleeding occur, it may require emergency treatment to drain accumulated blood or require a blood transfusion. Non-prescription herbs and dietary supplements can increase the risk of surgical bleeding. Do not take any aspirin or anti-inflammatory medications for 2 weeks before surgery, as this may increase the risk of bleeding

Surgical anesthesia. All forms of surgical anesthesia or sedation, whether administered locally or generally, carry risks including the possibility of complication, injury, and even death.

Chronic pain. Chronic pain and discomfort following LipoSelection only by VASER is unusual but possible.

Long-term effects. Subsequent alterations in body contour may occur as a result of aging, weight loss or gain, pregnancy, or other circumstances not related to LipoSelection only by VASER.

Skin loss. Additional treatments including surgery could be necessary in the unlikely event that skin loss occurs following your LipoSelection treatment.

Lidocaine toxicity. There is the possibility that large volumes of fluid containing dilute local anesthetic drugs and epinephrine that is injected into fatty deposits during surgery may contribute to fluid overload or systemic reaction to these medications. At Body Perfect, each person's maximum dose is calculated and we try to stay at half that amount to avoid toxicity. If toxicity does occur, additional treatment including hospitalization may be necessary.

Pulmonary complications. In extremely rare cases, fat droplets could become trapped in the lungs to create a possibly fatal complication called fat embolism syndrome. Pulmonary complications may occur secondarily to blood clots (pulmonary emboli) or partial collapse of the lungs after general anesthesia and are extremely rare with local anesthesia. Should either of these complications occur, you may require hospitalization and additional treatment. In some circumstances, pulmonary emboli can be life-threatening or fatal.

Surgical shock. LipoSelection only by VASER could conceivably cause severe trauma, particularly when multiple or extensive areas are treated in a single session. Although serious complications are a rarity, infections or excessive fluid loss could lead to severe illness and even death. Should surgical shock occur following your LipoSelection by VASER treatment, hospitalization and additional treatment would be necessary. Individuals undergoing LipoSelection procedures to remove large volumes of fat are at greater risk of complications.

Risk associated with Ultrasonic technology. Risks associated with the use of ultrasound in lipoplasty treatments include the aforementioned and the following specific risks:

Burns – Ultrasonic energy may produce burns and tissue damage either at the incision site or in other areas if the probe touches the undersurface of the skin for prolonged periods of time. If burns occur, additional treatment and surgery may be necessary.

Probe Fragmentation – Ultrasonic energy produced within the probe(s) may cause disintegration (fragmentation) of the surgical instrument. The occurrence and effect of this is unpredictable. If this should occur, additional treatment including surgery may be necessary.

Unknown risks – The long term effect on tissue and organs of exposure to short-duration, high intensity ultrasonic energy is unknown. The possibility exists that additional risk factors resulting from the use of ultrasound in LipoSelection by VASER could potentially occur.

Additional Surgery Necessary. There are many variable conditions in addition to risk and potential surgical complications that may influence the long term result of LipoSelection only by VASER. Even though risks and complications are unusual, the risks cited above are particularly associated with lipoplasty procedures utilizing suction and/or ultrasound technologies. Other complications and risks can occur but are even more uncommon. If complications should occur, additional surgery or other treatments may be necessary. The practice of medicine is not an exact science. Although good results are expected, there is no guarantee or warranty expressed or implied on the results that may be obtained.