



THE STERN CENTER *for* AESTHETIC SURGERY



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Frequently Asked Questions Regarding Liposuction

Is liposuction safe?

Statistics have shown liposuction is safest when performed under local anesthesia. At the Stern Center, our liposuction surgery is performed under local anesthesia, solely by Dr. Stern, in our **Joint Commission certified, state-of-the-art surgery facility**. In addition, Dr. Stern maintains ongoing certification in Advanced Cardiac Life Support.

Will I be awake for the procedure?

Though you will be awake, we will offer you intravenous medication to relax you. Most of our patients fall asleep during the surgery.

Is the surgery painful?

During the first phase of the procedure, Dr. Stern will infuse the local tumescent anesthetic fluid into the area having liposuction. Though initially this stings a bit, the numbness sets in very quickly. In general, the liposuction phase of the procedure is relatively painless.

How is the laser used during liposuction?

After the tumescent infusion, but before Dr. Stern removes the fat, the painless Zerona™ laser will be passed over the area for several minutes to liquefy the fat cells. Dr. Stern will then insert the small fiberoptic ProLipoPLUS™ laser through a tiny incision to further melt unwanted fat and tighten your skin.

How will I feel after the procedure?

Most of our patients feel surprisingly energetic immediately after surgery, comfortable enough to leave after a brief stay in our recovery room. Mild drainage from the tiny incisions is normal, and lasts for several days. Bruising is generally mild to moderate and may last up to several weeks.

How long do I have to wear the compression garment?

We recommend you wear the garment for at least 2 weeks following the cessation of drainage from the incisions. However, you may wear it longer if you like.

When can I go back to work?

Most of our patients return to work, depending upon your occupation, within a few days.

When can I resume working out again?

Most people feel comfortable resuming a low impact workout 1-2 weeks after surgery. You may gradually increase your level of exercise as is comfortable for you.

Will the fat “go elsewhere” after liposuction?

This is a common misconception. Unless you gain significant weight after your surgery, your body should not deposit fat in other areas as a result of your surgery.

Will liposuction get rid of cellulite?

In general, liposuction does not improve cellulite.

Will liposuction help me achieve my weight loss goal?

It is important to know that ***liposuction is not a method of weight loss***. Though a significant number of fat cells will be permanently removed during liposuction, there is a minimal change in your actual weight after the surgery. The biggest change will be an improvement in the ***contour*** of the area undergoing the procedure.

How long will it take to see the results?

Each person is unique, but in general, most patients are swollen for several weeks. Enhanced contours in the area you had your surgery are generally noted about a month after the procedure, and continue improving for 6-12 months, as the skin and connective tissue layers contract and tighten. ***To achieve optimal results after liposuction, it is important to follow our post-op instructions, and to continue a proper diet and exercise regimen.***