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Understanding Tumescant Liposuction

By Tammy Corbett

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Tumescant liposuction was developed by dermatologic surgeons in the mid 1980's and has become a more popular method of liposuction. It is considered to be a major advancement that has completely changed surgical fat removal. This has been regarded as the "best" type of liposuction surgery to date.

Tumescant liposuction is done using a local anesthetic. A large volume of saline solution containing the aesthetic and a drug called "Epinephrine" is injected directly into the areas where there are excessive fatty deposits. Epinephrine is important in the surgical process because it shrinks capillaries and minimizes blood loss. Minor sedation may be required for those who feel a little nervous about the surgery; however the patient is usually completely conscious during the surgery.

Benefits of Having Tumescant Liposuction Fewer skin irregularities Less bleeding Reduced bruising Faster recovery

Procedure

A small incision is made in the skin, allowing the tube connected to a vacuum type machine to suck up the fat. The tumescant method uses smaller cannulae than that of any other type of liposuction which results in less bruising or bleeding. An elastic compression garment is worn to help the skin contract and heal. This helps to sculpt the bulging areas of the skin and help to achieve more attractive contours.

There are risks associated with having any type of surgery. Tumescant liposuction is a very safe procedure with very few side effects. If the following types of side effects occur they are usually easily corrected. Skin irregularity Lumpiness Dimpling Loose skin Infections

Tumescant Liposuction Recovery

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Recovery time varies dramatically from person to person. Many patients are able to walk out of the office without assistance and get back to a regular routine within a few days.

It takes almost six weeks for any scar to begin to soften and a full year to be complete.

A patient may feel a little numbness in the area that has been treated because the local anaesthesia remains in the tissue for twenty–four hours or more after surgery.

Most patients will usually only experience minor discomfort after the numbness wears off.

Most patients are generally alert and able to function; they do not experience nausea and grogginess associated with general anaesthesia. The sooner a patient can begin to move around, the faster the healing progresses.

Physical exercise is not recommended until at least a week after having the procedure.

Tammy Corbett is an abdominoplasty weight loss consultant and author of several articles on the importance of weight loss programs . She is currently writing more articles for her website

. See original article at

What Is Tumescent Liposuction?

By Gray Rollins

Tumescent liposuction involves the surgical removal of excess body fat using a combination of traditional liposuction techniques and tumescent anesthesia. The procedure is relatively new to the cosmetic surgery scene, having come into widespread use in the 1990's. Tumescent liposuction offers significant benefits over traditional liposuction techniques for its ability to minimize post–operative discomfort, curtail surgical bleeding, and reduce bruising and swelling during the recovery period.

Tumescent liposuction is unique in that it uses large volumes of a dilute solution of lidocaine, paired with the drug epinephrine. The lidocaine serves as a local anesthetic, eliminating the need for patients to go under general anesthesia. The epinephrine serves to temporarily restrict capillaries, thereby reducing bleeding during the surgery. This combination allows surgeons to perform liposuction using minimal amounts of sedatives. The lidocaine is retained in the body for several hours after the procedure, giving the patient up to 12 to 18+ hours of pain–free recovery. The use of tumescent anesthetic also eliminates the drunken feeling felt by many patients after going under general anesthesia, as well as the nausea felt by traditional liposuction patients.

At the start of the procedure, the surgeon anesthetizes the skin at select locations using tiny needles. Once the skin has been numbed, longer needles are used to anesthetize the subcutaneous fat with

Understanding Tumescent Liposuction

large quantities of the dilute lidocaine and epinephrine solution. Patients are frequently given a mild sedative, such as Valium to help relax them during the procedure. Once the areas to be treated are completely numb, the doctor begins the liposuction. Small holes, called adits, are made in the skin using round skin biopsy punches to form access sites for the liposuction microcannulas. A microcannula is a very small stainless steel tube, ranging from 1mm to 3mm in diameter, designed to effectively remove small amounts of fat. Fat is suctioned out of the body in small tunnels through the microcannula, leaving the fibrous strands attached to the skin and muscles intact. Once the desired fat has been suctioned out, the microcannulas are removed. Since the adits are such small holes, there is no need for sutures using this method. This actually serves to speed up the healing process since drainage can occur via the adits, greatly reducing the amount of swelling and bruising of the treated areas.

Tumescent liposuction, as with any other type of surgical procedure, does carry some risks. Patients should expect some side-effects from the procedure such as bruising, swelling, and temporary numbness of the treated areas. Significant drainage will occur in areas where adits were formed. Some skin irregularities may result from the procedure, though this side-effect is greatly reduced with the use of both the tumescent anesthesia and microcannulas. Other, more serious side-effects can include blood clots, infection, and allergic reactions to the anesthesia.

Gray Rollins is a featured writer for CosmeticSurgeryHelp. To learn more about tumescent liposuction, visit

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