

Liposuction

BY ROBERTA L. GARTSIDE, MD, FACS

Summer is right around the corner and we start to think about trying on that old bathing suit or going to the store to try on new bathing suits.

Our body's contour may not be what we are expecting or want to see. Liposuction is one option for those bothersome bulges.

Liposuction is a body contouring procedure that removes excess fat between the skin and muscle by suctioning or aspirating like a vacuum those unwanted bulges. Liposuction is a very popular and effective procedure but is not a treatment for obesity and should not be used in the place of diet or exercise. Liposuction surgery is ideal for removal of stubborn fatty areas that have proven difficult to remove by an exercise regimen and healthy diet. The most common areas that liposuction surgery focuses on are the outer hips (saddle bags), buttocks, abdomen and "Love Handles" or "Muffin Top", inner and outer thighs, hips, face and arms. There are several types of liposuction techniques using various types of equipment (power assisted, tumescent, laser, ultrasound, etc). They all have their pros and cons and not one type is meant to be used on everyone or everywhere. The type of liposuction used is considered a tool used by Dr. Gartside to help you reach your goals. The choice of that tool should be determined after a consultation and physical examination to assess what areas are of concern and what the condition of the skin is. You will want to see a surgeon that is well versed in the different techniques of liposuction as well as the other forms of body contouring in order to get a picture of the many different options there are. Therefore, it is important to have a discussion with your plastic surgeon and not rely on an advertisement or friend to determine what type of liposuction is best for you.

WHAT TO EXPECT

When you have made the decision to have liposuction surgery, you will schedule an initial consultation with your surgeon. During this personal consultation, you will discuss your expectations and determine if these expectations are realistic for your body and other

factors such as; elasticity of skin, lifestyle (tobacco use and/or alcohol consumption), plans for potential pregnancies, and past and present health conditions. It is important for you to supply accurate and complete information to ensure the safe and effective experience of your liposuction procedure. During your liposuction consultation, this will be the time to ask any questions regarding the liposuction process.

PROCEDURE

The majority of liposuction surgeries are done as an outpatient procedure. Anesthesia varies by type of liposuction and the amount of fat being removed. A cannula (a small, hollow, stainless steel tube) is inserted into small incisions near the area to be treated. The cannula is placed into the incisions and oscillates between the muscle and skin to remove excess fat by using a syringe or suction pump. The length of the surgery varies depending on the areas to be treated and amount of fat being removed. Upon completion of the procedure, you will be monitored in a recovery room by a nurse. The amount of recovery time varies by person, anesthesia and type of liposuction procedure.

AFTER CARE

Dr. Gartside will discuss the recovery time with you after your liposuction procedure. When the anesthesia subsides, the soreness has been described as the type one feels after a rigorous work out. You may be prescribed pain medication for any further soreness or discomfort associated with the liposuction procedure. The incisions made in your skin to remove the fat may drain for several days after the liposuction procedure; a drainage tube can be used to remove any fluid or drainage from the incisions. Tight clothing or compression garments should be worn for several weeks after the procedure to aid in the healing process. Results usually reach the full desired potential after a few months, sometimes taking up to 6 months. It is important to keep a healthy lifestyle after the procedure in order to reach the full potential and effectiveness of the liposuction procedure. Please keep in mind that a continued relationship with Dr. Gartside is important for a successful recovery. You will be able to schedule follow-up visits to evaluate the progress of your liposuction procedure.

DO YOUR HOMEWORK*

Choosing to have plastic surgery is an important decision and so is selecting the surgeon to perform the surgery. The American Society of Plastic Surgeons (ASPS), established in 1931, is the largest plastic surgery specialty organization in the world.

Whether you're considering cosmetic or reconstructive plastic surgery, you want the skill of an ASPS Member Surgeon—a doctor with more than six years of surgical training and experience, with at least three years specifically in plastic surgery. Their training and experience make them uniquely qualified to perform your cosmetic or reconstructive procedure. It has been stated in a practice advisory from the ASPS that physicians performing liposuction must be trained as surgeons. A surgeon's scope of practice is defined by one of the 10 surgical boards recognized by the American Board of Medical Specialties (ABMS). In addition, several states have adopted regulations about scope of practice. Virginia, unfortunately, is not one of them.

Many health care providers are now performing plastic surgery procedures, but that doesn't mean they're all qualified to perform plastic surgery. ASPS Member Surgeons are trained in cosmetic and reconstructive procedures of all types.



Dr. Gartside is certified by the American Board of Plastic Surgery and has more than 25 years experience in the practice of cosmetic surgery.

Members of the American Society of Plastic Surgeons (ASPS) are certified by the American Board of Plastic Surgery or the Royal College of Physicians and Surgeons of Canada. The ABPS is approved by the American Board of Medical Specialties to certify physicians in plastic surgery of the face and all areas of the body.

When you choose an ASPS Member Surgeon you know your surgeon:

- Has at least 6 years of training and experience in surgery, with 3 years specifically in plastic surgery
- Is certified by the American Board of Plastic Surgery
- Operates only in accredited medical facilities
- Adheres to a strict code of ethics
- Fulfills continuing education requirements, including patient safety techniques
- Will be your partner, working to achieve your goals

To make sure your surgeon has these outstanding qualifications, look for the ASPS Member Surgeon logo.

One of the first steps you can take towards a successful procedure is to become an educated consumer.

*Information provided by the American Society of Plastic Surgeons



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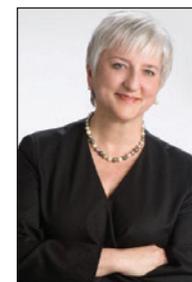
Offering body contouring options such as liposuction, breast enhancement such as breast augmentation, and facial cosmetic surgery including facelift procedures.

Roberta L. Gartside, M.D., F.A.C.S.

RESTON: 1800 Town Center Dr, Suite 412, Reston VA 20190
TYSON'S CORNER: 1300 Chain Bridge Road, McLean VA 22101

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Roberta L. Gartside, MD, FACS is certified by the American Board of Plastic Surgery and with over 25 years in practice, Dr. Roberta Gartside is one of the most experienced and highly sought-after plastic surgeons in the area. In addition to offering patients a wide range of reconstructive and cosmetic surgery procedures, she

also offers outpatient skincare treatments such as fillers, like Botox, and lasers, including the Gentle Waves Skin Fitness System™ - a breakthrough LED light treatment therapy that helps rejuvenate aging skin. While patients certainly appreciate Dr. Gartside's vast experience and offerings, they also place great value in the time she and her gregarious staff take to explain each and every option available to them.

Committed to upholding the utmost standards in her specialty, in addition to working on the medical staff at Fairfax Hospital, Fair Oaks Hospital and Reston Hospital Center, Dr. Gartside has served as Vice President of Membership and Communications for the American Society of Plastic Surgery and as a Board Representative of the National Accreditation Program for Breast Centers. She has also worked with Operation Smile and the Fairfax Skindeep Tattoo Removal Program in the past.