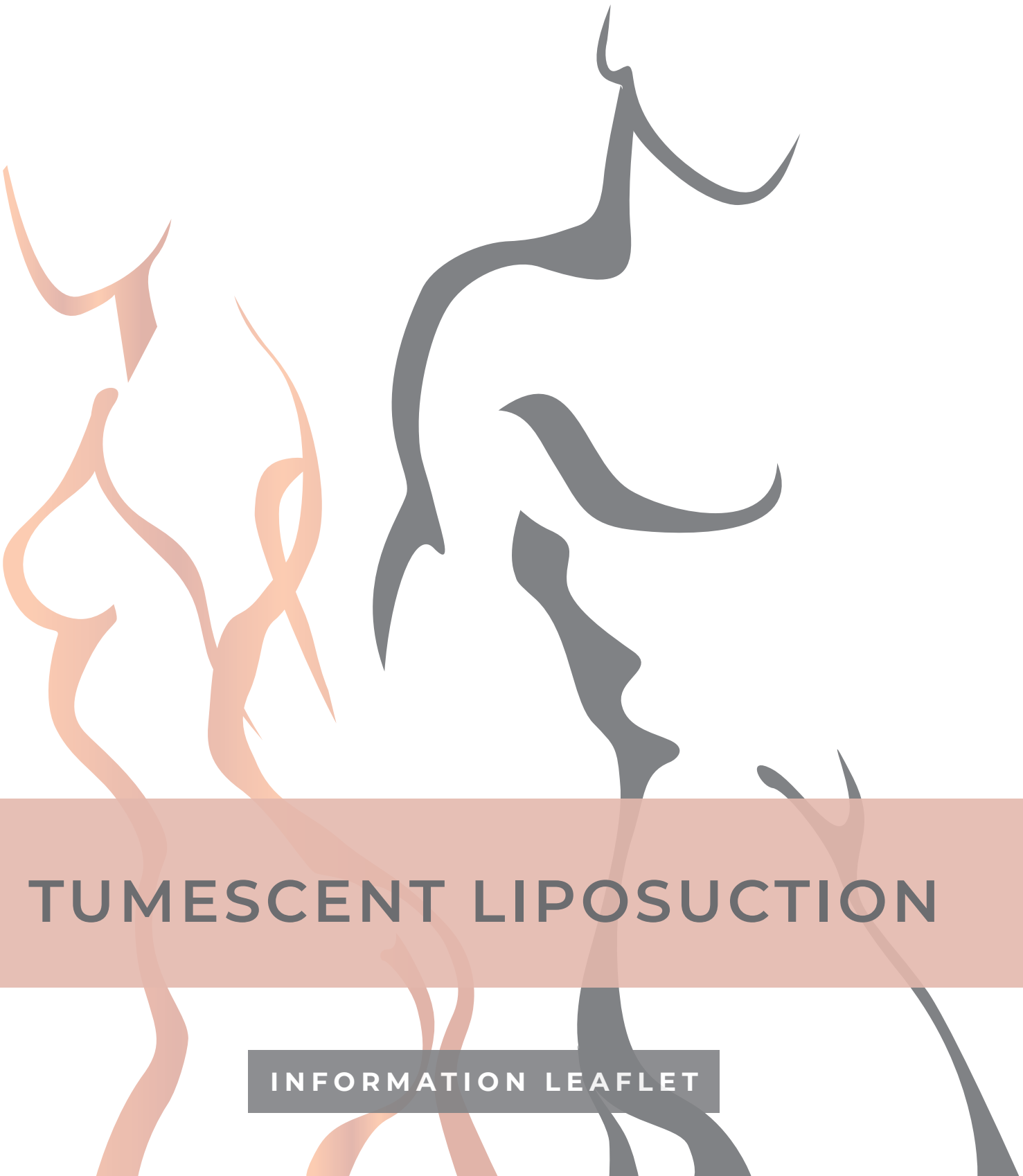
RESCULPT CLINIC

Dutch Expertise Centre for Fat Treatments and Body Contouring



TUMESCENT LIPOSUCTION

INFORMATION LEAFLET

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TUMESCENT LIPOSUCTION)

Stubborn fat deposits are a known problem for almost everyone. Some people suffer from fat accumulation on their abdomen, while others suffer from fat accumulation on their love handles. It is usually possible to reduce unwanted fat deposits through diets or exercise. But it can also happen that the unwanted fat deposits hardly respond to this. A dfferent approach is then needed.

Tumescent Liposuction has been the standard treatment for removing troublesome fat deposits for years. It is important that this concerns fat that lies directly under the skin, also called skin fat. Fat in the abdominal cavity (think of a beer belly) or between the muscles is not included and cannot be removed with liposuction. Characteristic of tumescent liposuction is that the procedure is performed under local anesthesia without the use of an anesthetic epidural or sedation. A large amount of fluid containing anesthetic (tumescent fluid) is injected into the fatty tissue. During the treatment you must be able to move and even stand to get optimal results.

ReSculpt Clinic is the Dutch expertise center for fat treatments, including Tumescent Liposuction. The doctors at ReSculpt Clinic are medical specialists and specialized in this field. The treating specialist can discuss the possibilities of this treatment with you in detail during a consultation

DIFFERENT METHODS OF FAT REMOVAL

There are many different methods to remove fat. This can easily cause confusion for someone seeking such treatment. In addition, fat removal in the Netherlands does not only fall under one specialism; Both medical specialists (dermatologist, plastic surgeon) and primary care physicians perform liposuctions. We at ReSculpt Clinic want to help you with this.

‘ENERGY-BASED DEVICES’ VERSUS LIPOSUCTIONS

With liposuction, the fat is removed by inserting a cannula under the skin and sucking the fat away. However, nowadays there are also devices that dissolve the fat with the help of freezing or ultrasound. These devices, also called 'energy-based devices', are placed on the skin where the fat accumulation is. No anesthesia is required and no skin is penetrated during the treatment. This makes treatment with energy-based devices accessible and easy. However, these devices are intended for small fat deposits and the result is not always reliable. During the treatment you cannot see what the e ect is (with liposuction it is visible exactly how much fat has been sucked away) and some people respond more to it than others.

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REGULAR (CONVENTIONAL) LIPOSUCTION VERSUS TUMESCENT LIPOSUCTION

There are roughly two types of liposuction: conventional liposuction, which involves anesthesia via general anesthesia, and tumescent liposuction, which involves local anesthesia with an anesthetic fluid in the fatty tissue to be treated. This anesthetic fluid is also called tumescent fluid ('tumescent' comes from Latin and means swollen). Therefore, tumescent liposuction does not use general anesthesia, epidural puncture or sedation, only local anesthesia with tumescent fluid.

Conventional liposuction is less labor-intensive and time-consuming for the doctor, but tumescent liposuction has a number of important advantages over conventional liposuction:

- Using only local anesthesia is less stressful on the body and results in a faster recovery.
- Using only local anesthesia reduces the risk of complications.
- By softening the fat with the tumescent fluid, the fat can be removed more effectively, more accurately and more evenly.
- The tumescent fluid is injected locally in large quantities. The fatty tissue contains certain essential structures, such as the subcutaneous connective tissue network, lymphatic vessels, and blood vessels. The injected fluid ensures that there is more space between these structures so that they are not damaged during the treatment.
- Tumescent Liposuction uses vibrating cannulas. The cannulas with which the fat is sucked away are connected to a mechanical handle that moves the cannulas back and forth very quickly, causing them to vibrate. The advantage of this is that the fat can be removed more easily, without damaging the important structures in the fatty tissue. This not only ensures a faster recovery after liposuction, but also a less rough treatment ("there is no ragging, it's more like playing the violin").
- By being awake and mobile during the procedure, the patient can change position and also stand. This allows the doctor to see exactly where fat still needs to be removed to get the best and most beautiful result.
- The connective tissue network in the adipose tissue is an important structure. It connects the muscles beneath the fatty tissue to the skin above and holds the skin in place. Because the connective tissue network remains intact during Tumescent Liposuction, the skin can be pulled 'tight' again after the procedure, even though there is less volume. This is also called the LipoLift.

Tumescent liposuction does not only have advantages; With Tumescent Liposuction there is a limitation to the amount of tumescent fluid that can be injected per treatment. This also limits the area that can be treated at a time. Naturally, we try to treat as large an area as possible at a time with the amount of fluid that can be safely used. This amount is determined, among other things, by the weight of the patient. However, experience shows that this limitation of the amount of tumescent fluid is rarely a problem in practice. Treating a much larger area than is possible based on the

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permitted amount of tumescent fluid is often not desirable because the procedure will then take too long and the recovery will be more diffcult.

WHERE DO I GET TREATED?

Tumescent Liposuction was developed by the American dermatologist Dr. Jeffrey Klein and has also been used by dermatologists in Europe (including the Netherlands, Germany, Switzerland and Austria) for many years. This procedure is also performed by dermatologists at ReSculpt Clinic. But the technique is also used by non-dermatologists. It's important that the doctor who performs the treatment is trained and has extensive experience in this. It's also important that it is made clear to you which treatment you will receive.
Nowadays, standard liposuctions also involve injecting fluid. This can lead to confusion; the amount of fluid that is injected is considerably less than with a real Tumescent Liposuction. To benefit from all the benefits of Tumescent Liposuction, it is important that the doctor adheres to all aspects of this treatment, including the use of local anesthesia with tumescent fluid without the use of anesthesia, epidural injection or sedation.

HOW IS TUMESCENT LIPOSUCTION PERFORMED?

The treatment consists of a number of phases. The different phases are always discussed with the patient prior to treatment. First you will be prepared by the nurse (weighing, measuring blood pressure and taking photos). Your treating specialist will then discuss the area to be treated with you and mark it on the skin with a marker. Anesthetic phase The skin around the marked area is numbed with a number of small injections. Needles are inserted (painlessly) into the fatty tissue via the anesthetized skin spots. A number of liters of tumescent anesthetic fluid are injected through this into the fatty tissue. The speed at which this is injected can be adjusted so that this happens with as little discomfort as possible.

ANESTHESIA SETTING IN PHASE

It is important that the fluid can distribute well and work properly. This takes time. For an optimal effect where the fat cells are well softened, the tumescent fluid must work for 30-45 minutes.

LIPOSUCTION PHASE

A number of small (½ to 1 cm) incisions are made around the area to be treated. Asuction cannula is inserted into the fatty tissue through these incisions and the excess fatty tissue is removed by means of back and forth movements. By following certain patterns, the fat layer is thinned out in an even manner. During the treatment you will be asked to assume different positions so that the treating physician can easily reach the areas to be treated and see where fat still needs to be removed. At the end of the treatment you will be asked to stand. In this way, small irregularities can be made visible that would not be visible in a lying position. The procedure is carried out down to the smallest detail for optimal results.

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AFTER THE TREATMENT

After the treatment you will be wrapped in absorbent bandages. You will then be given an elastic suit to wear over that. Before you leave, you will receive a document stating which medications you have taken that day and contact details for outside office hours.

RECOVERY PERIOD

The few incisions made to remove the fat will drain some of the anesthetic fluid for 1-3 days. The first 24 hours after the treatment you will feel tired, perhaps even a bit shivery. You will not be ill in the days after the treatment; However, you may experience a sore feeling and some kind of muscle pain in the treated areas.
Most swelling and bruising have reduced considerably after a week. It may take several weeks for the bruises to disappear completely. You can do any activities that feel good, just listen to your body. Make sure you have no obligations for the first few days and no heavy work for the first week. The elastic suit is worn day and night for 1 week, and then only during the day for 2 weeks.

WHAT RESULTS CAN ONE EXPECT AFTER TUMESCENT LIPOSUCTION?

The end result will be fully visible after 3 months. Depending on the amount of fat that has been removed, there may be a clear contour improvement even immediately after the treatment. During the recovery period, subcutaneous wound fluid is also present. In certain parts of the body (lower legs, knees and abdomen) it can sometimes take months before this goes away completely. After the treatment you will gradually notice that the pain complaints decrease, movement becomes easier and clothing fits better again. You will literally and figuratively feel happier and better in your own skin. Thanks to the Tumescent Liposuction technique, the subcutaneous connective tissue is hardly damaged and the skin will contract due to the treatment. This means that your skin will not droop or become saggy after treatment.

RISKS AND COMPLICATIONS

Tumescent Liposuction is a very safe treatment. This has been proven by many scientific studies. There are no known serious complications with this technique. However, sporadically undesirable effects may occur, such as extensive bruising, more pain than usual, mild fever on the day after the procedure or a (temporary) reduced feeling in the skin. A blister may occasionally occur. In people with a predisposition to pigment spots, a dark discoloration may occur at the site of the incisions.

SAFETY

At ReSculpt Clinic we do everything we can to guarantee your safety during a visit or treatment. You can also contribute to this yourself, for example by informing your treating physician in detail about your complaints, medication use, lifestyle, etc. Ask questions if something is not clear or if you are concerned.

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REIMBURSMENT

Tumescent Liposuction is not covered by insured care and is not reimbursed by the health insurer.

INFORMATION AND INTRODUCTORY MEETING

Would you like to know more about this treatment and what is possible for you? Schedule an appointment for a no-obligation information meeting or a telephone consultation via the contact page on our website.
During the information meeting with the medical specialist, ample time is taken to explain the condition, the treatment, the side effects, the follow-up process and the result, so that you are optimally informed. The conversation lasts approximately 45 minutes.

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COMPLAINTS AND PRIVACY POLICY

ReSculpt Clinic has a complaints and privacy policy. You can request a copy of this policy via the contact page on our website or by sending an email **contact@resculpt.nl**

For more information about tumescent liposuction and lipofilling treatments, please visit our website: **www.resculptclinic.nl**

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