

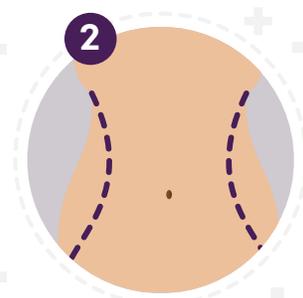
# 5 THINGS TO KNOW ABOUT Liposuction

As you explore the possibility of liposuction, it's important to understand the procedure itself as well as the recovery and appearance you should expect.



The purpose of liposuction is to **improve contour, not for weight loss**. Think of liposuction as spot treatment; it should not be used in an attempt to overhaul the body. This is why Proffer Surgical Associates asks liposuction patients to be at a stable, maintainable weight before their procedure.

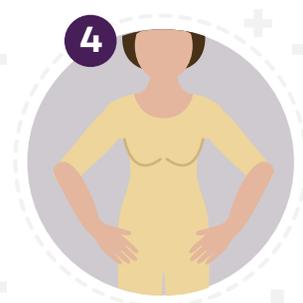
All forms of liposuction are not created equal. Traditional liposuction techniques combine the breaking up of fat and suctioning in one step, which can increase chances of nerve damage and injury to blood vessels. Traditional liposuction also produces varied results, but the main disadvantages include contour irregularities and a lumpy or bumpy surface appearance. At Proffer Surgical Associates, we use **SAFELipo**, a specific form of liposuction that typically provides **smoother results**.



Liposuction in one area of the body **will not increase weight gain in another area of the body**. The human body has a set number of fat cells from birth, reaching its peak at puberty. Liposuction is the removal of fat cells from the body. Removing fat cells in one area will prevent fat cells from regenerating to this area, but will not affect the other fat cells throughout the body. Fat cells cannot regenerate, but they can become enlarged. Liposuction removes the cells completely, but cannot remove all fat cells in a specific area.



Recovery will take anywhere between **3 weeks to 3 months, during which time patients are required to wear compression garments**. Patients might experience some bruising and leakage at the procedure incision site. Because liposuction involves the removal of fat cells, the body's natural energy storage, patients also report low energy levels post procedure. Proffer Surgical Associates encourages patients to increase their protein and water after liposuction to combat this effect. We strongly suggest patients refrain from dieting after liposuction.



Liposuction creates swelling that takes weeks to months to dissipate. Although the contour will look improved, it can take **up to a year** for the skin to fully retract.



Dr. Patrick Proffer is a leading cosmetic surgeon at Proffer Surgical Associates in Amarillo, Texas. He attended Texas Tech University and the University of Texas Health Sciences Center at San Antonio, where he obtained his Doctor of Medicine degree (M.D.). He received his formal training in General Surgery and Plastic and Reconstructive Surgery at Wake Forest University in Winston-Salem, North Carolina.



Dr. Proffer's training covers all aspects of plastic surgery, including cosmetic surgery of the face and body, complex reconstructive procedures, cleft lip and palate surgery, hand surgery, facial and jaw fracture repair, and reconstruction following massive weight loss. His primary focus is cosmetic surgery of the breast and body including breast augmentation, breast lift, abdominoplasty, liposuction, and revision/corrective breast surgery. He gets to know every one of his patients as individuals, which allows him to tailor treatment to their exact desires and needs.

Dr. Proffer is a board-certified plastic surgeon, affirmed by the American Board of Plastic Surgery, and an active member of the American Society of Plastic Surgery and the American Society of Aesthetic Plastic Surgery.

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