

PATIENT INFORMATION SHEET: VASER LIPOSUCTION

Ultrasound-assisted liposuction under local anaesthetic

WHAT IS VASER LIPOSUCTION?

VASER (Vibration Amplification of Sound Energy at Resonance) liposuction is a minimally invasive procedure that uses ultrasound technology to selectively break down fat cells before gently removing them via suction. It allows for precise body contouring, causes less trauma to surrounding tissues, and generally leads to a smoother recovery than traditional liposuction.

HOW DOES IT WORK?

- A tumescent solution (numbing fluid) is infused into the fat layer
- Ultrasound energy is then used to emulsify (liquefy) the fat
- The liquefied fat is removed through fine cannulas
- Most patients remain awake under local anaesthetic, and the procedure is performed as a day case

BENEFITS OF VASER LIPOSUCTION

- More precise fat targeting and sculpting
- Less trauma to blood vessels, nerves, and connective tissue
- Reduced post-op bruising and swelling compared to traditional liposuction
- Can enhance skin retraction in suitable candidates
- Faster recovery with minimal downtime

LIMITATIONS OF VASER

- Not a weight-loss solution - it targets stubborn fat areas
- Skin with poor elasticity may not retract optimally
- May require multiple sessions to achieve desired results, especially in larger or fibrous areas
- Final results depend on aftercare, skin quality, and individual healing

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WHAT TO EXPECT AFTER THE PROCEDURE

- You may experience moderate bruising, swelling, and fluid leakage at the incision points for the first 2-3 days
- The treated areas may feel firm, sore, numb, or uneven – this is part of the normal healing process
- Most patients return to light activities between 3 and 10 days, depending on the area treated
- Swelling and tightness can persist for several weeks
- Final results typically become visible between 3 and 6 months, with full refinement by 12 months

AFTERCARE INSTRUCTIONS

Compression Garment

- Wear your compression garment continuously for 6 weeks, day and night (removing only to shower)
- This helps reduce swelling, supports healing, and encourages skin retraction
- Failing to wear the garment properly may lead to fluid build-up, contour irregularity, or poor results

Manual Lymphatic Drainage (MLD)

- You must attend at least 6 MLD sessions, starting 7 days after surgery, ideally weekly
- MLD helps drain excess fluid, prevent seromas, and improve your overall result
- Our in-clinic MLD team is recommended for safe and expert care

Pain Management

- Mild to moderate soreness is expected and usually feels like deep bruising
- Take paracetamol as directed
- Avoid anti-inflammatory medication (e.g., ibuprofen) unless prescribed, as it may interfere with healing

Activity Restrictions

- No exercise or strenuous activity for 4 weeks
- Avoid heavy lifting or high-impact movement
- Gentle walking is encouraged from 24-48 hours after the procedure to support circulation

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RISKS AND POTENTIAL COMPLICATIONS

- Swelling, bruising, discomfort
- Seroma (fluid collection) or haematoma (blood build-up)
- Contour irregularities, asymmetry, or residual fat
- Skin pigmentation changes or numbness
- Skin burns (very rare) from the ultrasound probe
- Fat necrosis or firm nodules
- Infection or delayed healing
- Rare but serious: fat embolism, blood clots, anaesthetic reactions

LONG-TERM EXPECTATIONS

- Swelling and tightness will reduce gradually over the first 4-6 weeks
- Some firmness or lumpiness may persist in the short term
- You may start to see your shape take form at 6-12 weeks, but optimal results develop over 3-6 months
- The final result is typically visible at 12 months, once tissues fully settle

WHEN TO CONTACT US

Please contact us immediately if you experience:

- Sudden or worsening pain
- Increasing swelling or asymmetry
- Redness, heat, pus, or signs of infection
- High fever or chills
- Breathing difficulties or chest discomfort (emergency)

CONTACT INFORMATION

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