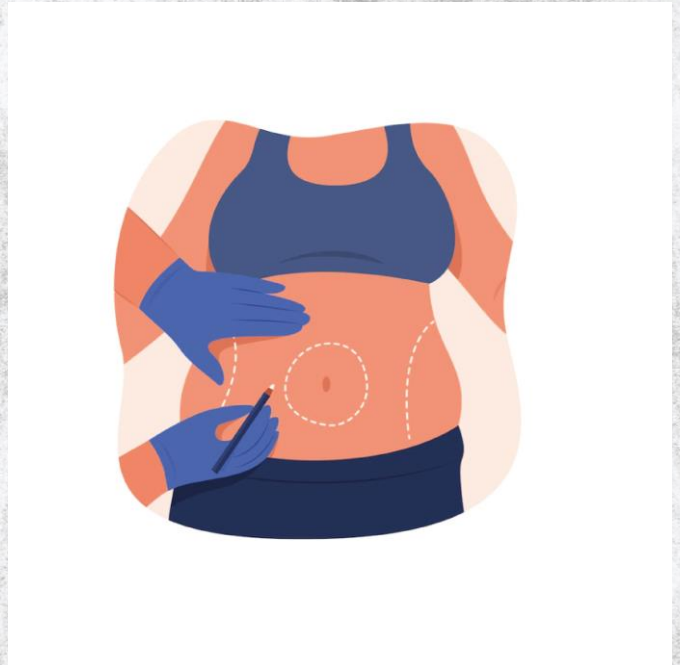
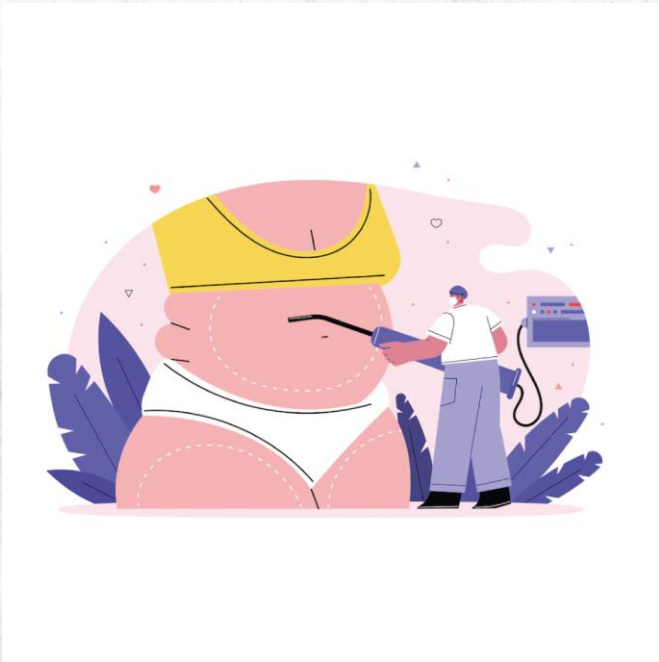


## Liposuction:



Liposuction is a cosmetic procedure used to remove unwanted body fat. It uses a suction technique to remove fat from different areas of the body, such as the abdomen, hips, thighs, buttocks, arms or neck.

### Reason for the surgery:

The reason is to change the body shape, and the results are generally long-lasting, if the patient maintains a healthy weight.



## **Complications of the surgery:**

Like any major surgery, liposuction makes the patient subjected to risks, such as bleeding and a reaction to anesthesia. Possible complications specific to liposuction include:

- Lumpy and uneven results
- Bleeding under the skin
- Persistent numbness that can last for months
- Changes in skin color in the treated area
- A build-up of fluid in the lungs (pulmonary oedema) from the fluid injected into the body
- A blood clot in the lungs (pulmonary embolism)
- Damage to internal organs during the procedure

## **When you should see the doctor:**

To be a candidate for liposuction, you must be in good health without conditions that could complicate surgery such as restricted blood flow, coronary artery disease, diabetes or a weak immune system.





### **Prevention from liposuction:**

- Eat healthy food that contains fiber, especially fresh vegetables and fruits.
- Stay away from eating foods that contain a high percentage of calories, including ready-made foods and soft drinks.
- Reducing fatty foods that contain sugars.
- Reduce the intake of rice, pasta and white bread if you are obese, but if you suffer from thinness, eat several meals a day, eat 3 main meals and 2 or 3 snacks between the main meals.
- Postponing fluid intake until after a meal.
- Eat nuts and dried fruits.
- Doing sports that increase muscle mass.

