



A NEW LIPOSUCTION  
TREATMENT  
**S.L.A.B.S.**  
SEQUENTIAL  
LIPOSUCTION AND  
BODY SCULPTING

by Patricia Stuart

**I**n last month's issue of *PBG Lifestyle* it was announced we would follow both the surgeries and progress of Patient X while undergoing a series of liposuction and body sculpting treatments for the purpose of losing weight to provide a healthier lifestyle and image with minimal risks involved. This month we will expand on Patient X's progress by detailing the experience both pre- and postoperative.

**Patient:** What will I need to do to prepare for the surgery?

**Dr. Dedo:** During our [complimentary] consultation we'll discuss the areas that bother you and then customize a plan to help you look and feel better. Please read all the information provided to you by our office. Once medical clearance and lab studies are received we can schedule your surgery date. Nothing to eat or drink after midnight and please discuss any daily medications you take. Shower with the soap we provided to you prior to surgery. Bring comfortable clothing and shoes for you to wear home. You will need someone to drive you home.

**Patient post-op:** Consultation to surgery took just a week, as I was able to see my primary care physician within the week for a clearance medical exam and lab work. After taking the "before" photos, I was no longer anxious over the surgery!

**Patient:** What type of anesthesia will I have? Will it be given by intravenous or pill? Will I be totally asleep? Will I feel any pain?

**Dr. Dedo:** No intravenous; you'll be given pills for relaxation that will make you feel relaxed and sleepy; however, you will be awake throughout the procedure. Local anesthesia will be administered; occasionally you might feel a small needle prick, but nothing severe.

**Patient post-op:** I hate intravenous so I was thrilled to swallow a pill instead. It did make me sleepy, but I was awake through it all, very aware yet very relaxed and listening to Dr. Dedo's favorite Huey Lewis CD.

**Patient:** How long will it take? What area of my body will you focus on?

**Dr. Dedo:** Based on the target areas you're unhappy with, several surgeries are needed so we can conservatively and safely remove the unwanted pounds and inches. The abdomen area alone will take approximately two and a half hours; shoulders, back, arms, hips and sides also can take up to five hours. For your first surgery, we'll focus on your abdominal area.

**Patient post-op:** What seemed like five minutes to me was actually three hours later. Word of advice: unless you really love

*Huey Lewis, bring a few CDs of your own!*

**Patient:** Will there be incisions? Will I need stitches?

**Dr. Dedo:** A few tiny incisions will be made as entry ports; they will soon only look like freckles and they will go away.

**Patient post-op:** Five incisions were made and totally gone within three weeks.

**Patient:** Will there be swelling or bruising? Any remedies I can use or do to help?

**Dr. Dedo:** Yes, but with the help of the low-level laser therapy we provide, it's much less than previously known. I also recommend Vitamin C and Arnica montana for bruising.

**Patient post-op:** My bruising was minimal and the Arnica worked really well to fade what was there.

**Patient:** How much fat will you remove and how much does that equal in pounds? Will I weigh much less on my scale right away?

**Dr. Dedo:** 4,000 CCs is the amount of fat allowed to be removed under the laws of Florida. This can equal eight to fourteen pounds. During your surgery, fluid is injected to assist the procedure and until it's all properly drained or absorbed, you will retain water weight for a short period of time.

**Patient post-op:** The swelling lasted for a few weeks, but it wasn't painful, just uncomfortable to be touched for the first few days. I actually returned to work in two days and took a plane trip within two weeks – without an extension on the seat belt – the first time in years! Four weeks after the surgery, combined with Jenny Craig meals and drinking lots of water, I'd dropped a total of forty-one pounds. I'd gone down two pant sizes.

**Patient:** Will my skin be smooth right away?

**Dr. Dedo:** Depending on the volume of fat removed, the skin may tend to be lumpy at first, but through use of laser treatment therapy, the skin can be smooth again.

**Patient post-op:** The first week there were lumpy areas on each side of my stomach area, but I noticed a great improvement within week three and it continues getting better each day. Wearing a tight girdle garment definitely helps. Dr. Dedo's office will measure you and order the garment for you after your consultation. He wants you to wear it twenty-four hours a day for the first week and then continue to wear it for the four to six weeks as often as possible. **PBG**

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