

# SLIM FIX

With the advance of fat removal technology over the past few years, two women choose liposuction for those stubborn, hard-to-slim areas.

AS TOLD TO ASHLEY KOWALEWSKI

## CASE STUDY 1

**NAME:** Undisclosed  
**PROCEDURE:** Power assist liposuction  
**PERFORMED BY:** Dr. Robert Sleightholm

**ELEVATE:** What procedure did you have done?

**PATIENT 1:** I had liposuction done on the lumbar area.

**ELEVATE:** What made you decide to get this procedure done?

**PATIENT 1:** I had been going to Dr. Sleightholm for other procedures since 2005, but there were still some troubling areas that I wanted to take care of.

**ELEVATE:** What did you experience during your procedure and recovery?

**PATIENT 1:** I was back to work in two days and I wore my compression garment. I was fine.

**ELEVATE:** How did you feel about your new look after the procedure?

**PATIENT 1:** I had thick, heavy fat deposits in the lumbar area, but right away, even though I was still swollen, I was very happy.

**ELEVATE:** What advice do you have for people thinking of getting liposuction?

**PATIENT 1:** You have to have realistic goals—it's not for major fat removal. If you have a couple of problem areas, it's a good way to take care of that last little bit. ▶



ABOVE: Liposuction done on the lumbar area

**FACT:**  
Liposuction replaced breast augmentation as the most frequently performed procedure in 2014, with an increase of 16 per cent overall. Liposuction is the top surgery for men and the runner-up after breast augmentation for women.  
—AMERICAN SOCIETY FOR AESTHETIC PLASTIC SURGERY

## CASE STUDY 2

**NAME:** Marla  
**PROCEDURE:** Superwet liposuction  
**PERFORMED BY:** Dr. Michael Kreidstein

**ELEVATE:** What procedure did you have done?

**MARLA:** I had liposuction done on my hips, then around the back area and on my stomach.

**ELEVATE:** What made you decide to get this procedure done?

**MARLA:** I was always very self-conscious about the way I look. I'm not a large person, but after I had kids I found it harder to lose weight in problem areas, especially with a back problem.

**ELEVATE:** What did you experience during your procedure and recovery?

**MARLA:** After each of my

procedures, I noticed that I had a lot of bruising and tenderness during recovery, but after that, there was nothing.

**ELEVATE:** How did you feel about your new look after the procedure?

**MARLA:** I'm very happy with what's been done.

**ELEVATE:** What advice do you have for people thinking of getting liposuction?

**MARLA:** I would highly recommend it to somebody who was looking to do something to feel and look better. But you need to make sure that you do your research and go to the right doctor. My sister told



me about Dr. Kreidstein, and I think having someone else know who they are made me feel even more comfortable. ▶

PHOTOS: THINKSTOCK

CASE STUDY

1

## ASK THE DOCTOR

**Dr. Robert Sleightholm, Hons. BSc, MD, FRCSC**  
 Brampton Cosmetic Surgery & Medical Spa  
[bramptoncosmetic.com](http://bramptoncosmetic.com)

**ELEVATE:** What type of liposuction procedure did you perform on your patient?

**DR. SLEIGHTHOLM:** Power assist liposuction of the lumbar area.

**ELEVATE:** Why was your patient a good candidate for the procedure?

**DR. SLEIGHTHOLM:** She had localized fat, good skin quality and realistic goals about her procedure.

**ELEVATE:** What does the procedure encompass?

**DR. SLEIGHTHOLM:** I prefer doing the procedure under general anaesthesia. The patient is positioned prone, the skin is prepped with chlorhexidine and the area is draped with sterile drapes. Five-millimetre incisions are made in the lumbar roll. A tumescent solution

(Xylocaine and Adrenalin) is infiltrated into the fat to reduce bleeding. The area is widely undermined and the fat is aspirated. The incisions are closed with absorbable sutures and dressed with gauze and the patient is placed in a compression garment.

**ELEVATE:** What were your patient's biggest concerns?

**DR. SLEIGHTHOLM:** She had excess fat and rolls in the lumbar area, and the waist and buttocks lacked definition.

**ELEVATE:** Why should patients choose this liposuction procedure instead of other similar procedures?

**DR. SLEIGHTHOLM:** Non-surgical fat reduction technology produces very modest results. Energy-based liposuction (ultrasound, laser, radio frequency) may contribute to more scarring.

**ELEVATE:** What advice would you give patients who are unsure about getting liposuction?

**DR. SLEIGHTHOLM:** The patient should be realistic in what can be achieved when dieting and exercise are not targeting the areas they want. The procedure is safe, the post-operative pain is mild, and the recovery downtime is short.

**ELEVATE:** What are some misconceptions about getting liposuction?

**DR. SLEIGHTHOLM:** Many people believe that liposuction reduces weight. Despite the fact that the incisions are small, there is extensive undermining and loss of fluid. Often patients come in for liposuction of multiple areas, but there are limitations on how much can be taken. Longer operating times might increase risks. **e**

CASE STUDY

2

## ASK THE DOCTOR

**Dr. Michael Kreidstein, MD, MSc, FRCSC plastic surgeon**  
[drkreidstein.com](http://drkreidstein.com)

**ELEVATE:** What type of liposuction procedure did you perform on Marla?

**DR. KREIDSTEIN:** Marla had superwet liposuction of the upper and lower abdomen, hips and inner thighs.

**ELEVATE:** Why was Marla a good candidate for the procedure?

**DR. KREIDSTEIN:** She was near her ideal body weight and had adequate skin tone in the treatment areas.

**ELEVATE:** What can patients expect during the procedure?

**DR. KREIDSTEIN:** We perform multiple-area liposuction under general anaesthetic so we can be confident of our patient's comfort and focus on the artistry of the procedure.

**ELEVATE:** What were Marla's biggest concerns?

**DR. KREIDSTEIN:** She was concerned that poor skin tone might leave her with loose skin after the procedure.

**ELEVATE:** Why should patients choose this liposuction procedure instead of other similar procedures?

**DR. KREIDSTEIN:** Choose the surgeon, not the procedure. All evidence points to excellent results arising from a skillful surgeon using the technique that he or she likes best.

**ELEVATE:** What advice would you give patients who are unsure about getting liposuction?

**DR. KREIDSTEIN:** Liposuction is the safest and most rewarding procedure in cosmetic surgery. No energy-based machine will ever match the results possible from a skilled surgeon performing liposuction.

**ELEVATE:** What are some misconceptions about getting liposuction?

**DR. KREIDSTEIN:** The biggest misconception is that you can spot-reduce fat by doing exercise. Only liposuction can spot-reduce fat. **e**