



# LIPOSUCTION:

## *A Tried and True Method for Removing Fat*

By Becky Wiese

Liposuction became popular in the 1980s as an option that was less invasive than other surgical methods in treating lipodystrophy (the abnormal accumulation of fat). Over the years, the methods and equipment have continued to evolve, making it now one of the most popular procedures available for body contouring. Dr. Chad Tattini provides liposuction services using a specialized technique that has become the most common throughout the industry because it is the safest and the most predictable.

This technique is called PAL, Power Assisted Liposuction, and uses a machine that oscillates the cannula for the surgeon. This oscillation reduces the effort the surgeon has to use to remove the fat tissue, thus decreasing surgeon fatigue. The PAL system is also less traumatic for patients, making the procedure more efficient and effective, as the surgeon can sculpt more areas during the same session.

The actual removal of the fat is a three-step process called SAFE: Separation, Aspiration, and Fat Equalization. In the Separation stage, the surgeon uses the power-assisted cannula to separate the fat from the surrounding tissue. The oscillation of the cannula emulsifies the fat without damaging the tissue. During Aspiration, the targeted fat cells are removed, leaving the blood vessels, surrounding tissue and a thin

layer of fat. Finally, the Fat Equalization step involves evening out the remaining thin layer of fat to leave a smooth, natural-looking result. This is the “sculpting” portion of the procedure.

Dr. Tattini has been using this technique for more than 10 years, getting better and more consistent results, as well as minimizing the potential for irregular contouring.

Additionally, Dr. Tattini’s protocol for pain management further improves the patient’s experience and outcome. He uses IV anesthesia (which lessens nausea, as opposed to gas, which can make people feel nauseated) and a local anesthesia in the area to be treated. Pre-surgical pain medication taken the night before plus additional paid meds the day of the procedure greatly reduce the potential for pain. “Two recent patients used no additional pain meds, and one even went back to work the day after the liposuction procedure,” says Dr. Tattini.

Because liposuction is less invasive, the downtime is less than for a tummy tuck or other plastic surgery procedures. Recovery is also relatively quick: patients wear a compressive garment for a few weeks to decrease any swelling and to help the skin contract. It typically takes 3–4 weeks for the skin to contract down completely after the fat has been removed.

A good candidate for liposuction is someone who has maintained a stable weight and has good skin tone. While they may try to lose more weight or work out all the time, the fat in some areas stubbornly refuses to go away. Common areas for liposuction for women are the outer thighs (saddle bags), while men often have the procedure done on the waist area (love handles). Someone who has lost a lot of weight resulting in excess skin would not be a good candidate for liposuction. They would probably do better with a tummy tuck, as that procedure removes skin and muscle. Liposuction removes and reshapes only fat.

Liposuction also does not do anything about cellulite. The dimpling effect associated with cellulite is caused by the fibrous connective cords that connect the skin to the underlying muscle, with a subcutaneous fat layer between. As fat cells accumulate, they push up against the skin, while these fibrous cords pull down to the muscle, causing the dimple. Cellulite is more common in women because their fat cells and connective tissue are arranged vertically between the skin and the muscle. "Cellulite has nothing to do with fat," explains Dr. Tattini. "It's a skin issue, not a fat issue."

However, he does have an option for those looking to diminish their cellulite. A new FDA-approved treatment called QWO is now available at his office. It's not a surgical procedure, but rather a series of injections done in the clinic room by Elizabeth Riddle, R.N., who is a Nurse Injector. Each of the three sessions is done a few weeks apart. The enzymes in QWO, called collagenases, target the fibrous connective cords in the skin that cause the dimpling. The collagenases in QWO seem to release the fibrous bands, help redistribute fat cells, and stimulate growth of new collagen.

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Once the fibrous bands that pull the skin down and cause dimpling have been released, they don't pull as much. Less pulling means less dimpling. Less dimpling means a better contour.

*If you're interested in finding out more about liposuction, QWO treatments for cellulite, tummy tucks, or any other cosmetic or reconstructive plastic surgery, contact Chad Tattini M.D. at (309) 664-1007 or chadtattinimd.com. His office is located at 902 N. Hershey Road in Bloomington. He currently operates in the comfort and privacy in his new office, located at 902 N. Hershey Rd.*

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