

Basics of facial liposuction technique (including video demonstration)

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Liposuction is an effective means of recontouring the face that has been popularized and refined over the past 30 years. The concept of liposuction utilizing local tumescent anesthesia and microcannulas was reported by Klein in 1987. Prior to this innovation, liposuction techniques employed larger-diameter cannulas under general anesthesia.

The invention of tumescent anesthesia by Klein revolutionized the field of liposuction. Klein described a technique for aspirating adipose tissue entirely under local anesthesia with a dilute solution of lidocaine and epinephrine. The technique provided excellent hemostasis, maintained fluid balance, and eliminated the need for general anesthesia and associated complications. In conjunction with the innovation of tumescent anesthesia, small microcannulas were developed to more gently and precisely remove layers of adipose tissue to achieve a sculpting effect. These cannulas have a diameter of 20–10 gauge (0.58–2.7-mm inner diameter) compared with the larger cannulas having a diameter from 3 to 6 mm or greater. With proper technique, liposuction utilizing microcannulas under local tumescent anesthesia is an exceedingly safe and effective procedure with a relatively comfortable postoperative recovery period for the patient.

In this lecture, I am going to show you the basic techniques of facial liposuction under tumescent anesthesia.