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Local anaesthetic cosmetic surgery



After



Before

Nip, Tuck and Go

The decision to undergo a cosmetic treatment should not be taken lightly; any surgery has potential risks and ensuring your surgeon is appropriately qualified and trained is a must.

One area of concern for many patients is the potential risk of undergoing a general anaesthetic. These concerns fall into two groups. The first group of patients are concerned that they will be able to feel pain but will be unable to move during the procedure. This so-called 'awareness under anaesthesia' is incredibly rare but is still of concern to some women. The other group of patients are those concerned about the risks of being put to sleep and not waking up, which again is incredibly rare but an understandable concern for many women, particularly those with young children, when considering non essential operation.

Historically, the majority of cosmetic procedures in the UK were performed under a full general anaesthetic. The situation is very different in other parts of the world, for example, in Brazil, the birthplace of cosmetic surgery, the vast majority of procedures are performed under a local anaesthetic, with or without sedation. Consultant plastic surgeon Mr Charles Nduka, who undertook some of his training in Brazil, discusses the cultural differences. "There have been a number of advances in techniques of a local anaesthetic which have allowed an increasing number of procedures to be performed safely and without the potential side effects of a general anaesthetic. In addition to the local anaesthetic, modern sedative drugs are very rapidly reversible, allowing the patient to go home soon after

the procedure and yet be totally calm and relaxed throughout. There are, of course, a number of procedures for which it is advantageous to have a local anaesthetic, for example liposuction may be easier to perform because the patient can be manoeuvred during the procedure to demonstrate the changes in body contour. Facial procedures are also ideally performed in conditions which minimise the sedative thickness, which can set off bleeding. I routinely perform correction of prominent ears and eyelid surgery under local anaesthesia and have even performed rhinoplasty in this way as a day case."

Sarah is a 39-year-old woman who recently had eyelid surgery under local anaesthetic. "My heavy hooded eyelids had made me feel increasingly self-conscious. I had considered getting them treated for a long time, but it was only when applying make up became difficult that I decided to have the treatment. I was anxious about having the local anaesthetic as I imagined that having injections to my eyelids would really hurt. However, I was surprised at how painless the procedure was. I was able to chat with the nurse during the procedure, which took about 90 minutes. After the procedure, I was on my way home within 45 minutes, with an appointment to come back the following week for the removal of sutures. Six weeks later, I am delighted with the results. My eyes appear more open and my make up stays in place. I wish I had done it sooner."

For advice regarding a variety of cosmetic procedures, visit www.aesthetic-advice.co.uk or www.baeaps.org.uk



After



Before