

FROM LEADING BOARD-CERTIFIED PLASTIC SURGEON  
**DR. KENNETH R. FRANCIS**

HOW TO  
SCULPT YOUR  
**BEST  
BODY**  
WITH LIPOSUCTION

PG 3

**FIGHT FAT  
FOREVER**

PG 4

**CORRECT  
AND TONE**

PG 5

**GET BIKINI  
READY**

PG 8

**SLIM YOUR  
SHAPE**





“I strive to concentrate all of my energies and skills toward providing the absolute best results possible for my liposuction patients.”

GET TO KNOW

## DR. KENNETH R. FRANCIS

### MY PHILOSOPHY

My philosophy is simple: provide the best customer service possible while using my skills to achieve the best possible results in the safest possible manner. I am also a believer in great attention to detail. Meticulous planning and surgery are the keys to phenomenal results. My staff and I take great care to ensure that my patients receive personal attention and that enough time is spent with each individual to ensure that they are comfortable in their decision to proceed with surgery.

### WHY I GOT INTO PLASTIC SURGERY

Surgery, in general, was a given for me even before entering medical school, because of my overwhelming desire to create with my hands. My love for plastic surgery was cemented by my first exposure to the discipline in medical school. It was there that I first learned of the creativity that plastic surgery afforded with no anatomic boundaries. In other words, it is the only discipline in medicine that encompasses working from head to toe, and from skin to bone.

### SERVICES THAT I OFFER

Body Contouring  
Liposuction

### ON THE LIGHTER SIDE

What is your favorite way to start the day?

Coffee!

What is the one thing you are never without?

I carry my camera EVERYWHERE! You never know what you might need to capture on film.

Your quote to live by:

“Don’t take life too seriously, you’ll never get out of it alive.”  
—Elbert Hubbard

What is your computer screensaver?

My sons, a sunset and an FNYPs (Francis New York Plastic Surgery) rotating marquis.





## A NOTE FROM DR. KENNETH R. FRANCIS

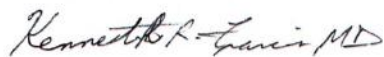
Hello,

Welcome to Francis New York Plastic Surgery!

Let me take you for a walk down liposuction lane. As you are probably already aware, liposuction is a body contouring and sculpting tool. It is not a weight-loss method and patients that are significantly overweight are generally not considered to be good candidates for liposuction surgery. Those who are good candidates can expect phenomenal results with minimal downtime and very little discomfort.

The process begins with an initial consultation. You will be greeted in the living room-like atmosphere of my office, located in a quiet residential neighborhood on the Upper East Side of Manhattan. During the consultation, your goals and expectations will be discussed and a focused physical examination will be performed. Questions and concerns are encouraged so they may be addressed. My office staff is experienced in answering any questions that may arise after your consultation and are readily accessible with a simple phone call.

A second consultation will take place after the decision to proceed with surgery has been made. At that time, further discussion will take place, the operative plan will be reviewed, measurements and photographs will be obtained and any final concerns will be addressed. The rest is simple. You will receive verbal and written step-by-step instructions to carry you through to a successful and satisfying result.



Kenneth R. Francis, MD, FACS  
Board-Certified Plastic Surgeon



## GET RID OF FAT: SCULPT AND RESHAPE YOUR BODY

Liposuction, also known as lipoplasty or suction lipectomy, is the simple concept of removing unwanted fat through a vacuum apparatus to reduce fat bulges or pockets. It can also be performed using the tumescent technique. Common sites for administering liposuction include the chin, neck, arms, abdomen, and thighs, and even the calves and ankles.

From the use of ultrasound to lasers, liposuction involves the removal of fat with suction through small incisions that allow your plastic surgeon to sculpt and shape the curves of your body. This is a surgical procedure that requires general or local anesthesia with intravenous (IV) sedation, and should be performed in an accredited surgical facility. The area to be treated is infused with fluid to facilitate fat removal, and the actual surgical time can vary widely.

Although liposuction is not a substitute for weight loss, the procedure remains the tried-and-true way to get rid of unwanted fat bulges when diet and exercise just won't work. It's simply meant to sculpt areas where excess fat is getting in the way of a sleeker, more defined appearance. Ideally, you should have good skin tone and limited amounts of fat for the procedure to be successful. Those with lax skin or stretch marks may not respond as well to the surgery because the skin may not recoil properly when the extra fat is removed, and it is by no means a cure-all for cellulite.

### WHAT TO EXPECT

Preoperatively, I will draw marks on your body to indicate where treatment will take place. During the actual procedure, I'll make a small incision at or near the designated area(s). A solution of saline and epinephrine or anesthetics, called tumescent fluid, is first injected into the area to break up the fat cells and allow me to easily remove them with a cannula. The fat is then suctioned out and the area(s) is stitched up.

*"Liposuction is the gold standard for correcting figure flaws."*

—DR. FRANCIS

### SIX TYPES OF LIPO

01

#### Traditional

Hollow metal tubes (cannulas) remove fat from certain areas

02

#### Power-Assisted

Uses a cannula tube that moves back and forth

03

#### Laser

Uses laser energy to break up fat cells



*"Liposuction gets rid of unwanted fat bulges when diet and exercise don't work."*

-DR. FRANCIS

**DID YOU KNOW LIPO  
COULD HELP WITH ALL  
OF THESE AREAS?**

+ CHEEKS

CHIN

+ BACK

WAIST

HIPS

+ LOVE HANDLES

+ BUTTOCKS

SADDLEBAGS

+ THIGHS

CALVES

+ INNER KNEES

ANKLES

04

#### Ultrasound

Utilizes high-frequency, pulsing waves to break up fat

05

#### Water-Jet

A newer technique using high-pressure water to dislodge fat cells

06

#### Radio Frequency

The newest method, dislodges fat with radio-frequency energy



# WHICH TYPE OF LIPOSUCTION IS BEST FOR YOU?

01

## Traditional

**Best for:** Entire body (arms, inner thigh, neck and lower abdomen)

*This option can be used to sculpt a more ideal shape, making it more proportional. The traditional version is best if you have localized fat deposits with good skin tone.*

**How it works:** Traditional lipo uses hollow metal tubes called cannulas to remove fat from areas of the body. It's most effective in areas where the tissue is less fibrous.

- + Benefits:** The tried-and-true form of liposuction has years of research backing its safety and effectiveness.
- Limitations:** There are limitations to all liposuction procedures so realistic expectations are crucial, and weight gain may affect results.

02

## Power-Assisted

**Best for:** Entire body

*This option makes use of special equipment to give the cannula the power necessary to dislodge fat.*

**How it works:** Power-assisted liposuction uses a cannula that moves back and forth to suction out fat. This technique is also the most similar technique to traditional lipo.

- + Benefits:** Less force is needed, so some doctors claim that tissues aren't damaged as much, but there is no data supporting this. It is used almost everywhere on the body.
- Limitations:** There are limitations to all liposuction procedures so realistic expectations are key, and weight gain may affect results.

03

## Laser

**Best for:** Body and face

*The added bonus for this procedure is that the heat emitted by the laser can create new collagen to tighten minimally loose skin.*

**How it works:** Laser liposuction delivers laser energy to the tissues with a fiber to purportedly break up fat cells. Some doctors believe it offers a benefit of slight skin tightening, although these claims are debatable.

- + Benefits:** Purportedly less swelling and bruising than other techniques, but this is not supported by scientific data.
- Limitations:** There's the possibility of burns and lingering tissue injury (firmness and swelling). It also costs more and takes longer.

## DR. FRANCIS'S NOTES ON RECOVERY AND RESULTS



**WITHIN  
DAYS**

**The day of surgery:** Your skin will be bruised and swollen for the first few days, but you can expect to be up and walking right away. Good circulation is essential to prevent blood clots. Compressive garments and foam pads are used to diminish swelling and bruising.



## SURGICAL WAYS TO SHAPE + SCULPT

BEFORE



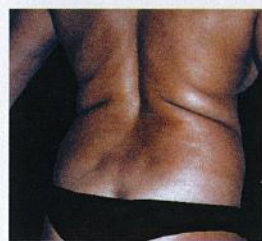
AFTER



### LIPOSUCTION AND BRAZILIAN BUTT LIFT

This 35-year-old mother of three underwent liposuction of the back, a tummy tuck and fat transfer to the buttocks.

BEFORE



AFTER



### LIPOSUCTION

Unhappy with several stubborn areas of fat that could not be improved with diet and exercise, this 47-year-old patient underwent liposuction for a more sculpted waist.

## CAN I REDUCE FAT WITHOUT SURGERY?

### TRY FREEZING OR MELTING IT...

Noninvasive treatments are able to freeze or melt away fat by utilizing ultrasound, cryolipolysis and radio-frequency energies, all without cutting your skin. These methods only affect the surface of the fat layer and are not meant to replace liposuction, nor do they deliver similar results. You'll typically require a few treatments, anywhere from four to six, and each treatment may take between 20 and 60 minutes.

*"My artistic sense, combined with my meticulous attention to detail, helps me achieve outstanding results in sculpting the body."*

-DR. FRANCIS



**WITHIN  
WEEKS**

#### Two to three weeks

**later:** By now, you should be able to see a noticeable difference in your body and there should be no visible bruising.



**WITHIN  
MONTHS**

**Six months to one year later:** At six months, your final results will be visible and may continue to improve even more over the next six months. Make the most of your new figure by following a healthy lifestyle plan that includes proper weight maintenance, which will keep you in shape for years to come.



## SOME COMMON SIDE EFFECTS

### SCARS

Because liposuction incisions are so small, they are rarely visible to someone other than the patient.

### SWELLING AND BRUISING

The lower extremities are more susceptible to fluid retention. Swelling decreases rapidly; however, bruising may persist for up to three weeks.

### HYPERSENSITIVITY

Expect to feel slight discomfort. Severe pain is reason to call your doctor.

### UNEVEN APPEARANCE

Contour irregularities can occur as remaining fat settles. Massage, topical creams and external ultrasound may help.

### NUMBNESS

This temporary side effect is normal and results from disturbing the small nerve fibers below the skin. Only in very rare instances is numbness permanent.

### HYPERPIGMENTATION

Occasionally, there may be some darkness in the skin where liposuction has been performed. This may take a long time (months) to go away.


## PROCEDURE + RECOVERY TIME

### PROCEDURE TIME

Will vary based on the areas being treated.

### RECOVERY TIME

Three to 21 days, depending on the treatment and area treated; plan to avoid strenuous activity for three to eight weeks.



The ideal candidate is within 30 percent of her ideal weight.

*"The best candidates for liposuction of the thighs are women with a difficult spot, like the saddlebags or inner thighs."*

—DR. FRANCIS



BEFORE



AFTER



#### LIPOSUCTION

Liposuction of the abdomen and hips gave this 28-year-old patient a slimmer figure.

BEFORE



AFTER



#### LIPOSUCTION AND BRAZILIAN BUTT LIFT

Liposuction of the abdomen and flanks with fat transfer to the buttocks gave this 41-year-old patient the sculpted silhouette she desired.

## TYPES OF LIPOSUCTION CONTINUED...

04

### Ultrasound

**Best for:** Back, love handles, tummy and hips

*This is another of the many available technologies for liposuction and body contouring.*

**How it works:** Utilizes pulsing, high-frequency ultrasound waves to break up fat so it's easier to remove. This is a great technique for sculpting fat that's difficult to remove with traditional liposuction.

**+ Benefits:** Works well on fibrous fatty areas like the back, hips and stomach. The safety profile of pulsed ultrasonic liposuction and less blood loss has been proven.

**- Limitations:** Some patients report that the skin is left feeling hot and numb during the initial recovery period. It generally resolves in 10 to 12 weeks.

05

### Water-Jet

**Best for:** Large-volume liposuction

*This is still one option that is fairly experimental; it's best to discuss all options with your doctor in full before making a decision regarding which type of liposuction is best for you.*

**How it works:** One of the newer lipo techniques, water-jet lipo uses high-pressure water to dislodge fat cells.

**+ Benefits:** Ideal for large-volume liposuction, and a few doctors claim that there is less post-surgery dimpling, but this is not supported by scientific data.

**- Limitations:** This is fairly new and requires more research to fully identify its outcomes and compare them with other techniques.

06

### Radio Frequency

**Best for:** Fuller figures

*This is one option that is still experimental.*

**How it works:** The newest type of liposuction, radio-frequency lipo employs radio-frequency energy to dislodge fat cells. Currently, radio-frequency liposuction has yet to receive FDA approval.

**+ Benefits:** Purported to tighten loose skin and shows promising results for weight-loss patients and those with fuller figures. However, there is no hard scientific data to support this claim.

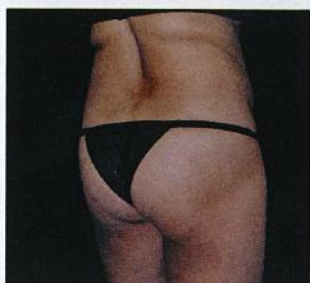
**- Limitations:** It's not widely available and there is potential for deep-tissue injury and skin burns from the high temperatures used.



DR. KENNETH R. FRANCIS'S

# MAKEOVER GALLERY

BEFORE



AFTER



## LIPOSUCTION AND BRAZILIAN BUTT LIFT

This 47-year-old patient underwent liposuction of the abdomen, hips and flanks, as well as fat transfer to the buttocks.

BEFORE



AFTER



## LIPOSUCTION

Liposuction of the abdomen, hips and flanks gave this 27-year-old patient a refined figure.

BEFORE



AFTER



## LIPOSUCTION AND BUTTOCKS AUGMENTATION

This 41-year-old patient underwent conventional liposuction and fat transfer to the buttocks.

BEFORE



AFTER



## LIPOSUCTION

This 28-year-old patient had liposuction of her upper arms to remove excess fat.

BEFORE



AFTER



## LIPOSUCTION AND BRAZILIAN BUTT LIFT

To achieve dramatic results, this 18-year-old patient had liposuction of the abdomen, hips and flanks, as well as fat transfer to the buttocks.

BEFORE



AFTER



## LIPOSUCTION

This 21-year-old patient had liposuction of the flanks for a trimmer waistline.



LEADING BOARD-CERTIFIED PLASTIC SURGEON

## KENNETH R. FRANCIS, MD

Dr. Francis has been practicing plastic surgery for more than 20 years. His attention to detail and meticulous surgical techniques provide superlative results and a superior level of care. The practice provides a warm, friendly, family-like atmosphere in their office located on the famous Upper East Side of Manhattan, a mecca of plastic surgery. Patients leave the practice feeling as if they are family members, always welcome to come back through the doors.



### DOCTOR'S CREDENTIALS

#### MEDICAL DEGREE

Wake Forest University  
School of Medicine

#### AFFILIATIONS

American Society  
for Aesthetic  
Plastic Surgery  
American Society  
of Plastic Surgeons  
American College  
of Surgeons



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**CALL 212-226-0677 TO SCHEDULE A COMPLIMENTARY CONSULTATION**

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