



Uma M. Penmetsa, M.D.

Dr. Uma Penmetsa is a Board Certified Obstetrician Gynecologist and partner in ParkWest Women's Health, a single specialty Ob/Gyn practice with offices in Brighton and Bushnell's Basin. She is a fellow of the American College of Obstetricians and Gynecologists and a member of the American Academy of Cosmetic Gynecologists. Her special interests include abdominoplasty, liposuction and robotic surgery.

Dr. Penmetsa graduated from Gandhi Medical College in Hyderabad, India in 1987. She studied general surgery and anesthesia at Hartlepool General Hospital in Cleveland, England from 1987-1989. She completed an Obstetrics and Gynecology residency at the University of Leicester, in Leicester, England. She completed a second residency in Ob/Gyn at the University of Rochester in 1997, at which time she joined Highland Park Women's Health. In 2001, Highland Park Women's Group joined forces with Westfall Women's Center to form ParkWest Women's Health, a comprehensive women's care center.

Dr. Penmetsa is an avid painter and her interest in aesthetic medicine stems from her strong surgical background and her enjoyment of painting. In addition to privileges at Strong Memorial Hospital, Dr. Penmetsa also has privileges at Rochester General Hospital and Linden Oaks Surgery Center. She enjoys teaching medical students and residents.



William J. Harvey, M.D.

A Board Certified Obstetrician/Gynecologist, Dr. William Harvey is the Director of Aesthetic Gynecologic Surgery at ParkWest Women's Health. He is a fellow of the American College of Obstetricians and Gynecologists and a member of the American Academy of Cosmetic Gynecologists. He has a particular interest in abdominoplasty, liposuction, labiaplasty, and vaginal rejuvenation. He is the inventor of Harvey Stirrups™, a patent pending device designed for greater patient comfort during office surgery.

Dr. Harvey graduated *summa cum laude* from the Pennsylvania State University and received his MD from Thomas Jefferson University in 1985. Since his graduation from the Obstetrics and Gynecology Residency Program at the University of Rochester in 1989, he has been in private practice at ParkWest Women's Health. During residency, he received awards for leadership, best research project, and the distinguished Rudolph Award for compassionate care of patients.

In addition to Dr. Harvey's general practice in Ob/Gyn and his work in cosmetic gynecology, he also directs ParkWest's ultrasound and infertility programs. A meticulous surgeon, he is a past recipient of the Resident Teaching Award and enjoys teaching cosmetic skin closure to young physicians at the University. He maintains privileges at Strong Memorial Hospital and the Linden Oaks Surgery Center.



AWAKE Liposuction ~~~ Liposculpture



ParkWest Women's Health
1820 South Clinton Avenue
Rochester, NY 14618

1000 Pittsford-Victor Road
Bushnell's Basin, NY 14534

585-473-2846

What is liposuction?

Liposuction, or liposculpture, is a relatively simple and safe procedure to remove unwanted fat deposits from areas of the body. It is the most commonly performed cosmetic surgery in the United States. As women and men age, they tend to accumulate persistent adipose deposits which can be very resistant to diet and exercise.

Utilizing a technique called tumescent anesthesia, Drs. William Harvey and Uma Penmetsa perform AWAKE liposuction of the abdomen and torso in our Brighton office without the risk and expense of general anesthesia. Liposuction is an excellent procedure to remove unwanted fat deposits; however, realistic expectations must be kept in mind.



Who is a candidate for liposuction?

Healthy women (and men) between the ages of 20 and 70 are candidates for tumescent liposuction in an office setting. Ideally patients should be in good physical condition and at or near a normal BMI (Body Mass Index). Lifestyle is important. A balanced, healthy diet and regular physical activity or exercise help achieve the best outcome for liposuction patients.



How is the procedure performed?

Prior to liposuction, patients are screened through a careful medical history and physical examination. Certain medications may need to be discontinued temporarily. Sometimes lifestyle changes are advocated in advance of the procedure.

On the day of surgery, patients are given a medication to help them relax and then the area to be liposculpted is outlined with a marker. Preoperative photographs are taken for documentation. The marked area is numbed with a local anesthetic and then a large amount of dilute anesthetic solution is carefully injected into the fat deposits.

After waiting 30 to 45 minutes for the anesthetic to completely numb the area, the deep fatty layers are systematically suctioned using a series of small tubes (cannulas) inserted through small incisions and attached to a vacuum device. There is virtually no blood loss.

In addition to being much safer than liposuction performed under general anesthesia, the tumescent technique also allows the surgeon to stand the patient up near the conclusion of the procedure to assess for incompletely removed fat deposits. Bruising and pain are also reduced with this technique.

At the conclusion of the procedure, the small incisions are bandaged and a compression garment is applied to prevent bleeding and reduce swelling.

What can I expect after surgery?

Although patients are completely ambulatory for this surgery, we recommend rest for the initial postoperative period. Patients are seen back in the office the day after surgery and again within the first week to assess their recovery. Pain is minimal to moderate and treated with oral medication.

Patients can usually return to normal activities within a week, but vigorous activity should be avoided for several weeks. The compression garment should be worn 24/7 for the first six weeks to maximize flattening of the site and adherence of the skin and remaining fatty layer to the muscles of the body. Maximum results may not be apparent for up to a year.



Does insurance cover liposuction?

Liposuction is considered a cosmetic procedure and therefore not covered by your health insurance. Utilizing the tumescent technique of local anesthesia in our office setting allows us to offer a significant savings over liposuction performed under general anesthesia in a hospital or surgicenter. Consultations with Dr. Harvey or Dr. Penmetsa are free of charge. If you would like to discuss how liposculpture can benefit you, please schedule an appointment with one of them. They will explain the procedure in detail and answer your questions. After your appointment, our billing experts will meet with you and give you an itemized list of the costs involved.