

Comparison of power water--assisted and traditional liposuction: a prospective randomized trial of postoperative pain.

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ABSTRACT

BACKGROUND:

Postoperative pain has always been underestimated by the majority of plastic surgeons. A prospective randomized trial compared power water-assisted liposuction with the traditional tumescent technique.

METHODS:

All patients with a body mass index (BMI) of 25 to 30 and excessive localized pathologic fat were recruited. Exclusion criteria specified a BMI greater than 30 or redundant anelastic skin. Patients were randomly assigned to power water-assisted or traditional liposuction.

RESULTS:

From September 2005 to December 2005, 60 patients were recruited and analyzed. For the study, 28 patients were randomized to traditional liposuction and 32 to power water-assisted liposuction. A significant difference in postoperative pain was observed ($p < 0.05$). After 4 days, 87% of the patients who underwent power water-assisted liposuction were completely pain free, as compared with 3.6% of those treated with traditional liposuction. Furthermore, ecchymosis was significantly less for the patients who underwent power-assisted liposuction ($p < 0.05$).

CONCLUSIONS:

The study findings demonstrate that power water-assisted liposuction is an almost painless procedure that produces less tissue trauma than traditional liposuction.

Source: <http://www.ncbi.nlm.nih.gov/pubmed/?term=Comparison+of+Power+Water-Assisted+and+Traditional+Liposuction%3A+A+Prospective+Randomized+Trial+of+Postoperative+Pain>