



liposuction (*liposculpture*)

When considering cosmetic surgery, it is important that you are fully informed on all aspects of the procedure that you are seeking.

What is liposuction?

If you have excess fat in a number of specific areas of your body then liposculpture (lipoplasty or liposuction) can help you. Deposits of fat are removed to slim your hips and thighs, flatten your abdomen, shape your calves and ankles, or improve a double chin.

Who is suitable for liposculpture?

Liposculpture works well for men and women who are relatively normal weight, but have pockets of excess fat on certain areas of their body. The localised fatty deposits may sometimes be an inherited trait and typically do not respond to dieting or exercise. Liposculpture can be effective at any age although the best results will be obtained if your skin still has enough elasticity for it to spring back to achieve a smooth contour.

Some older patients may not have the same elasticity and would need a skin tightening procedure for the skin to be smooth and not wrinkled. Liposculpture should not be considered as a means to losing weight. It is not an effective treatment for cellulite. Liposculpture can be performed on several areas of the body at the same time, and can be used in conjunction with other cosmetic surgery procedures.

What to think about at this stage?

During your consultation with the surgeon, you will be asked what you would like to achieve from liposculpture. They will assess your expectations and determine whether they are realistic. Every person has unique characteristics such as elasticity of your skin and the amount of fat to be removed. These will be taken into consideration when determining the most effective treatment for you.

How is liposculpture performed?

Tiny incisions (usually less than one-quarter inch in length) are made through the skin in discrete areas and a hollow tube (called a cannula) inserted. The surgeon guides the cannula through the incisions and vacuum pressure (liposuction) or syringe (liposculpture) sucks away the excess fat. Depending on the amount of fat to be removed, liposculpture may be performed using a general anaesthetic but more frequently it is performed under a local anaesthetic.

This will determine whether you are treated as a day case patient or be required to stay in the hospital for one night. You will be required to wear a support garment for two to four weeks following your surgery and if stitches need to be removed, this is typically done within ten days. There will be swelling and bruising.



Profile

cosmetic surgery

The swelling will begin to subside a week or so after surgery, bruising can last three weeks or longer. Certain areas will feel numb after the treatment, feeling should return after a few weeks.

Following the operation

When can I get back to my normal routine? In many instances, you can resume most of your normal activities within one or two weeks and begin some form of exercise soon after. The timing of your recovery depends largely on the extent of your treatment.

Risks and complications

Every year many people undergo successful liposculpture, experiencing no major problems. You should be aware when considering surgery of both the benefits and risks. Your surgeon will discuss these with you during consultation.

How long will the results of your liposculpture last?

Liposculpture will reduce those areas of fatty deposits that previously created unflattering bulges. The healing process is gradual, so you should expect to wait a while before fully-enjoying the results of your procedure.

You should consider maintaining your post-operative weight so that the results of liposculpture will stay permanent; even so, an extra few pounds gained will be more evenly distributed than before the treatment.