

## Liposuction

Often people will find that no matter how much they diet or exercise there can be specific parts of the body where they just cannot get rid of the excess fatty deposits. Liposuction can eradicate this fat on areas such as the abdomen, thighs, buttocks, upper arms, chin, chest and back.

During liposuction fat cells are surgically removed to leave the skin looking flatter and tighter.

## Frequently asked questions:

Who is it for?

What can I expect?

What does surgery involve?

What will recovery look like?

What are the possible risks or complications?

## Who is it for?

- People who have areas of fat that they find they cannot get rid of through diet and exercise.
- People who have bodies which are out of proportion due to areas of fatty deposits.

## What can I expect?

Liposuction removes fat cells from areas of the body where there are stubborn fatty deposits. Often people can feel very self conscious and unhappy if they have areas which they feel are out of proportion to the rest of their body due to these deposits. Removal of the fat cells leaves the skin smoother and restores the natural contours of the body to bring back a body shape that you are happy with.

## What does surgery involve?

Your liposuction will be done under general anaesthetic. During the procedure a small



incision will be made in the area of treatment. A fine solution is then passed in to the area via a small cannula or tube to break up the fat cells. The cells are then removed by a syringe or vacuum pump.

The surgery takes between 1 and 2 hours and depending on what type of anaesthetic you have you may or may not require an overnight stay in hospital.

### What will recovery look like?

You may experience some swelling and bruising but this should fade within a week or two.

You will be required to wear a dressing over the area for around a week.

We recommend that you do not fly for 10 days after surgery. Once you have returned home it should be fine to return to work. You should avoid any strenuous activity for 4 – 6 weeks.

### Are there any risks involved?

Liposuction is one of the most commonly performed cosmetic procedures and generally is done without complications. All surgery however does carry an element of risk.

Complications can include an unexpected reaction to the anaesthetic, bleeding, infection or clot formation. These risks are minimised by experienced surgical technique, specialist care and by using highly qualified surgeons and nursing staff.

The risks are minimised by making sure that you are in good general health before your operation. Your consultation with your surgeon will give you advice on how best to achieve this as well as letting you know of any risks which may apply to you.

### What are the risks or complications?

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Swelling and bruising can be expected with liposuction, there may also be numbness which



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may take a few weeks before returning to normal.

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