



## **LIPOSCULPTURE – LIPOSUCTION**

LIPOSCULPTURE by the modern 'Tumescent' technique is an exciting procedure that shapes the body silhouette into more attractive contours by the permanent removal of stubborn, disfiguring and unwanted fat deposits.

### **Who is a good candidate?**

Liposculpture is not a substitute for weight loss, but rather a method of reshaping your body by removing localised pockets of fat resistant to exercise. The best candidates are those with a stable body weight in the 'mid-weight' range, good skin elasticity and a hereditary predisposition to collections of fat. It is also important to be in good physical health and have realistic expectations.

### **Which areas are treated by Liposculpture?**

In women the most commonly treated areas are abdomen, hips, inner and outer thighs ('saddle bags'), knees, upper arms and chin. In men the most frequently treated areas are abdomen, flanks ('love handles') and chest, however most areas can be treated.

### **How is tumescent Liposculpture performed?**

Tumescent liposculpture is a day procedure performed under local anaesthetic and sedation. A weak local anaesthetic 'tumescent' solution is injected into the areas for fat removal. This special tumescent solution numbs the area, restricts bleeding and loosens the fat, facilitating its easy removal by suction. Small, strategically placed incisions allow the passage of a fine hollow metal tube or 'cannula', attached to a vacuum pump. The surgeon carefully and artfully guides the cannula within the layer of fat, breaking it up and suctioning it out. Compared to traditional liposuction, modern tumescent liposculpture is extremely safe and less painful with a quicker recovery time.

### **What happens after surgery?**

Recovery time is quick and most patients can resume normal activity within two to three days after the procedure. It is important to wear an elastic compression garment for three to six weeks after the surgery. In the short term the garment will control the bruising and swelling and in the longer term it will assist your skin to redrape smoothly over your new body contour. Immediate improvement following liposculpture is sometimes obvious, despite bruising and swelling; however it is important to be patient as you will continue to improve for six to twelve months after the procedure.

### **What are my expectations?**

Liposculpture can enhance your appearance and self-confidence enormously but it is important to have realistic expectations. It is not realistic to expect perfection and it is impossible to guarantee the precise amount of improvement that will result. Furthermore, it is not possible, nor cosmetically or medically desirable to remove every fat cell in the area. The surgeon must aim for a result that is going to be pleasing to the eye, carefully attempting to achieve your goals while working within the limitations of your natural muscle shape and bone structure.

Liposculpture does remove fat cells permanently and these do not grow back. Residual fat cells can swell, so it is important to exercise and maintain a healthy diet to preserve your new body contour. If you do gain weight, you will maintain your silhouette as any weight gain tends to be proportional over the entire body.

For further information phone Absolute on (08) 9389 9099