



Cosmetic Image Clinics

Liposuction

Liposuction is a procedure designed to re-shape the male or female body by removing pockets of fat from the body. The tumescent liposuction method has been widely used since 1989. It is considered the safest form of liposuction as it utilises very fine instruments, resulting in less post operative bruising, swelling and pain compared with traditional methods. This technique enables more precise body sculpting and targeting of specific areas with smoother, more even results. The incisions used are very small and easily concealed. Almost any area of the body can be treated with liposuction.

Liposuction delivers permanent results. We have a fixed number of fat cells determined by the end of puberty. We usually follow the shape set by our genes. While fat cells change size as we gain or lose weight, their numbers don't change. Liposuction directly targets the problem areas by reducing the number of fat cells in that area. The change in body proportion is permanent, even with subsequent weight gain.

Candidates for Liposuction

It should be emphasized that liposuction is not a good substitute for weight loss by proper diet and exercise. It is intended for changing body shape where fat deposits are unable to be shifted by conventional methods.

The ideal candidate will be close to their ideal weight. A patient needs to be in good medical condition to heal and resist infection.

Young patients with moderate amounts of fat and good skin tone, or texture, achieve excellent results with liposculpture, as their skin readily retracts when the fat is removed.

Older patients with diminished skin elasticity need to weigh up the benefits of the procedure against the possibility that the skin may not entirely retract. Your doctor will advise you of the appropriate volume of fat which can be removed to minimize unsightly sagging skin. A better outcome may be achieved with smaller multiple procedures over time. Individuals who have large areas of excess fat may also be good candidates for tumescent liposuction due to the reduced trauma. However, a further procedure may be needed to deal with the redundant loose skin, such as a tummy tuck, body lift or jowl lift.

The Surgery

Liposuction is usually performed in a day surgery facility, using twilight sedation. The procedure takes about 1 to 1½ hours for a single area to be treated with time increasing according to the mass and number of areas to be treated. For patients with large areas to be treated general anesthesia within a hospital facility is the preferred option.

With the tumescent technique, areas of excess fat are injected with a large amount of anaesthetic liquid before liposuction is performed. The liquid causes the compartments of fat to become swollen and softened. The expanded fat compartments allow the liposuction cannula to travel smoothly beneath the skin as the fat is removed by suctioning.



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Patients are usually able to see a noticeable difference almost immediately after surgery. However, more improvement can be seen after three weeks, when most of the swelling has subsided. After about 3-6 months, any persistent mild swelling will disappear and the final contour will be visible.

Risk Factors

Although the anesthesia requirements are lessened and blood loss is minimised with tumescent liposuction, patients undergoing the procedure still face the same risks associated with any surgery. A minimal risk of infection is possible, however this is decreased by the anti-bacterial action of the tumescent fluid and the antibiotics which are administered during the surgery.

A temporary loss of feeling may occur in the skin of the treated area until the swelling subsides.

Dimpling and unevenness may occur. After the area has settled down, a further small touch up procedure may be required to address this.

Planning Your Surgery

In your initial consultation, the doctor will evaluate your health and decide if this procedure is the most appropriate for you. You may discuss surgical alternatives or a combination of liposuction and surgery. You will be shown before and after photos of other patients similar to you and the results which they have achieved from liposuction.

Post-Operative Care

The long-acting effects of the anaesthetic solution help to provide pain relief after the procedure and decrease the need for initial pain medication. The pain with liposuction varies from person to person and might be described as generalised soreness. We'll make sure you have adequate pain medication but we find our patients cope very well and the procedure is well tolerated.

You will be required to wear a compression garment for a period of 4-6 weeks following your procedure. This garment will be customised to fit you and is provided by the clinic. You must wear this garment for the first 48 hours, after which it may be removed for showering. After this time the garment must be worn day and night, but may be removed for one hour morning and night.

For the first day or two after surgery, most patients experience swelling and bruising in the treated areas, as well as some fluid drainage from the incision sites.

You will be advised to start walking around as soon as possible to reduce swelling and prevent blood clots from forming in your legs. Light activity is usually resumed within the first few days after tumescent liposuction. You will begin to feel better after about a week or two and you could be back at work within a few days following your surgery, dependant upon the extent of your surgery. Normal activity can be resumed after 2 weeks.



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Activity that is more strenuous should be avoided for about 4-6 weeks as your body continues to heal. Although most of the bruising and swelling usually disappears within three weeks, some swelling may remain for six months or more.

It is highly recommended that you have regular lymphatic drainage massage from week two after your procedure, to promote healing and accelerate recovery. Lymphatic drainage aids in the elimination of toxins, excess fluids, and waste by stimulating lymph movement. We can arrange this treatment for you at the clinic.

Marks from the puncture sights will gradually heal and fade, in most cases so that they are barely noticeable.

You will be reassessed in our clinic 7 days after surgery when your sutures are removed. You will subsequently be seen at our clinic 6 weeks and 3 months after surgery.

Patients are usually very pleased with the results of the procedure. By eating a healthy diet and getting regular exercise, you can help to maintain your slimmer figure or leaner physique.