

Liposuction

What is understood by Liposuction?

Liposuction is a simple routine operation to lower or remove excess, incorrectly dispersed fat cells in specific parts of the body. The body shape becomes more aesthetic through the liposuction of these disproportional deposits of fat. Liposuction aims at shaping the body and tightening the skin. It is not suitable for losing a great deal of weight.

Which preparations do I have to take prior to having liposuction?

We will inform you about the scheduled operation as part of a detailed consultation. We require detailed information from you on your medical condition. In regard to this we are able to determine which measures (i.e. taking blood) are necessary prior to the treatment appointment. Please eat a light breakfast or lunch on the day of the operation – do not come in without having eaten. You should wear comfy, wide clothes that can be easily washed.

How is the operation carried out?

The treatment is carried out under tumescent local anaesthetic. This is a local anaesthetic, with which large amounts of a special anaesthetic solution are inserted into the tissue to be treated via a system of tubes and drips. The fatty tissue is thus softened and the skin (with its nerves, blood and lymph vessels) is treated carefully when liposuction is carried out as well as there being no feeling of pain. Our anaesthetist is also able to administer drugs having a calmative effect or to combat pain if necessary and enable a pain-free operation. The liposuction can begin after a period of 30 – 60 minutes. First numerous 4mm incisions have to be made via which the suction tubes are inserted into the fatty tissue. We prefer to use the oscillating tube technique in order to attain optimum results. The incisions are normally only covered with plasters after the treatment is completed. The tumescence fluid which has not been suctioned off and which still remains in the tissue escapes from these incisions over the following 12 – 48 hours.

What has to be taken into consideration after the treatment?

A corsage is adapted to suit the patient directly after the completion of the operation. This should be worn for between 2 and 3 weeks during the day and night. Then the corsage should continue to be worn for a further 2 – 3 weeks either during the day or during the night. As of the second day after the operation you will feel pain that resembles having stiff muscles, which will last for about 2 – 3 weeks. You are prescribed prophylactic injections to prevent thromboses from occurring for 5 days and antibiotics for three days as preventative measures. You should avoid going sunbathing and/or to solariums for 8 weeks and going to the sauna for 4 weeks. Return to light sporting activities 1-2 weeks after the operation at the earliest. Bruises usually disappear after 2-4 weeks. Most swelling goes down in 3-8 weeks. Small swellings, a feeling of tightness and increased sensitivity can last for some months until complete retraction. Our team is also available via mobile phone during the healing phase.

Which complications are possible?

Liposuction not only presents cosmetic risks, but also all the risks found in all operations such as infections, bleeding, vessel and nerve damage, thromboses and emboli as well as an allergy to the anaesthetic. These risks are extremely slim due to our extremely gentle suctioning technology, but they cannot be completely ruled out. The collection of serum which would have to be removed by aspiration is also extremely rare. Contour irregularities can arise due to inner scarring or improper behaviour after the operation (extremely rare) and corrections could be necessary within a sufficient amount of time (6-9 months). Thromboses and emboli are described in reference works as being extremely rare occurrences, but however always in connection with the completion of liposuction carried out under general anaesthetic. This is also the case in all deaths.

Which successful results are possible?

The swelling caused by the operation has subsided to such a degree after 48 hours that the new body shape can already be recognised. The definite evaluation of the cosmetic results is possible after between 4 and 6 weeks. Any excess skin has also retracted at this point in time. A second operation to medically tighten the skin may be necessary in individual cases if you have an extremely poor skin consistency.

Can fatty deposits grow back?

The amount of fat cells is determined at birth. Women have approx. 40 billion and men approx. 30 billion. The amount of cells does not change if you put on or lose weight, only the size of the cells changes. If fat cells are suctioned out of "problem areas" then no new fat cells will appear here or anywhere else. The remaining fat cells can also increase in volume in case of a significant, new weight gain, because not all fat cells can be removed in the regions treated. You will however put on less weight in the treated areas, but if you do it will be more balanced out in these areas.

Which supportive measures make sense before and after liposuction?

We recommend liposuction for shaping the body and not losing weight. Patients, who are willing to eat healthier and be more conscious of what they are eating as well as integrating sport into their daily routine, meet the best prerequisites for permanent, aesthetic treatment results. In cases of increased adiposity each treatment should thus be accompanied by a change in eating habits and movement therapy. Our team is also available to advise you in all such queries, too.

Lymphatic drainage is also helpful for optimum healing of wounds. This is a special massage technique. You should make some appointments beforehand for before and after liposuction. In connection with this we would also be able to recommend some excellent therapists.

Please arrange for an appointment or get in contact with us if you are interested in this treatment. We will be happy to advise you and deal with any questions you might have!