

# Liposuction & Vaser Lipo



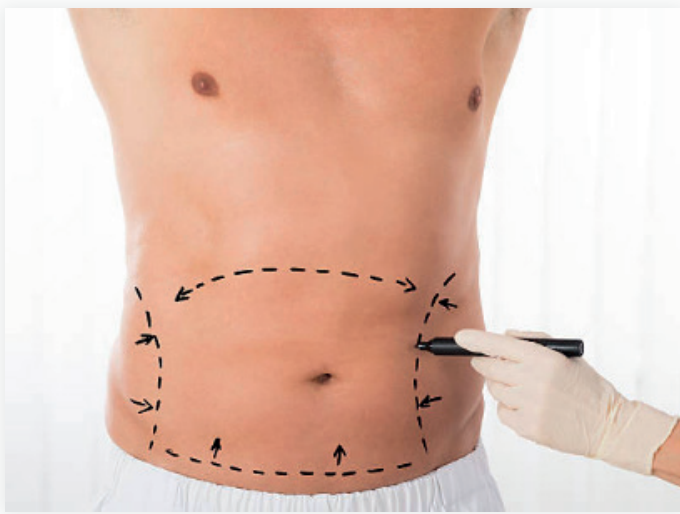
LINIA

0800 170 71 71

EXPERTS IN COSMETIC SURGERY

[www.liniacosmeticsurgery.co.uk](http://www.liniacosmeticsurgery.co.uk)

EXCELLENCE | QUALITY | SAFE CARE



## WHAT IT IS?

For patients trying to remove stubborn areas of fat, Linia offers liposuction and liposculpture procedures. Using the latest techniques, excess fat cells can be removed from almost any part of the face or body to improve the tone of the skin giving an overall slimmer look. Multiple areas can be treated at one time with the most popular areas for Liposculpture being the stomach, thighs, buttocks, chin and male chest.

## THE SOFT LIPOSCULPTURE PROCEDURE

At Linia we use our special technique of Soft Liposculpture when multi-layered fat removal is achieved by using fat loosening solutions. This reduces the bruising and speeds the recovery. Following the removal of fat, deep massage is performed. This procedure is called "Liporedistribution". This reduces the risk of lumpiness and enhances the resolution of swelling. Superficial liposuction is performed using special thin cannulas to help skin tightening and achieve a firmer skin tone.

## THE VASER LIPOSUCTION PROCEDURE

Vaser (Vibration Amplification of Sound Energy at Resonance) Lipo is a revolutionary new technique used for fat removal and contouring areas of the body. The advantage of Vaser Lipo technology is that it allows the extraction of bodily fat but leaves other connective tissues intact, which gives much smoother end results, with less bruising. The system has a range of purposefully designed probes and precision cannulae that can be used to treat different areas of fat, thus meaning smaller delicate areas can be treated effectively as well as larger bulky areas.

## WHY IS IT POPULAR AND WHAT ARE THE BENEFITS?

Despite our best efforts to eat a healthy diet and to exercise and keep in shape, many of us find that there are areas of our bodies from which we simply cannot shift stubborn fat. In women, most often, these areas are hips, inner and outer thighs, upper arms, buttocks, knees and abdomen.

Although men generally have a lower percentage of total body fat than women, theirs tends to accumulate around their waist and abdomen, under the chin and sometimes on the breasts.

Liposuction reduces or removes those deposits of fat permanently, resulting in an overall loss of bulk and inches, combined with more aesthetically pleasing contours. Fat cells are believed not to regenerate in adult life, so their removal will give a permanent change in contour, independent of changes in your body weight. It will not, however, prevent you from gaining weight in future.

## WHAT ARE THE RISKS AND LIKELY AFTER-EFFECTS?

Cosmetic Surgery, like any other surgery, involves a "trauma" to the human body and there are risks associated with any procedure. Each person's body is different, and your general health, level of fitness, age and genetic profile will all have an effect on the speed of healing and also on the risk of side-effects.

If you smoke, drink alcohol, are overweight and/or take drugs for medical or other reasons, the risk of complication during and after surgery can be greatly increased. Smoking, in particular, is discouraged because it increases the risk both of infection, wound breakdown and thrombosis (blood clots).

After liposuction it is normal for all patients to experience tiredness, swelling, pain, bruising and numbness. The larger the area treated, the more acute the symptoms can be. The most commonly reported after effect of this procedure is lumpiness underneath the skin surface and the appearance of hard, irregular bumps beneath the surface. This is normal, and will decrease in the weeks and months after surgery, aided by regular, frequent and deep massage.

Heavier bruising can happen, particularly if you have a tendency to bleed or have been taking aspirin or anti-inflammatory drugs. For this reason we check your clotting profile and full blood count before the operation.

Serious infection is very rare, but the areas which have been treated can sometimes become inflamed and there can occasionally be some oozing from the incisions. Occasionally irregularity underneath the skin may result which may need further liposuction for adjustment

## WHAT WILL HAPPEN AFTER THE OPERATION?

Your surgeon will see you once you have come round from the anaesthetic to check that all is well. Then the nurse will help you to put on a snug-fitting pressure garment over the treated area/s to provide support and reduce swelling. You will usually be discharged the same day, although occasionally an overnight stay may be recommend if you have had multiple areas treated. On leaving you will be given medication and post-operative instructions along with appropriate telephone numbers in case you need to contact us at any time.

## Week 1-2

You will experience some pain and discomfort in the first few days after the operation, and particularly once the effects of the anaesthetic have started to wear off. This can be controlled with regular medication which we will provide. You may also experience some pinkish fluid discharge from the incision sites for 2-3 days: this is normal and the dressings will absorb it.

The pressure garment needs to be worn continuously, day and night, for the next 2 weeks, though you can take it off to wash or shower. For the next 6 weeks the garment is to be worn "most of the time". Sometimes you may "feel" or "imagine" yourself to be bigger than you were before surgery! Again, this is normal and is entirely due to post-operative swelling and fluid retention which will decrease. The areas treated will remain sore and tender and you are likely to feel tired and stiff. It is possible for you to return to work soon after, although we would recommend that you take a few days off work if at all possible.

By the second week you should be feeling less discomfort and bruising should be reducing. You will see our nurse for a check up around 7-10 days after the operation. She will remove any stitches which have not dissolved and your dressing will be removed.

## Week 8-10

Your surgeon will see you again, usually 8 – 10 weeks afterwards for a full post-operative consultation. By now you will be noticing visible results and the small scars will be fading. Lumpiness and numbness are likely to persist for several months. We normally advise you not to expect to see the full results for anything up to 6-9 months.

## FULL POST-OPERATIVE COVER

We're confident that you will be delighted with the results. For that reason, we guarantee that we will provide post-operative cover for a full three years after your procedure. It's our way of ensuring that you have peace of mind and confidence in Linia.

## PERIOD OF REFLECTION

Cosmetic surgery is a purely elective procedure and careful consideration should be given to both the potential benefits and the risks, before making a decision to proceed. Linia recommends that, following consultation with your surgeon, you allow a period of at least fourteen days before making a decision.

General matters pertaining to cosmetic surgery.

**1. Expectations and limitations:** Cosmetic surgery may satisfy many needs and often provides inner confidence. It may enhance your quality of life significantly. It is however, not the answer to all of life's problems. It is vital to understand the limitation of such surgery. The purpose of cosmetic surgery is to improve one's appearance. But do not expect miracles. Most patients understand these limitations and have a realistic view of what may be achieved. Wrong expectations and over expectations may lead to disappointment. Being realistic brings satisfaction.

**2. General risks of Surgery and Anaesthesia** such as blood clots, chest complications, pain and discomfort, infection, swelling, bruising, bleeding and haematoma, seroma, problems in the healing process, numbness, sensitivity etc.

**3. Subjective Nature of Cosmetic Surgery:** It has been emphasised that, the final assessment of the result is a matter of subjective opinion. Hence, while a probable expected result has been advised, this is in no way a guarantee of a good result.

**4. Scars:** All surgery involves creating some scars. Although these are placed in locations to hide, any scar, in theory, can become prominent. It normally takes 12-24 months for scars to fade away completely.

**5. Time lag for final results:** Every operation is followed by a period of healing, before tissues return to normal and the final result is apparent.

**6. Numbness:** Loss of sensitivity is a consequence of all surgery and it takes time for normal sensation to return.

**7. Revisions and Refinements:** Every operation may sometimes need more refinement to achieve a satisfactory end result.

**8. General Asymmetry:** Every human body is asymmetrical between left and right sides. This normal difference will persist after the surgery.

*Improving Looks. Changing Lives*

0800 170 71 71

[www.liniacosmeticsurgery.co.uk](http://www.liniacosmeticsurgery.co.uk)

World Class Consulting with Expert Doctors | Clinics Nationwide



**AIHO**  
Association of  
Independent Healthcare  
Organisations

