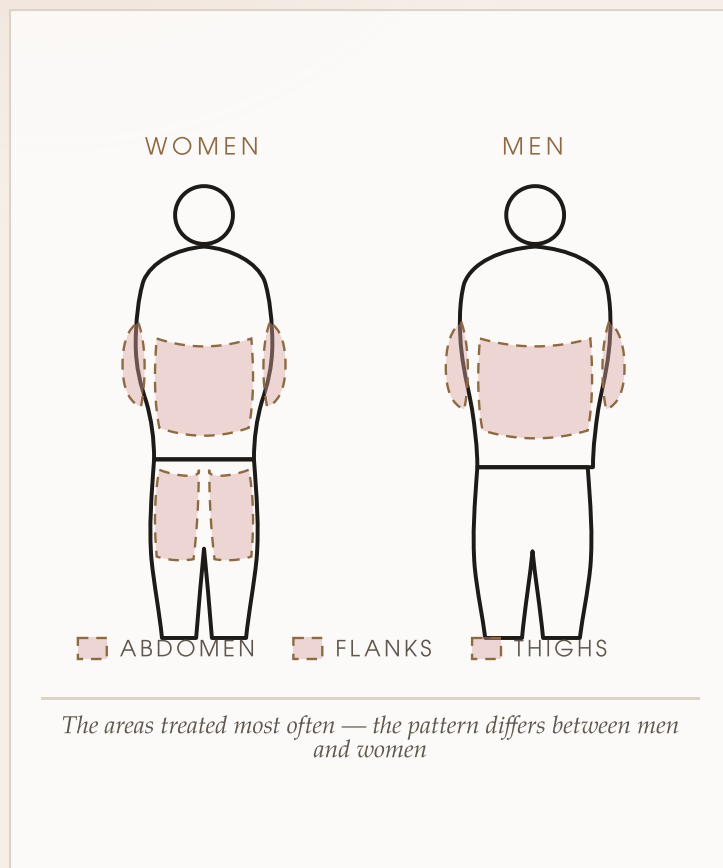


BEFORE YOUR OPERATION

Liposuction — *abdomen, flanks and thighs*

Some pockets of fat do not answer to diet or training. They are inherited, they sit in the same places in the same families, and they are the last to go. Liposuction removes those pockets permanently and reshapes the outline. It is a contouring operation, not a weight-loss one.

Where it works



What it does

- Removes the fat cells permanently from the treated area
- Narrows the waist and flattens the abdominal profile
- Softens the outer thigh and the inner thigh line
- Works on the flanks — the "love handles" — which are the hardest area to train away

What it does not do

- × It is not a weight-loss operation. Come at a stable weight you can hold
- × It does not treat cellulite
- × It does not tighten loose skin — skin quality decides how good the result looks
- × It does not stop future weight gain. Remaining fat cells still enlarge

How the operation is done

01 Marking and anaesthetic

You are marked standing, so the pockets are outlined as they actually sit. Sedation for one area; general anaesthetic for several.

02 Tumescant fluid

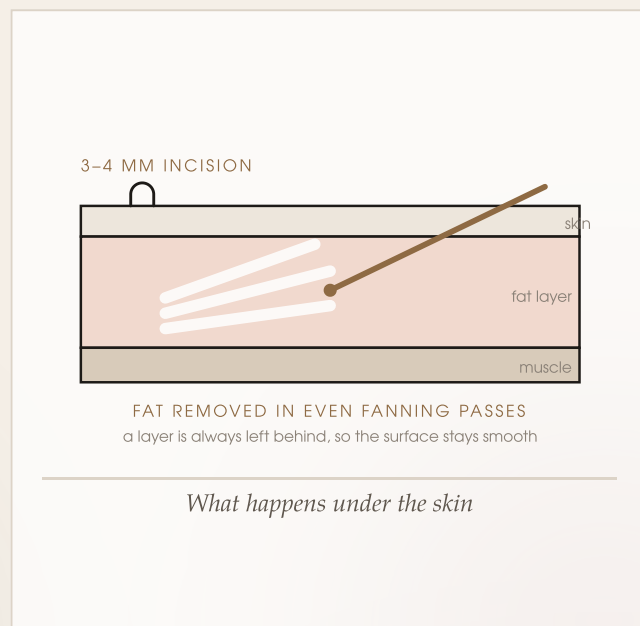
A dilute solution of anaesthetic and adrenaline goes in first. It numbs the area and keeps bruising low.

03 The cannula

A fine tube passes through incisions of three to four millimetres, hidden in a crease. Fanning passes leave the layer even, not dented.

04 Closing

One stitch, or left open to drain. The compression garment goes on at the end. Home the same day.



AFTER YOUR OPERATION

The first three months

Recovery is quicker than most patients expect, but the result appears slowly. The shape you see in the first weeks is not the shape you keep — swelling hides the result, and it leaves gradually over three to six months.

DAY 0-3**Fluid and soreness**

The tumescent fluid drains from the incisions for a day or two — this is expected, not bleeding. Line the bed. Soreness is like a hard gym session. Walk short distances from the first evening.

DAY 4-7**Bruising peaks**

Bruising darkens then fades. Desk work is usually possible from day three to five. The garment is worn day and night, removed only to shower.

WEEK 2-4**Swelling falls**

Discomfort is minimal. Light cardio from around week three with clearance. Lymphatic massage helps the swelling settle more evenly.

WEEK 4-6**The outline appears**

Bruising is gone and the new contour starts to show. Full exercise from around six weeks. Garment use tapers to daytime only, then stops.

MONTH 3-6**The final shape**

The last of the deep swelling resolves and the areas soften. Firm lumpiness in the first weeks is normal and settles. This is when the result is judged.

Before the day of surgery

- Be at a stable weight. Fat cells removed do not return, but the ones left behind still grow — a later weight gain will change the result.
- Stop smoking and all nicotine at least two weeks before and after.
- Stop aspirin, anti-inflammatories, fish oil and vitamin E one week before, after checking with the doctor who prescribed them.
- Buy the compression garment in advance and bring it with you, plus loose dark clothing for going home.
- Arrange a driver, and someone with you the first night if several areas are being treated.

In the first six weeks

- Wear the garment as instructed — day and night at first. It is what decides how evenly the skin redrapes, and skipping it shows in the result.
- Walk every day from day one. Nothing strenuous, no lifting, for the first two weeks.
- Expect firmness, lumpiness and numbness in the treated areas. All three settle over three months.
- Shower normally after the first day unless told otherwise; keep the small incisions clean and dry between.
- Drink well, eat normally, and do not diet hard while healing.

Call the clinic straight away if you have

Liposuction has a good safety record. These are uncommon, but they need to be seen the same day.

- Shortness of breath or chest pain
- Pain, swelling or redness in one calf
- Fever, or spreading redness around an incision
- Pain that increases rather than settles after day three
- Heavy bleeding, or discharge with an odour
- A rapidly swelling, hard or hot area

This sheet is a summary written for patients of the practice and is not a substitute for your consultation. The plan discussed with you takes precedence over anything written here. Liposuction carries risks — bruising, prolonged swelling, numbness, contour irregularity or asymmetry, loose skin where elasticity is poor, fluid collection, infection, changes in skin colour, blood clots, and rarely a need for a revision procedure. These are discussed in full and consented before surgery. · Clinic: _____ Telephone: _____

