

Fighting Stubborn Flab

advice from a plastic surgeon



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Everyone has a certain amount of stubborn fat deposits in their body which can be difficult to reduce.

Having a healthy lifestyle with regular exercise and a good diet is helpful in achieving the perfect form and figure you desire but if you still have that extra bulge somewhere in your body - no matter how much you diet and exercise - then you could consider seeing a plastic surgeon for either liposuction or a 'tummy tuck'.

What is Liposuction?

Modern-day liposuction surgery can safely and permanently address those hard-to-lose fatty deposits, that simply don't respond to diet and exercise.

For some of us, certain areas of the body are immune to exercise. No matter how many miles we run, sit-ups we do, weights we lift, or laps we swim, the fat can remain.

Liposuction is appropriate for large, disproportionate hips, buttocks, thighs, the abdomen and 'love handles', as well as fat deposits on arms, back, knees, sides, and under the chin. Very often, many different areas can be treated during a single operation.

Is Liposuction safe?

Liposuction is a relatively safe surgery, even large volume liposuctions have been performed safely. Liposuction should be performed in a hospital setting by an experienced plastic surgeon.

The Surgery

Surgery begins with a tiny incision, inconspicuously located in a natural skin fold or crease, in an area to be treated. Next, a salt water/anaesthetic solution is injected through a micro cannula.

During surgery, the doctor moves the micro cannula back and forth under the skin. With the help of a high pressure suction machine, the unwanted fatty deposits are removed permanently and the desired shape is created.

After surgery

After surgery a tight-fitting garment must be worn over the area. This will help your skin shrink and conform smoothly to the new shape of your underlying tissue. You will be up and around in a day or two after surgery but strenuous activities should be restricted for the first week or two. For several days after surgery you may experience mild discomfort and stiffness, which can usually be controlled by medication.

Your scars will be barely noticeable. If you had skin dimpling (cellulite) before surgery, you will still have it afterwards but it may be somewhat improved. Expect some swelling and bruising, which will subside within a

few months. The final body contour after liposuction may take between three to six months to be noticeable.

Abdominoplasty ('tummy tuck' surgery)

What is abdominoplasty?

An abdominoplasty is a popular form of cosmetic surgery for people wishing to regain a flatter abdomen.

Abdominoplasty removes excess skin and fat and tightens the muscles of the abdominal wall. It is a useful procedure for correcting excess abdominal skin and repairing muscle laxity following childbirth, surgery, or as a result of significant fluctuations in weight.

How is abdominoplasty performed?

A full abdominoplasty is performed under general anaesthesia. The procedure takes three to six hours, depending on the individual.

The doctor will make a horizontal incision in the area immediately above the pubic bone. The length and shape of the incision will be determined by the degree of correction necessary. Excess skin is removed and the weakened abdominal muscles are sutured together resulting in a smooth, tight abdominal wall. If necessary, liposuction may be used to achieve the desired correction.

Who is a good candidate for an abdominoplasty?

You may be considered a good candidate for abdominoplasty if you are physically healthy and your weight is stable. Patients considering it should have realistic expectations regarding the outcome of their surgery.

Recovery

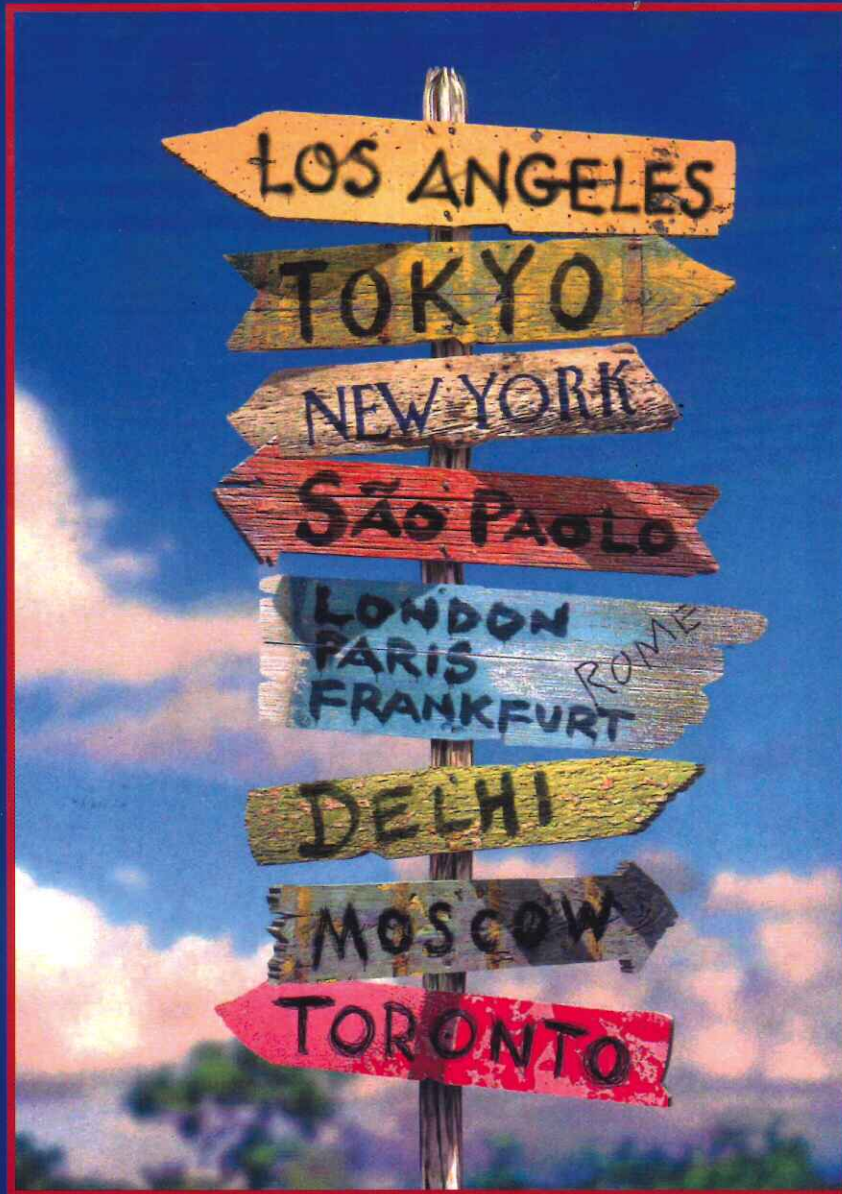
After your surgery, the doctor will apply a dressing to your incision and you will wear a compression garment for a week or two in order to minimise swelling. Typically patients can return to work after one to two weeks, though strenuous activity must be avoided for four to six weeks. After this time, you should be standing tall and confident with your new slimmer profile.

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