



DR MATTEO
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PLASTIC SURGERY

YOUR COMPLETE
GUIDE TO
LIPOSUCTION



WHAT IS LIPOSUCTION?

Liposuction involves removing unwanted subcutaneous fat while simultaneously re-contouring to create a more aesthetically appealing body. While not a treatment for obesity, liposuction- liposculpture selectively removes persistent and unwanted subcutaneous fat.

Bothersome fatty deposits are found in areas that are resistant to diet and exercise, such as the face, neck, breast, abdomen, upper arm, hips, thighs, knees, and ankles. Liposuction-liposculpture can be performed on multiple areas at one time - your surgeon will follow accepted guidelines regarding safe volumes which may be removed in one session. While goals include size improvement, this procedure is not for weight loss. Final results may not be evident for 6 months following your procedure.

During this time your body balances fluids and the skin and remodels underlying tissues. Final results also depend on proper nutrition, exercise and decreasing your caloric intake.

Small incisions are made in hair bearing areas or natural skin folds. A special tumescent solution is next placed within the fatty areas to be removed. This solution provides anesthesia to the areas, while limiting the usual blood loss. Fat is then carefully removed from the areas of concern to the patient using a surgical instrument called a cannula, which is attached with tubing to a suction machine. The time for completion of the procedure depends upon the total amount of fatty tissue removed. At the end of the procedure, the skin openings may be sutured or left open to heal, depending on the size of the openings. The patient may be placed in a compression garment that is worn for certain amount of time afterwards.



While recovery is easy, you should expect some initial drainage along with swelling, bruising and discomfort. Your compression garment will minimize the swelling, bruising, discomfort and assist in the retraction of any loose skin. While some results are noted immediately, your final shape and form will continue to improve as your swelling subsides. You will be encouraged to be up and about the night of your surgery and progressively increase your activities. Usually light work duties may be resumed within three to five days and vigorous exercise within two to four weeks.

The fat stores that have just been removed from your body are purified and readied for injection into your buttocks. Your surgeon finishes by injecting the processed fat into specific areas of the buttocks to create a more rounded, full look. They make three to five incisions around the buttocks for fat transfers. Both liposuction and fat transfer incisions are closed up with stitches. Your surgeon then applies a compression garment against the affected areas of skin to minimize your risk of bleeding.

For patients thinking about liposuction, it is important to remember that this treatment is not a cure, but can help to correct and improve





bodily contours in areas that are resistant to weight loss. As a surgical technique, liposuction works by removing pockets of fat in areas that are beyond the reach of diet and exercise. It is most effective for people who are near normal weight and have firm, elastic skin. It should not be thought of as a substitute for losing weight.

The areas that are most commonly treated by liposuction are the tummy, hips, buttocks, thighs, knees, neck, upper arms and male breasts. There are various liposuction techniques available, but no single technique works for all patients. Each liposuction procedure will be tailored to a patient's needs and physical condition. At the end of the operation, tight bandages or elasticated clothing will be applied to the area to minimise swelling and help the body conform to its new shape. With the exception of showering, this garment should be worn both day and night for at least two weeks and thereafter for another four to six weeks.

Complications are infrequent, although there can be considerable pain following this procedure, particularly if a large amount of fat has been removed. The following are commonly experienced by patients:

Stiffness and pain; swelling, bruising; numbness; unusual sensations; fine thread veins; lumpy appearance as remaining fat settles

If a small amount of fat is removed during an operation, patients should be able to return to work within a day or two. However, you may need extra time off if the liposuction was more extensive. Patients can usually return to their usual routines within three to four weeks.

The effects of the operation should be long-lasting, so long as a patient's weight remains stable.



A BRIEF NOTE FROM
DR MATTEO VIGO



I decided to become a doctor at early age but I was not aware of the world of Plastic Surgery. Once I have discovered it I fell in love with the whole concept behind and how this field of Medicine can be helpful for many people.

I passionately believe that, in order to improve the physical aspect of a patient, the plastic surgeon needs to combine the principles of art and science, adopting a global approach to understanding the individual desires.

Plastic Surgery is a truly fascinating, dynamic, constantly evolving field of medicine and I believe that the role of a Cosmetic Surgeon is unique and highly privileged.

My main goal is to understand the needs of a patient and try to transform their desires into reality. The role of a plastic surgeon is not only merely surgical but also supportive in the decision process of the best treatment to help patients finding themselves and their wellbeing.

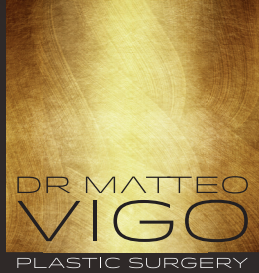
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

I am combining experience, quality and professionalism to evaluate each single case and offer the best solution for my patients.

"Because you deserve the best" is my motto and I want always to put the patient at the centre of what I am doing.

You have to feel pampered, understood, listened, loved once in my office and the feedback of this feelings from my patient is my best satisfaction.

Dr Matteo Vigo



PLASTIC SURGERY DUBAI

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To book a Plastic Surgery consultation with
Dr Vigo, please contact us today.

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