



DR MATTEO
VIGO
PLASTIC SURGERY

LIPOSUCTION:
A RECOVERY GUIDE

Liposuction is a cosmetic procedure used to remove unwanted body fat.

It involves sucking out small areas of fat that are hard to lose through exercise and a healthy diet. It's carried out on areas of the body where deposits of fat tend to collect, such as the buttocks, hips, thighs and tummy. The aim is to alter body shape, and the results are generally long-lasting, providing you maintain a healthy weight. It works best in people who are a normal weight and in areas where the skin is tight.

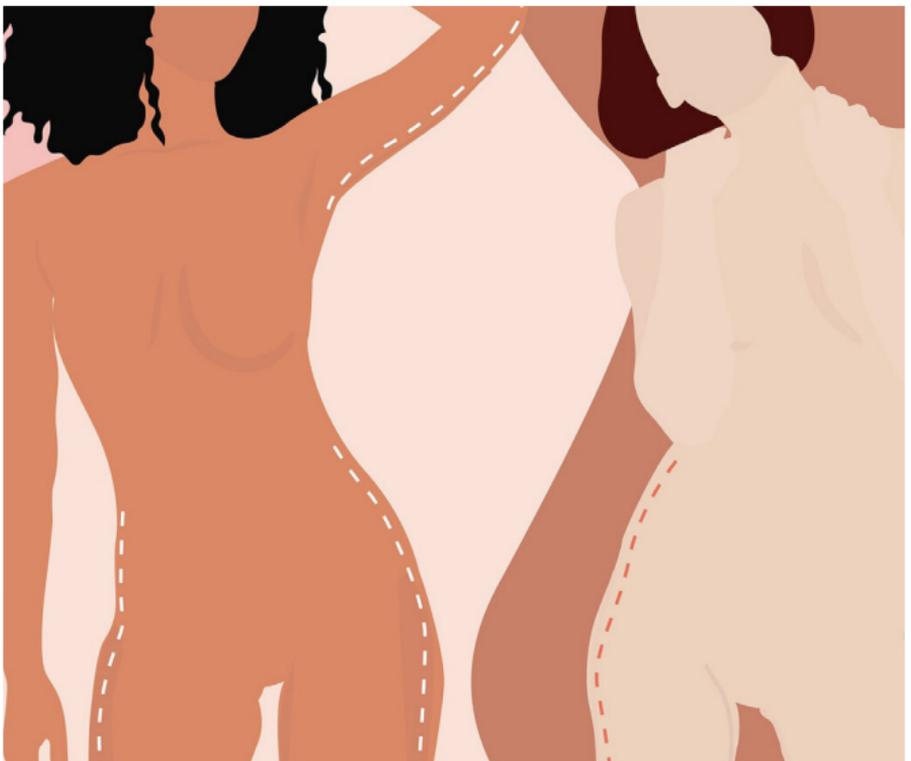
Unwanted fatty deposits are found in areas that are resistant to diet and exercise, such as the face, neck, breast, abdomen, upper arm, hips, thighs, knees, and ankles. Liposuction-liposculpture can be performed on multiple areas at one time - your surgeon will follow accepted guidelines regarding safe 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.

WHAT DOES IT INVOLVE?

Liposuction is usually carried out under general anaesthetic or local anesthesia with IV sedation, although an epidural anaesthetic may be used for liposuction on lower parts of the body. The surgeon would mark on your body the area where fat is to be removed. They would then:

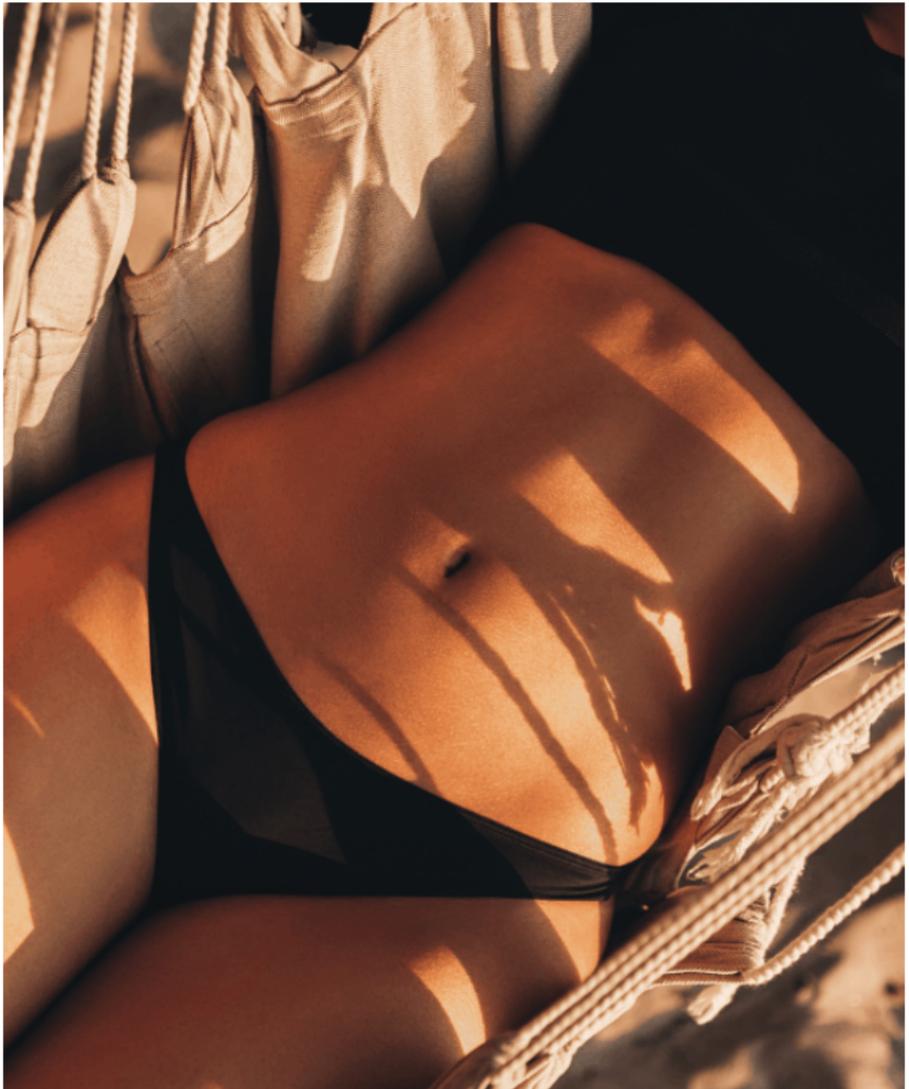
- inject this area with a solution containing anaesthetic and medicine, to reduce blood loss, bruising and swelling
- break up the fat cells using high-frequency vibrations, a weak laser pulse or a high-pressure water jet
- make a small incision (cut) and insert a suction tube attached to a vacuum machine (several cuts may need to be made if the area is large)
- move the suction tube back and forth to loosen the fat and suck it out drain any excess fluid and blood
- stitch up and bandage the treated area



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.



WEARING COMPRESSION GARMENTS

You will be fitted with compression bandages or elasticated supports for the appropriate areas after your surgery. You will also have dressings to cover the entry points and wounds from surgery.

Compression bandages and compression garments will help to get rid of swelling and bruising. The length of time that you wear these for is dependent on the nature of your procedure; it can be several weeks or months.

You are likely to be given specific garments to wear, so that they target the precise area that they have treated. It is important to wear these and follow instructions from your surgeon, so that the affected areas are properly supported during your recovery.

You can remove these garments and bandages when you shower, but check what guidance your surgeon can offer regarding how soon you should wait before submerging the wound in water. Typically, you should avoid showering or bathing for the first week after your procedure.

LIPOSUCTION RECOVERY

It is normal to feel a certain level of pain and tenderness immediately after liposuction. You are likely to have swelling and bruising for up to six months after the procedure. The level of pain to expect from liposuction will depend on how extensive the surgery was, what body part it focussed on, the size of the area and your own unique circumstances.

Bruising, lumpiness, numbness and discolouration of the skin are all common side effects that can last up to six months after liposuction. If you experience bleeding or signs of infection - such as pus, a temperature, redness, or excessive pain or swelling - contact a medical professional immediately.



To minimise risks and aid recovery, it is important to get your body moving gently soon after surgery. Your surgeon is likely to encourage you to walk about as soon as possible, to aid blood flow and minimise the risk of clots.

You should aim to keep moving every few hours to ensure fluid is circulating around your body, but take care not to over-exert yourself, as that could hinder your progress.

Eating a healthy and balanced diet will aid recovery and prevent fat from returning. You should drink plenty of water and maintain a healthy weight to give your body the best chance of a speedy recovery.

Be sure to attend regular check-ups with your surgeon after you are discharged. They will ensure that the wound is healing well and that your general health is stable.

Once the first phase of recovery is over and the full results are visible, you should aim to stay fit, avoid fatty and processed foods and keep to a healthy exercise regime, to maintain the results of the procedure and avoid excess fat building up in other areas.

While the above will aid recovery, there is no quick-win way to speed up the process. Over-exertion can do more harm than good, and it is crucial to rest and take care of yourself for the weeks and months following liposuction.



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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.

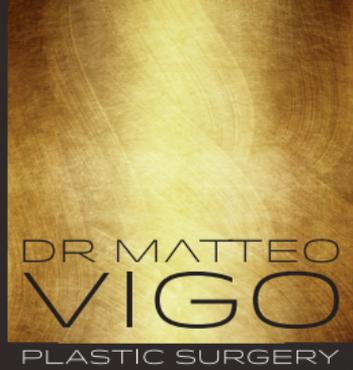
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

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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[Plastic Surgery Dubai](#).

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

EMAIL

booking@matteovigo.com

Telephone & Whatsapp

+971 56 282 5825

Locations

AMWAJ POLYCLINIC

Building P11
Jumeirah Beach Residence
Dubai

BIOSCIENCE CLINIC

Al Razi Building 64,
Block B, Ground Floor

HEALTHBAY POLYCLINIC

Al Wasl Road, Verve Villas
Umm Al Sheif
Dubai