



DR MATTEO
VIGO

PLASTIC SURGERY

LIPOSUCTION
FOR EFFECTIVE BODY
CONTOURING

A common cosmetic procedure called liposuction can help you achieve a more consistent body contour and get rid of stubborn fat cells. For a tight and toned appearance, people frequently receive liposuction on their belly, buttocks, thighs, chin, neck, upper arms, calves, back, and on the back of their arms.

Unwanted fat deposits are present in places including the face, neck, breast, belly, upper arm, hips, thighs, knees, and ankles that are resistant to diet and exercise. Your surgeon will follow established guidelines regarding safe volumes that may be removed in one session during liposuction-liposculpture procedures, which can be performed on several areas at once. Although size improvement is a goal, weight loss is not the purpose of this surgery. After your surgery, it can take six months before the final effects are obvious.

WHAT HAPPENS DURING LIPOSUCTION?

Prior to discussing the procedure with you, Dr. Vigo will evaluate your general health, the condition of your skin, and the quantity of fat that needs to be removed.

Various anaesthetic techniques are employed during liposuction. You might use a local anaesthetic if only a modest amount of fat needs to be removed. A general anaesthesia could be necessary for more involved procedures. The quantity of fat being removed will determine how long your liposuction surgery takes.

Dr. Vigo will make a small incision in the skin. Using a thin, hollow tube they will break up the fat cells beneath the skin surface and remove them with a special suction or vacuum. Several incisions may be required for larger areas. Any incisions will be stitched at the end of the procedure. The area will be bandaged for support.



THE BENEFITS OF LIPOSUCTION

Liposuction has many benefits associated with having the procedure done. While most of the benefits are cosmetic in nature, there are a few medical benefits that could lead someone to have liposuction.

Lipodystrophy Syndrome: People who have this syndrome have fat that deposits in one area of their body and leaves another. Liposuction can give them an even fat distribution back.

Lipomas: A lipoma is a fatty tumor that is benign. They can develop all over a person's body, but they routinely appear under the arms, neck, shoulders, and on your trunk. Liposuction can break up these fatty tumors.

Lymphedema: Lymphedema is a chronic condition that affects people on a long-term basis. Lymph fluid collects and pools under the skin causing swelling in the person's legs and arms. Liposuction can take out this pooled fluid, reduce the swelling, and reduce any discomfort.

Weight Loss: People who have lost an extreme amount of weight may benefit from liposuction. It can break down any remaining stubborn fat deposits to give the person an even appearance.

Tightening and Toning: Liposuction can get rid of and reduce the appearance of uneven fat deposits. As a result, you'll get a tighter and more toned physique.

POSSIBLE SIDE EFFECTS

Liposuction is considered to be a relatively safe procedure, but it does have a few side effects you want to watch out for. If you're concerned, it's always a good idea to contact Dr. Vigo.





- Bruising that can last for weeks
- Inflammation that can last up to six months
- Contour irregularities
- Numbness
- Infection
- Friction burns

HOW LIPOSUCTION WORKS

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.

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

You might be able to undergo the surgery as a day case, depending on the scope of the treatment. Once the anaesthesia wears off, you will require painkillers. After surgery, you might need to wear an elastic support garment for two to six weeks. Do not forget to ask a friend or family member to drive you home.

Five to ten days after your surgery, you'll need to have your stitches removed. Depending on how extensive your treatment is, you might need to take one or two weeks off from work. You must rest and refrain from engaging in any vigorous activities for the first few weeks. The shape of your body will change once the swelling has subsided.

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



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PLASTIC SURGERY

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Dr Vigo, please contact us today.

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