

Body Contouring
Liposuction

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The main principle of a serious aesthetic surgery is the preservation or reconstruction of the natural proportions without changing the individual radiance of a person.

We are happy to advise you.

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Overview

Liposuction is a very frequently used and reliable method to correct local, diet-resistant fat deposits. Used in the right cases, it leads to an aesthetically pleasing, durable result.

Persistent fat deposits can often only be combated to a limited extent, even with strict diets, sporting activity and a healthy lifestyle. With liposuction the body image can be elegantly and permanently corrected.

The most common treatments are in the hip area (so called, «saddlebags») the abdomen, waist and chest area of the man and the chin-neck region. Liposuction is almost always performed for aesthetic reasons and is generally not a question of age.



What actually happens during the surgery?

The principle of liposuction is essentially based on two aspects: First, the excess fat cells in the disturbing areas are aspirated with fine cannulas and the volume reduced, after which the skin and connective tissue contract and adapt to the new body contour. Both are necessary to achieve an optimal result. The aim of the treatment is not to radically remove all fat cells, but to create a new, even contour.

What results can be achieved?

By removing unwanted fat accumulations and modelling the corresponding areas, the proportions become more harmonious and the body appears slimmer. However, liposuction is not an alternative to weight loss or obesity treatment.

Type of anaesthesia and hospital stay

Minor corrections can usually be made on an outpatient basis under local anaesthesia or twilight sleep and you can leave the clinic in the evening after the procedure. Extensive liposuction may require general anaesthesia and a short stay at the clinic.

How do I prepare for the surgery?

You do not need to prepare for the operation. Although you should not take any painkillers (e.g. Aspirin) for 14 days before the operation, as these delay blood coagulation. You should also avoid alcohol and sleeping pills to a large extent.

How's the surgery done?

Before the actual operation, the surgeon marks the affected areas on the standing patient. The small skin incisions of approx. 0.5 cm are planned in an inconspicuous area, e.g. in the gluteal folds or navel. Then, at the beginning of the surgery, the marked areas are injected with a saline solution from these accesses and thus made firm and insensitive. The actual suctioning only begins after a short waiting period and takes from half an hour up to several hours, depending on the area and extent. Compression trousers, support stockings or bandages are pulled over the treated areas while still on the operating table. These are intended to prevent the formation of bruises in the cavities and at the same time support the shrinking of the connective tissue and the skin.



What happens after the surgery?

Immediately after the surgery, slight pain and bruising can be expected. Both will disappear within days. As with any operation, swelling of the affected areas is completely normal with liposuction. However, these swellings completely disappear within 6 - 12 weeks. In most cases, a final result can only be assessed after approx. 3 months. The skin incisions leave small scars, which fade in the course of time and are hardly recognizable.

What risks are to be considered?

If you suffer from allergies, e.g. to medication or care products, or other illnesses, you must inform us of these. If you tend to have conspicuous bruises or persistent bleeding after minor injuries, a coagulation disorder should be ruled out by an appropriate examination before the operation.

What complications can arise?

After liposuction, the sensitivity of touch in the treated areas is reduced for several weeks. This usually improves during the following months. Inconsistent bandaging can lead to excessive bruising, which causes improper healing and can delay healing and lead to superficial unevenness.

Occasionally, asymmetries may occur after treatment, which then have to be corrected in a second surgery.

What aftercare is required?

Be prepared to wear compression trousers, support stockings or bandages day and night for the first 4 - 6 weeks after the operation. This is the only way to ensure optimal healing after the procedure. The stitches at the injection sites can be removed 1 week after the surgery.

What needs to be considered after the surgery?

Depending on your predisposition, you may be temporarily unable to work, especially during major operations. Normally, however, you will hardly feel impaired in your well-being and mobility. However, depending on the location and extent of the liposuction, you should refrain from exercising for the first few weeks after the operation. Massages should only be performed in consultation with and according to the instructions of your surgeon.