

Even people of normal weight can suffer from genetically determined or age-related pockets of excess fat that do not respond to rigorous dieting or sporting activity. The removal of such fat is therefore especially beneficial for women and men suffering from localised fat distribution problems. There are many critical points where fat tends to accumulate as unwanted padding: around the abdomen, thighs, buttocks, hips and waist. Surgical intervention known as liposuction removes the excess fat from the problem areas. As the suction process removes many fat cells from the body, you can expect the results to be permanent, as long as your weight remains stable.

Liposuction is not to be viewed as a general weight reduction measure. The aim of such surgery is to help sculpt the body by removing localised fat pockets and restoring regular body contours. It is important to remember that this procedure is capable of removing only surface fat, and large fat reserves will still remain at a lower level. This is why it is not suitable for use as a general weight-reduction measure.

Skin elasticity is also a significant factor in achieving a satisfactory result. After the procedure, the residual excess skin has to shrink to fit the new contours. If the skin has lost much of its elasticity, this process may need to be assisted by a supplementary skin lift procedure, which will leave a scar. For this reason, liposuction is generally only recommended if your skin elasticity is good enough to allow any excess skin to realign itself to the new contours by natural means.

Liposuction: Key facts at a glance

Op. length: 1 to 3 hrs

Anaesthetic: regional or general

Clinic stay: outpatient

Post-op. treatment: First change of bandage after about 1 week, compression stocking worn day and night for 3 further weeks

Time off work: about 3 to 5 days

Sport: resume after 4 weeks