



# Liposuction

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## What is Liposuction?

Liposuction is one of the five most common cosmetic surgery procedures in the UK, accounting for roughly 10% of all cosmetic procedures in 2018 alone.

Liposuction involves the removal of unwanted or stubborn areas of fat from specific areas of the body that do not respond to either a healthy diet or exercise.

Liposuction is particularly effective in areas such as the buttocks, hips, thighs, abdomen, chin, upper arms, breasts and knees, leaving a more defined shape and more balanced proportions. We offer the most effective liposuction techniques, all of which are suitable for both men and women: traditional liposuction, Smart Lipo liposuction and Laser liposuction.

Liposuction, was brought to the UK 30 years ago by our founder, world renowned plastic surgeon Mr Bryan Mayou. Mr Mayou has assembled a world-class team of surgeons at our clinic in Chelsea, and overseen their development as specialist surgeons in this procedure. Consequently, we treat more liposuction patients than any other clinic in London and have perfected a technique that ensures excellent results via a minimally invasive procedure.

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## Why do people have it?

For many people, both men and women, disproportionate areas of excess fat or an uneven silhouette can cause discontentment and frustration especially when despite a healthy diet or exercise and individuals' body does not respond.

Liposuction is a highly effective, long-term and permanent solution for getting rid of these stubborn areas of fat and enhancing your contours, and can deliver both an improved physical and psychological sense of wellbeing.

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## Who is suitable?

Cadogan Clinic considers individuals fit for the procedure, if all of the following are true of them:

- Over the age of 18
- Physically and psychologically fit and healthy
- Have realistic expectations of what can be achieved by surgery
- Concerned by their size or shape, or areas of disproportionate fat

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## What to expect?



### PHASE 1: CONSULTATION

The first step for all of our patients is to meet with the surgeon we feel is most suitable to you and best placed to perform your procedure for a consultation.

At the consultation you will be able to discuss with your surgeon what you hope to achieve from the procedure, as well as discuss in detail what may or may not be possible given your existing shape, your current distribution of fat and your skin quality.

Having established how much fat will be removed, several key measurements will be made and standard clinical photography will be taken.

Finally a comprehensive discussion regarding risks and complications will take place, alongside a discussion regarding the post procedure and recovery phase. Your previous medical history will also be recorded (including previous surgery, medications, allergies etc.) and an assessment of your fitness for surgery.

If your surgeon feels you are a good candidate for surgery, you are then invited to consider whether you would like to proceed for surgery or otherwise following a two week 'cooling off' period.

Within this period you are welcome to come in and discuss your potential surgery with your surgeon as many times as you like.

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## What to expect?



### **PHASE 2:** PRE - PROCEDURE

If you choose to proceed with surgery, the next time you come into the Clinic after your final consultation will be the day of your procedure.

Before admission the following behavioural changes are recommended / required:

- In the 6 weeks before your procedure we recommend smoking is discontinued as patients who smoke have a higher risk of healing more slowly and complications
- In the week before your procedure you must cease taking Aspirin or any medication that contains Aspirin
- In the 6 hours prior to surgery you must not consume food or any drink, other than small sips of clear fluid (e.g. still water, black coffee, black tea) which are allowed up to 2 hours before admission



### **PHASE 3:** DAY OF THE PROCEDURE

On the day of your procedure we ask that you arrive for your admission an hour before the agreed start time of surgery. At this point a nurse will come and record blood pressure and other relevant tests, you will meet with your anaesthetist and your surgeon who will make the final mark-ups.

The procedure itself is straightforward and takes place under general anaesthetic over the course of between one and three hours. The surgery involves the placement of a cannula into the area of the body where the fat is to be removed. The tube is moved back and forward to break the fat down, and high pressure suction is then used to remove the loosened fat cells out of the body. The incision sites are very small (several mms) due to the fineness of the cannula, and scarring will be very minimal.

Following the procedure, you will recover in our ambulatory recovery rooms for between two to three hours, dependent on the scale of the procedure. Once our specialist nursing team are happy that your initial recovery is complete and you are safe to return home, you will be allowed to leave the Clinic accompanied by a friend or member of your family.

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## What to expect?



### PHASE 4: POST PROCEDURE & RECOVERY

Once home you will have access to our dedicated oncall nursing team 24 hours a day, 7 days a week. This team of specialists are dedicated to your comfort and recovery, and are there to field any questions you may have in the immediate post operative phase.

Liposuction recovery is relatively quick and any residual discomfort should subside in a matter of days. We advise patients should be able to return to their normal day-to-day activities after about one week - we would recommend a few days off of work with the option of a full week should you require it as swelling is greatest during this time. We ask our patients to be sensitive to their body and not to do too much too soon, although, it is advisable to mobilise oneself as soon as is comfortable following surgery to accelerate healing. We also recommend avoiding UV light for 2 -4 weeks to aid the scarring process.

We ask that you come in and see our nursing team 1 week after surgery to ensure your incision sites have been properly reviewed. At this juncture we also recommend you meet with one of our on site aestheticians to discuss ongoing treatment to support the healing and scarring process, in particular massaging of the treated areas.

You should see your results clearly after 6 week mark, although on occasion it can take a little longer. We ask that you come in to see your surgeon after 6 weeks for a post procedure for a final check up.

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## What are the risks?

This treatment is particularly appealing due to the low risk that it presents. However, as with all surgery, some complications are possible, these include:

- Bleeding or haematoma
- Infection
- Sensation change
- Swelling
- Scarring

Your surgeon will discuss each of these risks comprehensively at your consultation.

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## Why Come to Cadogan Clinic for Liposuction?

- Cadogan Clinic is an award winning specialist cosmetic clinic, with a track record of delivering safe, high quality cosmetic surgery
- We were founded by Mr Bryan Mayou, the surgeon who first brought Liposuction the UK, and he has trained the next generation of specialists at the Clinic
- Unlike many of our competitors, we use the latest anaesthetic technologies to minimise your downtime, and allow you to return home on the day of your procedure
- Our nursing team provide a dedicated 24/7 oncall service during recovery – whatever your question, we can provide the answer
- We offer a complimentary consultation and treatment with our onsite team of aestheticians to ensure you heal quickly and scar well

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## At a glance facts



### SURGERY TIME

1 to 3 hours, depending on number of areas to be treated



### HOSPITAL STAY

1 to 2 hours following procedure



### TIME OFF WORK

1 week (if needed)



### FULL RECOVERY

2 weeks

