

CADOGAN  
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# Laser Liposuction Fact Sheet

Cadogan Clinic, London's Leading Cosmetic Surgery Specialists.

# Laser Liposuction at The Cadogan Clinic

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# What is Laser Liposuction?

**Smart lipo MPX, or laser liposuction, is an innovative liposuction technique for the removal of unwanted body fat from areas in your body that do not respond well to diet and exercise alone.**

Laser technology is used to rupture the fat cells, melting them down therefore allowing the cells to drain away more easily. After liquifying the fat, the surgeon will insert a tiny tube called a cannula which will suck out the melted fat. Laser liposuction also stimulates the production of collagen, which will leave the skin firmer or tighter following the procedure.

The overall effect is to eliminate the stubborn pockets of fat, whilst rejuvenating the appearance of the skin over the treated area and making it appear smoother and tighter after the fat has been removed.

Laser lipo is a minimally invasive, but highly effective, way of ridding the body of hard-to-lose fat. The procedure is performed under local anesthetic and requires minimal downtime. You can expect to see the results of smart liposuction immediately.

However laser lipo is not a weight loss treatment. If you are excessively overweight, then laser liposuction is probably not a suitable treatment for you. The treatment is meant to remove small areas of excess fat. Laser lipo patients should be healthy and near their ideal weight.

You should avoid smart liposuction if you have cancer, blood clots, Type 2 diabetes, liver disease, any heart condition, a pacemaker, MS, a vascular condition or any abnormal tissue growth. Do not undergo laser liposuction if you have recently undergone surgery or take anticoagulants or medications that make you light-sensitive.

Laser lipo should also be avoided if you are pregnant, breastfeeding or experiencing a heavy period.

If you have any of the above conditions, speak to your consultant to find out what alternative treatments are available.

# Who is Suitable?

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

- You are in good psychological and physical medical health
- You have a positive outlook and realistic expectations of what can be achieved via laser liposuction
- You are seeking to improve the contours of your body
- You are seeking to rejuvenate the appearance of your overlying skin
- You are looking for longer lasting results
- You are looking to avoid invasive liposuction surgery / having a general anaesthetic

# Why do People have it?

Benefits of using a laser to break down the fat cells (versus the manual action involved in traditional liposuction) include:

- Local anaesthetic, no general anaesthetic required
- Less invasive procedure
- No downtime & quicker recovery
- Smaller incision and less scarring
- Less bruising and swelling
- Collagen produced to tighten the skin

# At a Glance



## **Surgery Time**

1+ hours



## **Time off work**

up to 1 week



## **Hospital stay**

Day case



## **Shower**

After 1 day



## **Reasonable Mobility**

Immediately



## **Exercise**

1-2 weeks



## **Sexual Activity**

1-2 weeks



## **Sleeping on back**

2 weeks



## **Full Recovery**

2 weeks



## **Driving**

A few days

# Cadogan Clinic

## Centre of Excellence

- The Care Quality Commission (CQC) rated the Clinic **Outstanding** for its collective leadership in their 2023 report.
- The CQC praised Cadogan Clinic's ethical practice for cosmetic surgery, compassion and kindness, respect for privacy and dignity, took account of their individual needs and emotional support to patients, families and carers. The CQC also highlighted Cadogan Clinic encouraged innovative, and evidence based safe practice.
- Cadogan Clinic was mentioned in the UK's most prestigious 2023 Tatler Cosmetic Surgery Guide. Eleven of Cadogan Clinic's consultants were featured in the guide, some of which have had honourable mentions for five consecutive years.

### TATLER

“” Cadogan Clinic, already an impressive centre which sees even innovative procedures performed as day cases -it has always been at the forefront when it comes to the prevention of bruising and swelling.” 2023 Tatler Cosmetic Surgery Guide

- Cadogan Clinic is award winning, named Best Plastic Surgery Provider at the 2020 My Face My Body awards.
- Cadogan Clinic was the UK's first day-case only provider for cosmetic surgery.
- Cadogan Clinic treats over 28,000 patients per year.
- Over 98% of Cadogan Clinic's patients said that they were satisfied following their surgery, and over 95% of patients were satisfied with the post operative nursing care.
- Cadogan Clinic are leaders in innovation and research, constantly looking to provide procedures featuring the latest medical advances, such as stem cells and regenerative treatments, providing the best results and treatment options for patients.