

Liposuction

Body reshaping, contouring, and removal of stubborn areas of fat

What is Liposuction?

Liposuction is a surgical method of removing unwanted body fat and improving body shape. Localised areas of fat from anywhere on the body can be sucked out under pressure, with fatty areas on the tummy, flanks, and thighs being popular targets. Fat cells are permanently removed, so the process can improve the figure in the long term, with regained weight usually being spread generally over the body.

Traditional Liposuction removes bits of solid fat from under the skin, which can result in an irregular contour. The loose skin can fall into the peaks and troughs of the fatty layer below, giving a lumpy, cellulite appearance to the skin. This is a particular problem in skins that have lost their elasticity due to age or sun damage.

Bella Vou is proud to offer two innovative procedures that have revolutionised Liposuction:

VASERlipo™ is an advanced body sculpting procedure that turns solid fat into liquid fat, getting rid of lumps and irregularities. The suction device is used to remove the liquefied fat and reshape the area. The radiofrequency waves can tighten the skin and stimulate collagen production.

Renuvion skin tightening is often performed at the same time as **VASERlipo™**. The device uses plasma energy to contract the small ligaments and bands that hold the skin to the muscle, tightening the skin against the muscles below. Bella Vou also offers Body Tite, an advanced procedure that simultaneously reduces fat and tightens skin, permanently.

Together the procedures create a slim, toned, smooth appearance that far exceeds the results that you can get from traditional Liposuction.

Why have Liposuction?

Sometimes stubborn areas of fat do not shift, despite a healthy diet and exercise. Saddlebags, muffin tops, fatty inner thighs, and cankles can all be frustratingly difficult to manage with lifestyle changes alone. Liposuction can safely remove fat from specific areas, redefining and reshaping the body.

In men, **VASER Liposculpture** is excellent for slimming and streamlining the torso, giving an athletic six-pack appearance. In women, the longer abdominals can be defined and the waist nipped in to provide a more hourglass shape. **VASER Liposculpture** can also reshape the bottom and slim the flanks and thighs.

Liposuction is not a method of weight loss, but it can remove stubborn areas of fat and recontour the body.

What happens in Liposuction?

VASERlipo™ is performed under local anaesthetic, sedation and general anaesthetic, depending on the size of the area being treated.

The expert cosmetic surgeon will make tiny incisions in the skin creases so that any scarring is minimal. They will insert a thin cannula that uses ultrasound to heat and liquefy the fat. The surgeon will then remove the fat using a gentle suction device.

The VASER device emits radiofrequency waves that tighten the surrounding tissues and skin giving you smooth, slim contours with less pain or recovery time than traditional Liposuction.

How long is the recovery from Liposuction?

Your recovery from **VASERlipo™** will depend on the area treated and your general health and wellbeing. Bella Vou will provide a bespoke plan of aftercare, massage, and rehabilitation to support your recovery.

You should take at least 2-5 days off work and other daily activities to allow your body to recuperate from the surgery and begin the process of healing. Some people may experience mild discomfort for a week after surgery.

Quick glance guide to Liposuction

Procedure Time: 45 mins - 3.5 hours

Recovery: Up to a week depending on the area being treated

Anaesthetic: Local Anaesthetic. Local Anaesthetic & Sedation. General Anaesthetic

Hospital stay: Only with a general anaesthetic

Treats: Areas of localised or stubborn fat. Improves muscle definition.

Why choose Bella Vou for your Liposuction?

Bella Vou is the first place in the UK to offer the very latest, VASER Liposculpture device. Bella Vou provides state-of-the-art body contouring in a cutting-edge, chic, and comfortable clinic in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a very personal touch throughout the client journey. The highly-skilled, professional staff are passionate about helping people achieve the results they want, but also making their experience enjoyable, stress, and hassle-free.

Bella Vou's leading cosmetic surgeons are recognised by the most highly-regarded aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS) and named among the world's top influencers

in cosmetic medicine in the prestigious RealSelf 100 awards. The clinic and leading-edge operating suite are approved and inspected to ensure the highest standards of patient care and assured with exacting standards on cleanliness and infection control safeguards.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is confident in the skills and professionalism of the staff and provides a benefit warranty to provide patients with peace of mind. If there is a problem or complication, the client will be looked after throughout, without any extra bills or charges.

Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.

Your Liposuction journey at Bella Vou

Free, no-obligation consultation

Bella Vou offers every client a free consultation with an expert, accredited cosmetic surgeon with no obligation to proceed to treatment. The consultation is an opportunity to discuss any concerns you have with your body, the results you want to achieve, and whether VASER Liposculpture can help you reach those goals.

Bella Vou will always give you an honest and impartial professional opinion. Mr Amir Nakhdjvani says:

'We make sure that we advise people correctly about whether surgery is right for them. We treat everyone as if they were our family. We might turn people away, suggest alternative treatments, or we may suggest that they go to a different specialist at another establishment. If someone is uncertain about an operation, we're happy to see them several times, without a consultation charge. At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'

Meet your surgeon

You will be offered a further appointment with Mr Amir Nakhdjvani before proceeding to surgery. This will give you a chance to find out more about VASER Liposculpture, your recovery, and to ask any questions you may have. Your surgeon will talk you through the operation and take time to address all your concerns.

Preparation for Liposuction

Preparation for your procedure can help improve your recovery and protect against complications. You may be asked to stop taking medicines, including aspirin and ibuprofen, to reduce the risk of bruising and bleeding during the operation. It's important to stop smoking cigarettes and e-cigarettes around the procedure, as smoking can impede the healing process.

If you have a general anaesthetic or sedation, you will be given individual advice on fasting before the operation.

On the day of your operation, you'll be personally welcomed to Bella Vou, given a gown to wear and escorted to the state-of-the-art operating theatre.

What happens during Liposuction

VASERlipo™ is performed under local anaesthetic, sedation, or general anaesthetic depending on the size of the area being treated and your personal preferences.

After cleansing the skin, your cosmetic surgeon will make tiny incisions in the skin. These will be carefully placed in the natural skin creases so that any scarring is hidden. They will insert a thin cannula that uses ultrasound to heat and liquefy the fat in the area. The surgeon will then remove all the liquid fat using a gentle suction device. The radiofrequency also tightens the skin and stimulates collagen formation, resulting in a smoother contour that looks natural and even.

The process is repeated in each treatment area until the desired results have been achieved. The surgeon will then carefully stitch the incisions closed with absorbable sutures, which do not need to be removed. Dressings and compression garments will be applied to reduce swelling and bruising during recovery.

Recovery from Liposuction

Following surgery, you will be monitored by the nursing staff for a couple of hours before being able to go home. It's important to arrange for a friend or family member to pick you up and escort you home.

Before leaving the clinic, you will be given pain medication to alleviate any discomfort. Bella Vou will provide a bespoke plan of aftercare, massage, and rehabilitation to support your recovery. An essential part of the rehabilitation process is lymphatic massage; you will be given several mandatory sessions to reduce swelling and improve healing.

You should take at least two to five days off work and other daily activities to allow your body to recuperate from the surgery and begin the process of healing. Some people may experience discomfort for a week or two after surgery.

The plastic surgeons will give you surgical garments to support the area, minimise swelling, and speed up healing. You should wear these for four to six weeks after your procedure, or as individually directed by your consultant.

The staff at Bella Vou will carefully monitor your recovery. If you have any questions or concerns, the team are always on hand to offer support, day and night.

FAQs

How many areas can be treated at once?

The surgeons at Bella Vou are experienced in applying VASER to multiple areas. In general, five to six areas at once can be treated if they are not too large.

Can Liposuction treat obesity?

Liposuction isn't a treatment for obesity. There are limits to how much fat can safely be removed, with around three litres considered to be the maximum. So Liposuction and VASER Liposculpture are usually only recommended when you are at or near your target weight. It is particularly effective for people with specific areas of fat, like saddlebags or muffin tops, on an otherwise slim silhouette.

Can Liposuction make the area lumpy?

Traditional Liposuction removes bits of solid fat from under the skin, which can make contour irregular. The loose skin can fall into the peaks and troughs of the fatty layer below, giving a lumpy, cellulite appearance to the skin. This is a particular problem in skins that have lost their elasticity due to age or sun damage.

Bella Vou is proud to offer two innovative procedures that have revolutionised Liposuction. VASER Liposculpture creates a radio frequency that turns the solid fat into liquid fat, which gets rid of any irregularities. The suction device is used to remove the liquefied fat and reshape the area. A Renovium device is then introduced under the skin. It utilises plasma energy to contract the small ligaments and bands that hold the skin to the muscle, tightening the skin against the muscles below. Resulting in a slim, toned, smooth appearance, that far exceeds the results that you can get from traditional Liposuction.

How soon before I see the results?

The results of VASER Liposculpture will vary depending upon the individual being treated, the amount of fat to be removed, and how many different areas are treated. Many patients report that they begin to see results immediately after treatment, and then continue to improve over the following weeks as the body's tissues start to heal. For many patients, the final results may not be fully apparent for up to 6 months.

When can I resume exercise?

You can walk from day one. Walking is unlimited and can help reduce swelling and support healing. It's safe to reintroduce low-intensity exercise after around two weeks and resume high-intensity activity from approximately 4-5 weeks, depending on your levels of comfort and the area treated.

What is the difference between VASER Liposuction and traditional Liposuction?

Traditional Liposuction is a method of fat removal by suction alone. As a result, irregularities can appear, and loose redundant skin can give the appearance of cellulite in the treated area.

With VASER Liposculpture, radiofrequency waves liquify the fat, which is then removed through a suction device. This allows an even fat reduction with fewer irregularities. The radiofrequency also stimulates collagen production, resulting in further skin tightening, and a smoother contour that looks natural and even.

Will VASER Lipo Hurt?

Bella Vou will give you the right pain relief to make your recovery more comfortable.

The surgeons perform VASER Liposculpture under local anaesthesia in some areas, for example, the neck. You will be awake, but the area will be completely numb to help you relax.

The surgeons use numbing solutions to ensure that the process is pain-free, and you should feel nothing more than touch or pressure throughout the procedure. On larger areas such as the tummy, a general anaesthetic is available. Bella Vou also offers relaxing medication or sedation for a comfortable and relaxing experience.