

## **VASER Liposculpting**

### ***Advanced body sculpting and precision fat removal***

#### **What is VASER Liposculpting?**

VASERlipo™ is an advanced body sculpting procedure. It removes fat to reshape and contour the body, giving a slim and athletic appearance. Stubborn areas of fat can affect your body image and self-esteem- and often diet and exercise don't offer the dramatic transformation you want. With VASERlipo™, the expert surgeons at Bella Vue can sculpt and redefine your body, helping you look and feel your best.

Traditional liposuction removes bits of solid fat from under the skin, which can result in an uneven contour and a dimpled, cellulite appearance to the skin. In contrast, VASER Liposculpting uses ultrasound technology to liquefy and precisely remove fat from targeted areas, resulting in a smooth, toned silhouette that far exceeds the results from traditional liposuction.

#### **Why have VASER Liposculpting?**

Saddlebags, muffin tops, belly fat, and cankles can be challenging to shift with diet and exercise alone. VASERlipo™ can help men and women with stubborn areas of body fat achieve the body shape and muscle definition they want, permanently.

The specialist cosmetic surgeons at Bella Vue can use VASERlipo™ to sculpt and shape multiple areas in a single procedure, including the hard-to-reach areas of the body. VASERlipo™ is also suitable for men and women who are already lean but want localised fat removal to achieve a more defined, or ripped body.

In men, VASER Liposculpture is effective 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, slim the flanks, thighs, and ankles, and improve the appearance of double chins.

VASERlipo™ is not a weight-loss method and is no substitute for a healthy lifestyle. But it can remove stubborn areas of fat and recontour the body to achieve a more refined shape.

#### **What happens in VASERlipo™?**

**VASERlipo™** is performed under local anaesthetic, sedation or 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, which tighten the skin and stimulate collagen production, resulting in a smooth contour that looks natural and even.

VASER Liposculpting targets fat cells, resulting in less tissue damage, reduced pain and bruising after the operation, and quicker recovery time.

**Renuvion** skin tightening is often performed at the same time as **VASERlipo™**. The innovative 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 in a way that is a little like 'shrink-wrapping'. Together the procedures create a toned and taut appearance.

### **How long is the recovery following VASER Liposculpting?**

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

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 after surgery.

### **Quick glance guide to VASER Liposculpting treatment**

**Procedure Time:** 45 mins - 3.5 hours

**Recovery:** Up to 1 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 You for your VASER Liposculpting?**

Bella You is the first place in the UK to offer the very latest, VASER Liposculpture device. Bella You 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 You 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 You'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 You 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 You 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 VASERlipo™ journey at Bella You**

#### **Free, no-obligation consultation**

Bella You 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 **VASERlipo™** can help you reach those goals.

Bella You will always give you an honest and impartial professional opinion. Mr Amir Nakhdjevani 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. Bella You, never pressurise people or try to sell procedures. It's about giving an honest opinion and honest advice.'*

#### **Meet your surgeon**

You will be offered a further appointment with Mr Amir Nakhdjevani before proceeding to surgery. This will give you a chance to find out more about VASER Liposculpture, the results you can hope to achieve, your recovery, and to ask any questions you may have.

#### **Preparation for VASER Liposculpting**

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 essential 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 You, given a gown to wear and escorted to the state-of-the-art operating theatre.

### **What happens during VASER Liposculpting**

**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 waves 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 production, 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. Finally, dressings and compression garments are applied to reduce swelling and bruising during recovery.

### **Recovery from VASER Liposculpting**

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 You will provide a bespoke plan of aftercare, massage, and rehabilitation to support your recovery. MLD massage is a vital part of rehabilitation. You will be given between 3 and 7 of mandatory sessions to get rid of excess fluid and improve healing.

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 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 around four weeks following your procedure, or as individually directed by your consultant. The staff at Bella You 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**

#### **What happens if I regain weight?**

Fat cells are permanently removed, so the process improves the figure in the long term. Any regained weight is usually spread generally over the body, rather than in the previously problematic areas.

### **How many areas can be treated at once?**

The surgeons at Bella You 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 if diet and exercise have failed. You should be in good health and be at, or near, your goal weight. The procedure is particularly useful for people with specific areas of fat, like saddlebags or muffin tops, on an otherwise slim silhouette.

### **Can traditional liposuction make the area lumpy?**

Traditional liposuction removes bits of solid fat from under the skin, which can make the contour uneven. 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 You 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 liquified 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 about two

weeks. Progress to high-intensity exercise from around four to five 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 and skin tightening, resulting in a smoother contour that looks natural and even.

### **Will VASERlipo Hurt?**

Bella You will give you the right pain relief to make your recovery 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 You also offers relaxing medication or sedation for a comfortable and relaxing experience.