FAQ

(Vaser Liposuction)

**How does VASER Lipo work?**

* Prior to VASER Lipo treatment, the area to be sculpted or reduced is filled with a special saline and local anaesthetic solution through small incisions (3-6 mm) using a long thin blunt cannula. This helps numb the site and shrink the blood vessels (to minimize blood loss and reduce bruising). This solution also wets and fills the area to be treated, making it easier to break up fatty tissue with the VASER Lipo System’s ultrasound energy.
* The VASER ultrasound is a small probe that transmits sound energy to break up and emulsify fatty tissue on contact while preserving the other important surrounding tissues. The VASER probe is especially good for treating deep and superficial fat which helps achieve a smooth finish.
* After the VASER process, the liquefied fat is removed through an aspiration process using suction cannulas, designed to minimise damage to surrounding tissues. Finally The doctor sculpts the area using an array of specific suction cannulas. We do offer additional IV sedation with a Consultant Anaesthetist for anxious patients.

**Is VASER Lipo is right for me?**

Vaser Lipo is not a substitute for a healthy diet and exercise programme but it can help slim down areas of stubborn fat. Although there are limits to the amount of fat that can be removed, we can assist you with your decision about potential areas for VASER Lipo sculpting, anticipated results, and the recovery process.

**What body areas can be treated with VASER Lipo?**

We have experienced great success VASER Liposuction in all of the following areas: abdomen, thighs, knees, Calves, ankles, hips, back, arms, male breasts, love handles, chin, neck areas and just about any other body part you need treated.

**Are there any side-effects with VASER lipo?**

Most people report soreness around the VASER treatment area for 2-5 days. This is helped with painkillers and we do recommend you try and take 2-5 days off work after the procedure. Thereafter you may experience a dull background ache for 1-4 weeks. You may also have bruising. You will experience some swelling which does take time to settle. Swelling will be helped by following our comprehensive aftercare instructions and advice.

All common side effects and complications will be discussed during your pre-treatment consultation.

Sometimes you may require an additional treatment called Renuvion ( performed at the same time) to tightening the skin.

**How much fat can be taken with VASER lipo?**

There are limits to how much fatty tissue can be safely taken from the body within one VASER Lipo session. This depends on your general health, weight and your body fat percentage. There is also a limit as to how much local anaesthetic ( Lidocaine) can safely be uses in a single treatment session. Lidocaine toxicity is a serious complication and needs to be taken very seriously.

We normally advise no more than about 3-5 litres or 4-5% of your body weight removed during one session. If more fat needs to be removed or the treatment is limited by a maximum lidocaine dosage another VASER Lipo treatment can be performed 1-6 weeks later. Excessive and overly aggressive removal of fat can be dangerous to your health and lead to seromas, burns, contour irregularities and abnormal looking results that are near impossible to correct. Treatments require experience and an understanding of the body’s response to such treatments so if necessary, we believe it is better to have a touch up treatment to optimise your results, rather then risk serious health consequences or permanent deformities due to excessive or overly aggressive liposuction.

VASER Liposuction is not intended as a weight loss solution. The goal is to create a slimmer silhouette. You may not notice a significant amount of weight loss, but you should be pleased with your slimmer new shape.

**How many treatments will I need?**

The Vaser liposuction treatment is usually performed over one session with an additional touch up treatment to maximise results after around six months if required. Touch up treatments are usually small and reasonably quick procedures designed to make sure your results are the best that can be achieved. If multiple areas are to be treated then you may need to have your treatment split over 2 sessions 1-6 weeks apart.

**What about future weight gain/migration?**

Following your VASER Lipo procedure you will lose weight as a certain amount of fat is removed. Unless you experience weight gain of more than 5% of you body weight or unless you are prone to putting on weight in another specific area, any new weight you gain will tend to be proportionately distributed over your entire body.

For example if you are prone to put weight on both the abdomen and outer thighs and only have the abdomen treated with VASER Lipo, you may notice change to the outer thighs if you gain weight.

**What about saggy or loose skin after my VASER Liposuction treatment?**

During your consultation you will be thoroughly assessed by The doctor . As part of the examination he will assess your skin. Generally speaking, excessive overhang, excessive stretch marks or severe skin laxity may mean you are unsuitable for VASER Lipo.

**Can I get VASER liposuction on my face?**

VASER lipo is not suitable for use on your face. It can be used on the chin and neck but not directly on your face. Other procedures are more appropriate for dealing with issues like fat beneath your eyes. You should also speak to The doctor about other issues with this.

**Does VASER lipo work on cellulite?**

VASER lipo is not designed to deal with cellulite. It can sometimes improve the appearance of cellulite, but there is no guarantee. There may be other options you can explore, such as Velashape 3. You should speak to The doctor during your consultation if this is something you wish to address.

**Can VASER lipo reshape my bottom?**

VASER Lipo is a sculpting technique. It is ideal for creating a more aesthetically-pleasing shaped bottom. This can be done without the need for implants or fat transfers. predominantly by shaping the fat around the bottom area, such as the thighs, lower back and flanks.

**Do I need to do anything to prepare for the vaser liposuction procedure?**

We have prepare a comprehensive guide on ‘getting ready for your vaser lipo’ (see our patient resources section)  This purchasing recommended supplements to help with bruising ans swelling, extra dressings, body brushes for self MLD, We may also ask you to stop certain medication such as aspirin and Ibuprofen.

**How long is the vaser liposuction operation?**

The average time for the procedure is between two and three hours. The time can vary depending on the number of areas you are having treated and the size of those areas.

**What will the wounds look like after the vaser liposuction procedure?**

For the first 24-48 hours after the surgery, some of the wounds will likely leak and drain the anaesthetic fluid onto some specific absorbent pads. This is a positive sign, as it means your body is not retaining extra fluids. During this time you should change your bandages regularly and wear loose clothing that you do not mind getting stained.

The doctor will make every effort to keep the wounds as small as possible ( usually 3-6mm) and hidden (nipple/skin border in men, under the breasts, tummy button, below the bikini/ pant line etc). Once the wounds have healed, they will be small and in most cases, very difficult to see. For darker skin tones we may recommend additional creams to help prevent pigmentation.

**Will I need a surgical drain after my VASER liposuction?**

Not all patients will need to have surgical drains after their procedure. You are more likely to need them if you are having a large amount of fat removed from your back or abdomen. If a drain is required, this will be a small corrugated open drain ( not tubes etc). These will need to stay in place for 3-4 days. You will need to come into the practice to have it removed by a member of our team.

**How long do I need to use the compression garment for after vaser liposuction?**

The length of time will depend on the location of the treatment.

For under chin treatments you need to wear it for three days. After that, you can switch to just using it overnight for the next three weeks.

For other parts of the body, you should wear your compression garment at all times for 3-6 weeks. The doctor will advice you on your garment before and after your treatment, as this does sometimes also depend on how swollen you are, how much fat was removed and your skin consistency. We also recommend specific foam pads and for the abdomen and flanks a tight Velcro binder to wear for the first 2-3 weeks too.

**How long after vaser liposuction can I return to exercising?**

We recommend that you get up and moving as soon as you feel able to do so. Going for a walk can aid your healing.

You can usually start gentle exercise after two weeks, as long as you avoid using the parts of the body you had treated.

After four weeks, you can return to moderate exercise. We recommend that you gradually ease back into your exercise routine after this time. You can begin to work your way up back to more intense exercise after six weeks, but do listen to your body and the recommendations of your doctor.

**How soon after VASER liposuction is it safe to fly?**

We recommend that you wait 7-10 days before you take a flight. When you do fly, you should stay hydrated and active. This will reduce your risk of developing DVT. Again, if you have any concerns, The doctor will be happy to discuss what’s recommended for your specific circumstances.