

Will Liposculpture work for cellulite?

Liposculpture is NOT a treatment for cellulite, although many patients do notice an improvement in the appearance of cellulite once the fat cells are removed.

What about my skin? Won't it be wrinkly?

Generally speaking, skin contraction will occur in all areas treated by Liposculpture. Patients, who have particularly loose skin prior to the procedure or large areas of fat, are warned of skin wrinkling and looseness following the procedure. Skin Retraction can be improved by the use of a Laser (Laser Lipolysis) during the Liposculpture Procedure.

Are there any additions to the Liposculpture Procedure at Vein Health Medical & Cosmetic?

- 1. Power Assisted Liposculpture (PAL):** Because it can be difficult to move a cannula back and forth through fat tissue, surgeons are not always able to effectively remove all the unwanted fat. Power Assisted Liposculpture, involves using a special motorized device to which the cannula is attached. This device allows the cannula to vibrate and oscillate back and forth which in turn helps to break up fat so that it can easily be suctioned out. Examples of Power Assisted Liposculpture devices are the "Micro Air" and the "Power X".
- 2. Laser Lipolysis:** Fibre optic laser fibres can be used to help melt small remnants of fat at the end of the Liposculpture procedure. This helps create a more defined and uniform result and also helps with skin retraction or tightening. An example of a Laser Lipolysis machine is the "SmartLipo".
- 3. Fat Grafting:** Fat Grafting is a fantastic adjunct to the Liposculpture procedure. Fat can be removed with special cannulae, harvested and purified and then reinjected into areas of the body to improve contour, to augment and to rejuvenate. Fat grafting for buttocks augmentation is one example. It can provide a fuller, more aesthetic shape to the buttocks, further enhancing the hourglass figure obtained with liposuction of the flanks and abdomen. Another example is fat grafting into areas of the face such as the cheeks (malar area) to provide a youthful, heart shape appearance that is lost with age. This injected fat will have the added benefit of rejuvenating the face, as it contains stem cells and many growth factors.

About Dr Paraskevas

Dr Paraskevas has a background in Emergency and Family Medicine. He moved completely into Cosmetic Medicine in 2003, specialising primarily in the treatment of Varicose Vein Disease and Venous Ulcers. He went on to obtain his Fellowship with the Australasian College of Phlebology and has since been an integral part of the College, lecturing and presenting at College conferences and most recently receiving the honour of being an Executive Board member. He is actively involved with training and examining specialist doctors with the College of Phlebology.

Dr Paraskevas has performed other cosmetic procedures since 2003, including anti-wrinkle treatments and dermal fillers, and has over the past several years undergone training for Liposculpture and Fat Transfer. He has received formal training in Liposculpture with the College of Cosmetic Surgeons and the American Academy of Aesthetic Medicine.

Dr Paraskevas is an extremely compassionate and caring surgeon with an eye for detail and the dedication to remain up to date with the technology and science in the field of Liposculpture and Fat Transfer.



About Us

Vein Health Medical & Cosmetic is located within Elgar Hill Specialist Consulting Suites, in the heart of the ever-expanding Box Hill Medical Precinct. The building contains varying specialities including ENT, IVF and Obstetrics, Gastroenterology, Audiology, Pathology (St Vincent's Pathology) and Radiology (Melbourne Specialist Imaging). Box Hill Hospital and the Epworth Eastern Hospital are closely situated.



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LIPOSCULPTURE

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What is Liposculpture?

Liposculpture is a refined form of Liposuction. It is performed to actually remove unwanted fat cells from the body. The procedure is meant for body contouring. It is NOT a treatment for obesity. Most patients visiting our clinic will request removal of fat that will not budge despite good diet and exercise.

How is Tumescant Liposculpture performed?

Large volumes of saline solution, local anaesthetic and adrenaline (Tumescant Anaesthetic) are infused into the fatty area being treated. This results in numbing of the area which will enable Dr Paraskevas to manoeuvre a small instrument known as a cannula, connected to a vacuum machine, superficially under the skin. The cannula is inserted into the fatty tissue through tiny incisions and is gently moved back and forth under the skin to suction away the unwanted fat deposits. The result is resculpting of bulging areas into more attractive contours.



What happens after Liposculpture?

After the procedure, a body garment is worn for one or two weeks (sometimes longer). This is quite a light, comfortable garment and easy to wear under normal clothes, so that no one should be able to notice. Patients will be instructed to rest and return to light activities within a few days. Most patients will return to work within 3-7 days. All patients will be instructed to take an antibiotic following the procedure to prevent the rare chance of infection.

What areas can be treated with Liposculpture?

The most frequent areas treated with Liposculpture in men are the “love handles”, breasts, abdomen (pot belly) and neck-line. In women, they include outer and inner thighs, hips, buttocks, stomach, knees and double chins. Some women may choose to have fat reinjected into areas of deficiency, such as the cheeks or buttocks.



Will I need a second procedure?

One procedure is usually sufficient. However, some patients may require a fine tuning procedure at a later date.

Is there an age limit?

There is no theoretical age limit for the performance of Liposculpture, provided that there are no significant health problems that may interfere with the medications used or with the recovery process.

Is the Fat Removal Permanent?

The short answer to this is Yes! After puberty, we do not create new fat cells. When you gain weight, you expand the fat cells that you have. Some people are genetically predisposed to have more fat stores available throughout the body. Tumescant Liposculpture permanently removes fat cells to improve your body's contour. Should you gain weight following liposculpture, it goes to the fat cells that remain in your body. The local fatty deposits that existed prior to liposculpture can no longer balloon up out of proportion to the surrounding areas.

What are the advantages of our Liposculpture technique?

1. ***Walk in, Walk out Procedure.*** Liposculpture is a major refinement of the traditional technique of in-hospital liposuction. Liposculpture is performed under local anaesthetic which makes it so much easier to achieve a regular and even result to the areas treated. This is because it is possible to stand up and allow the effect of gravity to be seen on the areas treated towards the end of the procedure. This in turn translates to much more predictable and aesthetically pleasing results.
2. ***No General Anaesthetic.*** As no General Anaesthetic is needed for Liposculpture as opposed to traditional liposuction, the inherent risks associated with this are avoided.
3. ***Less Discomfort, Less Bruising and Faster Recovery.*** Liposculpture involves the infiltration of special saline solution (called “Tumescant Anaesthetic”) into the fatty tissues before the procedure is performed. The fluid contains a local anaesthetic – lignocaine (the same anaesthetic used by dentists) and also a medication which effectively constricts small blood vessels in the fat – adrenaline. Adrenaline vastly decreases the amount of bruising that occurs with Liposculpture while the local anaesthetic produces effective relief of any discomfort during the procedure and for up to 12 hours afterwards.
4. ***No Hospital Admission.*** Liposculpture is performed out of hospital. It is day surgery. There is no need for the patient having Liposculpture to stay overnight in hospital, have blood transfusions or even fluid intravenously. A half day only is required to perform the procedure, and you are encouraged to remain active following the procedure, walking on the following day or soon after and often returning to work within 3-5 days. People often think they need to take holidays to have liposuction. This is not true.
5. ***No cutting or suturing.*** Liposculpture is performed with very small cannulas, measuring 2 to 3 mm in diameter. Only very small incisions are required to allow passage of these cannulas into the fatty layer for suctioning of the fat. The small holes will heal on their own very quickly and do not require suturing.

Is Liposculpture safe?

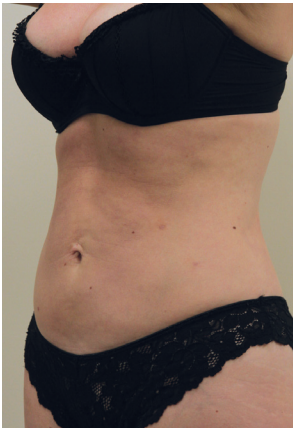
Complications during and following the procedure are fortunately very few. Bruising is minimal but does occur in most cases. It lasts for 10-14 days. Infections are theoretically possible but are extremely rare and antibiotics are given before and after the procedure to prevent this. Local areas of numbness can occur, but this settles over time. Dr Paraskevas can discuss this in further detail during your initial consultation.

Are there scars?

As the cannulae used in this technique are very small, the incisions used can often be concealed in the natural creases of the body. The holes used are NOT stitched after the procedure and heal to a fine skin coloured line, approximately 2 mm in length, within a few months of the procedure. It is unlikely that anybody will guess from these healed incisions that you have had Liposculpture, unless, of course, you tell them.

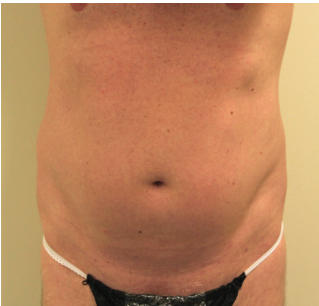


Before

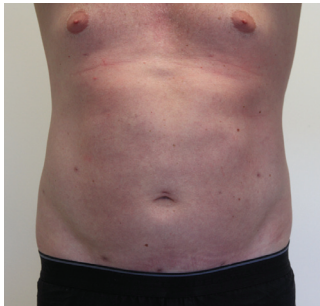


After

5 months post Liposculpture



Before



After

7 weeks post Liposculpture