

Look Younger Clinic
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Liposuction, Fat Transfer, Mini Tummy Tuck Leaflet

No weight loss after liposuction?

Liposuction, Mini tummy tuck are **not a weight loss procedure**, actually your weight will go up temporarily after procedure as we inject around 5-7 litres of fluid, Liposuction is aiming to reduce what you can pinch of fat and we aim to reduce it by 75%, we can not aim to remove 90% or 95% we risk reducing blood supply to skin and risking skin death which is very difficult to treat.

Why revision of liposuction/ mini tummy tuck?

Due to the fact that we can not remove all the fat present otherwise we risk reducing blood supply to skin, and we have to leave some fat behind. Some clients will come back for a touch up of liposuction, please be aware that there is a reduced fee for that and it is £900 and it is not free. We aim to get it right the first time and procedure is done under local anaesthetic and you will be awake and we get you to stand up to have a look in mirror but result of liposuction is subjective and varies according clients.

Bruises skin discolouration can happen after procedure and normally it will fade over time you may need to give it 6 months to go away but in some occasions it can be permanent.

Breast/bum more or less the same size after fat transfer?

The limiting step in fat transfer is fat survival and in literature is around 40-50% meaning that around half of fat transferred will survive but our clinical experience found big variation in survival after procedure with some clients having poor survival. So please be prepared to have more than one fat transfer to achieve your desired result. Also please be aware about cost as any subsequent fat transfer will charged separately.

Breast lump after fat transfer

it is not uncommon, sometimes fat will form a cyst and will not settle in breast tissue, we advise to allow 6 weeks after fat transfer however if persistent then we need to aspirate it in clinic in London. Persistent fat lumps after 3 months may need sampling guided by ultrasound and please be aware of anxiety that can a lump cause as it can raises concerns of cancer.

Risk of breast cancer after fat transfer

Please be aware that fat transfer to breasts is relatively a new treatment and there is no sufficient data about long term effects of it. However till now there is no evidence that fat transfer to breasts increases the risk of breast cancer.

Seroma

Fat is responsible for transmitting clear fluid called lymph (our immune system fluid), removing fat most likely disturb channels in fat transmitting lymph and making seroma the commonest complications after procedure. We try to minimise this complication by using small cannulas (size 4 mm) however seroma is common and is easily treated but it will may mean that you will need to visit our office in London weekly to get it drained for roughly 3-4 weeks after procedure. We will

not charge you for draining it. Other intervention to reduce it is lymphatic drainage massage and we normally send you link showing you how to do it.

Cost of procedure does not involve lymphatic drainage massage sessions, we advise you about how to do it but some clients can go for private sessions for that and please be aware surgery cost does not involve that.

We aim to supply all medications to you on day of surgery but occasionally we run out of supplies meaning we give you a prescription for medications to buy privately please be aware if that happens will not be refundable.

Medication : Antibiotic to start on day of surgery, injection to make your blood thin, it is pre filled syringes and you inject **away from area of liposuction**, for example if you had liposuction tummy, then you inject in thigh, you pinch fat in front thigh between two fingers and inject, one injection per day for 5-7 days.

How about scarring?

area that has fat transfer will not have scarring as we use tiny cannula to inject fat, area of liposuction will have 2-3 each around 4-5mm (half cm) we have no control on how scar will heal and sometimes it can have different colour compared to surrounding skin. We advise to use silicon cream 3 weeks from procedure to improve it and derma roller to make it blend with surrounding skin, please be aware that cost of surgery does not cover silicon cream or dermaroller.

What is downtime?

One week and then client can go back to work, full recovery in 2-3 weeks. Please note that some jobs will need longer recovery before coming back to work.

What is the worst complication?

Blood clots in lungs or calves. It is a serious complication but rare and we advise about how to avoid it.

What is post operative care?

you will wear a compression garment for 3 months. Also we advise you about lymphatic drainage massage, Dr will see you at 6 weeks and 3 months after. if any problem you can see him earlier.

What happens to tattoo after lipo?

As fat removed under tattoo, you can notice change in tattoo and can be distorted. Also skin underneath will look darker.

What can I expect in terms of results?

The first two days after procedure you will be leaking red colour fluid which is the local anaesthetic we gave, you will be swollen for 2 weeks and you may not see any result. Then swelling will go down and you start see result in 4-6 weeks in some cases you will have to wait up to 3 months for result to show. Area that had liposuction will be hard and lumpy but this will go within 3 months from procedure.

When will I see results from the liposuction/ fat transfer/ mini tummy tuck procedure?

Results starts to appear in 4 weeks, final result at 3 months. in some cases you will have to wait 6 months for final results. there is no guarantee of specific results and that the results can vary.