

The "gentle" liposuction

What does liposuction mean?

It happens every day: you see a particularly large person on the street and people make somewhat ironic comments, such as "she should get liposuction..." or something similar. You imagine some kind of "garden hose" attached to a machine that sucks out the fat so it just disappears. In reality, it's not that simple. Performing liposuction requires a high degree of experience, sensitivity and a feeling for aesthetics from the surgeon performing the operation. Unfortunately, the lack thereof is often the reason for so many catastrophes. An otherwise competent doctor in his field, tries out aesthetic surgery and "just wants to get rid of that little bit of fat as well". The result can be deep holes, dimples and deformations that are unfortunately not a rare occurrence.

Please allow me, at this point, to clear up the first misconception about liposuction: **it is not a method of weight reduction**. Liposuction serves as a method of balancing out accumulations of fat in problem areas that do not disappear with weight loss. You can never replace a healthy diet with liposuction.

Cellulite cannot be removed reliably by liposuction. However, in many cases it can be improved. You should also not expect to have "teenage skin" after liposuction, although it has great skin-tightening effects.

Now I would like to summarise the history of this "medical art", which has fascinated physicians and body-conscious patients alike since its invention.

The history of liposuction

Attempts to surgically remove unwanted padding emerged as early as the 19th century. It became fashionable to have a slim figure and the "Rubenesque" body shape went out of style. In the beginning, large lobes of skin and fat were cut away, leaving huge scars. Beginning in the 1920s, there was a desire to improve the procedure, so excess fat was removed by curettage (scraped out with a sharp, spoon-like instrument) underneath the skin. This was a very bloody and painful method, often leading to catastrophic results. However, the method persisted until the early 70s as there wasn't a better option available.

Then, a short and subdued Frenchman with a thick cigar named ILLOUZ had the idea of pre-treating the fatty tissue by injecting dissolving liquids and then simply sucking it out. This was the birth of modern liposuction. ILLOUZ managed to make the fat cells burst through osmosis by injecting Aquadest and other substances, then suctioned it out through tubes with a huge diameter of 8-12 mm. This was of course done under full anaesthesia. The amount of liquid injected was still very limited and the procedure was still very bloody and painful. The most feared complication at this time was a so-called "fatty embolism", which happened only rarely and couldn't be explained. This is still the biggest concern reported by the media today, frightening potential patients. However, this is no longer an issue with modern procedures.

Today's modern liposuction method

(The so-called "tumescent technique")

The modern tumescent technique or "super-wet technique" is a progression from ILLOUZ's operating procedure. Numerous specialists in plastic surgery such as GASPAROTTI (Rome, Italy) or PITMAN (USA) and others have contributed significantly to the development of this procedure. The term "tumescent" is derived from the Latin word "tumesce", which means "to inflate". With this method, large quantities of liquid are injected into the fatty tissue intended for removal, along with local anaesthetics and adrenaline to reduce bleeding, as well as cortisone to reduce swelling. The liquid is injected through a pump, by infusion or by hand to obtain an exact balance on both sides – this is what we do in our clinic. As a matter of principle we keep a meticulous protocol of the amount of liquid being prepared, so we can work symmetrically. We inject the liquid into the fatty tissue over small, hidden openings very carefully. This is the only part of our procedure that can cause a little pain. The pain only lasts for a few seconds and is only caused due to the strain put on the tissue at that moment. After waiting for the liquid to take effect for at least 20 minutes, I begin liposuction using the same openings that were used to inject the tumescence anaesthesia. The tissue is now stretched to the maximum, the fat cells are connected only loosely and the blood vessels can be moved aside by the blunt, very

thin suction tube without causing damage. The tube is only 3 mm in diameter, with a 1.5-2 mm tube used for the face and neck. Liposuction is now completely pain-free and has been compared to a massage by patients, or a sort of "whirlpool" feeling. Many would fall asleep during the procedure if they didn't have to keep moving from one side to the other, enabling us to shape the body as nicely as possible.

What is currently the most modern method of liposuction?

The most modern development is the so-called "gentle liposuction" method. For this the infiltration technique has been refined even further, eliminating pain from the procedure altogether. And for those who find this difficult to believe, we have an individually-prepared "feel good" injection, which will help you through the worst of it.

Ultrasonic liposuction has been proven to be a very dangerous method, as it has caused serious internal burns and led to serious complications in the past. I do not recommend this method!

The **vibrational technique** is an advertising trick some physicians use, as it makes the procedure a little easier for the surgeon, but in reality does nothing for the patient.

The **water jet method** is the latest in liposuction technology but has still to be proven as effective and safe. Any method of supposedly "quick liposuction" is dangerous, as it can cause unwanted dents and dimples.

Are there alternatives to liposuction?

Yes, there are. Skin tightening is the most popular procedure. Skin thickness cannot be corrected very effectively with this method, but the tension and smoothness of the skin can be improved. The down side is that it causes longer and more noticeable scars, which are hidden in the less exposed areas of the body. Because liposuction also achieves a certain amount of skin tightening, operative skin tightening acts more as a complementary procedure to liposuction than an alternative. Better results can often be achieved by liposuction than with a skin tightening procedure, although sometimes it is the other way around. Most of the time however, different techniques of liposuction, such as the "superficial suction" method used by GASPAROTTI, deliver good results when it comes to internal skin tightening and avoid the need for surgical tightening procedures.

As your physician, it is my job to suggest the right procedure for you and I see it as my responsibility to make the right recommendations. In some cases this personalised approach can go so far as recommending liposuction and then treating smaller, left over areas with a surgical skin tightening procedure if they still bother you. This could be necessary after a large liposuction procedure removing several litres, but is very rare.

Cool Sculpting and Radiofrequency Fat Reduction are new non-invasive procedures for fat reduction without any operation and without cutting. There is hardly any pain, but mainly smaller fat deposits can regularly be reduced with these methods and it needs a certain sequence of treatments to achieve a wellvisible result.

The constructors of these devices do prove that fat deposits get reduced, but they did not prove, what happens with the oily, highly energetic substances that get released into the body from the destroyed fat cells. It is well known, that the body does not waste any energy. So it is very likely, that the released fat will be simply transported to other parts of the body and stored there, in new - maybe less disturbing - fat deposits.

Radiofrequency is known for its ability to shrink tissue and skin. In my personal experience, it seems to produce extensive scarring underneath the skin, not visible for the patient, but in cases of follow-up liposuctions I was very much surprised about the firmness and intensity of those scars, being hardly able to penetrate them with my liposuction cannula. These scars stay forever. The degree of problems they might give, is not known up to now.

This is the reason why I still stick to conservative liposuction: It is the gold standard up to now, causes the least amount of scars and removes any kind of released fat tissue out of the body.

Can the fatty tissue return once it has been suctioned off?

No. If that were possible, we would also be able to wake the dead. Once fat cells are gone, they will not return as long as you maintain your weight. If you gain weight, then you will of course also put it on in the areas that have been liposuctioned. You will gain weight proportionally and not just in problem areas as before. The body will become rounder but the proportions stay as they are.

In short: liposuction is an investment for life!

Your personal consultation with me, your plastic surgeon

Written information is not intended to replace a personal consultation with me. It acts as a basic source of information that can be read in preparation to our meeting, so that you can ask more specific questions.

There are always questions and concerns prior to any kind of surgery, which make patients feel anxious and fearful about having the procedure done. To make you feel safe, it is important for me to take enough time explaining everything in detail, so that you leave my practice well informed. I will explain the liposuction method we use, show you pictures of other patients after the procedure (with their permission), examine you and consult with you about the technical possibilities. Of course, there are some things that are not possible and I might not be able to meet your expectations. But I would rather not give you false hopes by promising to make the impossible possible. The disappointment afterwards would be huge. Instead, it is my duty to inform you about and discuss with you the different possibilities available. Discussing the risks is also part of this responsibility and I am required by law to do so. You can trust me not to expose you to unnecessary risks. My team strives to perform their job to the highest standard possible and our results are the reward for this.

What should you consider before having the surgery?

The risk of any operation should be kept to a minimum. This includes an accurate analysis of your pre-existing conditions. The following are particularly relevant:

- Cardiovascular diseases (high blood pressure, cardiac arrhythmias, chest pain, constricted coronary vessels, previous strokes etc.)
- Metabolic disorders (diabetes, thyroid dysfunction, high cholesterol, etc.)
- Allergies (especially to penicillin, bandages, local anaesthetics, other medication)
- Reduced effects from local anaesthetics
- Tendency to excessive bruising
- Pre-existing psychological disorders (claustrophobia, panic attacks, depression, etc.)

Please note that psychological/psychiatric stress can be intensified by the stress of the operation.

To reduce certain risks, it is also necessary to complete a blood test two weeks before surgery. This will allow us to define some basic parameters intended to rule out major, unrecognised pre-existing diseases. This examination can be performed by any general physician. Of course, you can have the test done at my clinic if you prefer. Taking the blood sample is free, but the laboratory charges a small fee for the analysis itself. You do not need to have an empty stomach to have the blood test done.

Prior to liposuction you require:

A basic blood count, sodium, potassium, creatinine, gamma-GT, GOT or GPT, blood glucose analysis, Quick TM, PTT, INR. Please send or fax us the blood test performed by your general physician as soon as possible in order to correct any problems before surgery. Fax: 06155/87 88 86

Women of childbearing age should make absolutely sure they are not pregnant! Performing liposuction on a pregnant woman is very dangerous for the foetus and could lead to serious disabilities. If you are uncertain of your condition, please perform a pregnancy test to make sure that you are not pregnant. If you are in doubt, please consult your gynaecologist.

Compression garments

It is necessary to wear compression garments immediately after liposuction, so the skin can re-attach itself smoothly and without wrinkles. These garments must be worn for at least four, ideally six weeks following the operation. I will be happy to assist you in finding the right compression garments. I also offer high-quality, low-cost microfibre compression garments imported from the USA at my surgery. I usually take measurements for these and order them myself, to make sure everything is ready for the day of the operation. I recommend two sets of compression clothing.

It is essential that you do not take any aspirin (or painkillers containing ASS or ASA) for 2 weeks prior to the operation.

As effective as aspirin can be as a painkiller, it can also lead to unpleasant side effects during operations. It attaches itself to your blood platelets (thrombocytes) and prevents them from clotting. This can lead to unwanted bleeding, as the blood is "diluted" by this particular drug. In case you have any uncertainties, please let me know in plenty of time. Any drugs meant to treat problems with veins or containing the "Q 10 complex" are also to be disclosed and abstained from around the time of the operation! Even certain homeopathic medicines and certain foods will cause bleeding problems and increased bruising, so that they should not be taken 3 days preoperatively:

These are: **Gingko and Ginseng** (meant to improve brain circulation and therefore improve brainwork), **Vitamin C and Vitamin E** (also within multi-vitamin tablets), **Wobenzyme, Phlogenzyme and Bromelaine** (substances meant to reduce swelling), **Ginger and Garlic** (both very intensively reducing blood-clotting and therefore increasing bruising, sometimes drastically!). **Coffee and black tea** should not be drunk on the day of operation, in order to reduce bleeding.

Very dangerous medicines are **Statines** (medicines to reduce blood cholesterol levels and therefore to protect against atherosclerosis). Statines increase bleeding over 3-4 weeks! Therefore they should be left out 3-4 weeks before any planned operation. Usually there is no problem to do that. About 1 week postoperatively you may continue using this medication without difficulties. In case of doubt, please contact your internist, cardiologist or general practitioner.

Taking any of these substances could result in heavy bleeding! Please make sure to leave out all the substances mentioned above. In time preoperatively!

Smoking before and after the operation

I am well aware that it is very difficult keep a smoker away from their cigarette. Why should you not smoke around the time of surgery? It's simple. Nicotine is one of the most effective body toxins known today. It is only weakened, as 98% of it is released into the air when smoking a cigarette. Only 2% enters the blood stream. Here the toxin causes the blood vessels to contract, so that the amount of blood flowing through is significantly reduced. However, the edges of a wound need to be well supplied with blood to promote healing. Smoking reduces the transportation of oxygen to repair cells. This results in a slower healing process.

Let's make a little deal:

Smoke as little as possible around the time of the operation.

If you do this then we have achieved something already.

Outpatient surgery or in hospital?

Most liposuctions can be performed on an outpatient basis, under local anaesthesia. This is not a problem, as long as the patient is physically healthy (which is the case 95% of the time). But if there are previous conditions such as those mentioned above, it does not mean liposuction is impossible. To keep the risk to a minimum, working with an anaesthesiologist on standby is definitely recommended. This means a local anaesthetic is used but the anaesthesiologist monitors you during the procedure and is there ready to react if problems should arise. In extreme cases s/he can switch from local anaesthesia to general anaesthesia immediately, if this should be medically necessary. The operation would then be performed at the Marien hospital, where I work as an attending physician.

Unfortunately this version is more expensive, since the anaesthesiologist needs to be paid and it requires at least two days of inpatient follow-up to make sure you are safely recovering. But your health is worth it.

Local or general anaesthesia?

Usually local anaesthetic is the better option for liposuction. Turning the body around on the operating table is a must, so that I can see how skin and tissue fall in different positions. That's quite difficult under general anaesthesia. It is hard enough under the influence of the popular "feel good" injection. For this reason, experienced surgeons always aim to use as little anaesthesia as possible, to achieve better results – knowing that liposuction is not particularly painful. But that does not change the fact that we have plenty of medication available to make the operation as pleasant as possible for you.

The results after liposuction

Please do not expect a big miracle on the first day! During the operation, a large amount of liquid is injected into the fatty tissue, from which only about a third is suctioned out again during the procedure. The rest will cause extreme bloating at first. There will also be swelling in the remaining fatty tissue, which will reduce gradually. Much of the swelling will have reduced around three weeks after surgery but there will still be residual swelling. The final result won't be seen until four to six months after the procedure.

Of course you will be able to enjoy your new body shape much sooner!

Despite our greatest efforts it could happen that you are not entirely satisfied with the results. This might be the case after large amounts of fatty tissue have been removed. This is why experienced surgeons never rule out the necessity for minor corrections post-op. With liposuction, skilful restraint is better than suctioning off too much at once, as this can lead to catastrophic results including unsightly dents and dimples.

This is why we follow this principle: "Better to correct than to risk uncorrectable catastrophes!"

What are the risks and possible complications?

Every surgical procedure comes with risks, which we will discuss with you in detail. First of all, I will share a life experience. A surgeon who is always aware of the risks that accompany his actions will be much more careful than one who does not know the risks or plays them down. "Safety first" is always the best option. Or do you drive your car in a curve at 200 km per hour in rainy weather?

The risks we are going to talk about are not meant to scare you but to inform and make you aware of possible consequences following this type of surgery.

First of all, there are the general risks that go with any kind of surgical procedure. These include infections, disruptions in the healing process, bleeding and bruising. Thrombosis and embolisms are also a part of the risk. Damage to nerves or blood vessels is also a possibility, although highly unlikely with the rounded-off suction tubes I use during the surgery. In very rare cases there could be excessive scarring despite making only tiny incisions. This is more likely with darker skin types.

Risks that apply specifically to liposuction include slight asymmetries in the body contour, slight waves and dimples in the skin. Following liposuction in large quantities, a so-called "seroma formation" might occur. This is an undesired collection of body fluid between the skin and the underlying tissue, which prevents the skin from re-attaching itself. In this case the fluid needs to be withdrawn, similar to taking blood.

Severe complications such as pulmonary embolisms, fatty embolisms, allergic reactions, cardiovascular complications or pronounced denting and hardening of the tissue are extremely rare and don't need to cause you unnecessary concern. From a medical standpoint we take every precaution in order to keep risks to a minimum. Modern operating rooms, high standards in cleanliness, a double-door system, the use of high quality materials and instruments, as well as highly trained staff and myself as your surgeon, make the conditions ideal. High-tech monitoring devices ensure optimal control over your vitals.

Emergencies are of course not intended but if they do occur we are prepared. As a trained emergency physician with extensive emergency room experience at a university hospital, I am well acquainted with emergency procedures. The emergency equipment is available and ready to be used if necessary.

The day of the operation and its course

Please do not come to the operation with an empty stomach (unless you are one of the rare patients in need of general anaesthesia). Have a light breakfast and abstain from diuretic drinks such as black tea or coffee. Take in less fluids the night before the operation (so that you are slightly thirsty), as your body will be supplied with large amounts of fluids through the use of the tumescent suction method, which could affect your circulation.

If you are having liposuction done on your stomach or legs, it would be better to **shave your pubic hair for hygiene reasons on the morning of the operation – but not on the evening before!**

Body fluids will most likely dirty your shoes, thus it is advisable to wear „Flip-Flops“ or „Crocs“.

Please come at the agreed time and bring your compression garments with you if they are not already at my surgery. You should wear loose, comfortable clothing that can be washed easily, as the tumescent suction method will cause a large amount of leakage. This refers to the fluid that is injected in to the fatty tissue, which will leak through the small incisions we make for the suction tubes. This liquid will be light pink to light red, due to it being mixed with small amounts of blood. The rest of the liquid will be expelled through the kidneys. Prepare for a lot of bathroom visits during the first night after the surgery. **Please also be aware that you will not be able to drive for at least one day following the procedure, which means you need to arrange for a pick up or a taxi. Of course we will be happy to call friends or relatives for you whilst you are in recovery.**

After being welcomed to my surgery, you will be led in to the operating room, where you change in to your surgical cap and gown. You will have access to a locker, but we still ask you to leave valuables and expensive jewellery at home.

Please come to the operation without wearing make up, nail polish or body lotion!

You will surely recognise me underneath my surgical cap and mask, as I will be marking your problem areas whilst you stand. During this process, you should be very critical about the requests you have concerning the extent of the liposuction procedure. We will take pictures of you again when everything has been marked, for our medical records. You will also be able to test out our operating table, so that we can adjust it to the most comfortable setting for you. After that, we insert a cannula in to your forearm, so that we can administer medication or tranquilizers if necessary. Standard antibiotics will also be administered.

Following this, your entire body will be washed off with a lightly coloured disinfectant, so that you can move around in all directions on the operating table. This ensures an even body contour on all sides. The parts of your body undergoing liposuction remain unclothed and the head area will be sectioned off, so that you don't have to watch the operation. You will feel each step of the procedure but we will let you know what's coming before we act. There won't be any surprises! We will explain each step as we proceed and the nurse will sit with you during the entire procedure. She will also help you turn around on the table. At the end I will suture up the small incisions used to insert the suction tubes and cover the operated areas with tape dressing, to ensure an optimal, wrinkle-free healing process. We will then help you in to your compression garments.

What happens after the operation is over?

After the procedure is complete, you may get up from the (very comfortable) operating table and walk to the recovery room without any pain. Here you can rest whilst we monitor your vitals just to be safe. We will serve you a cup of coffee, tea or a soft drink and a light snack during this time. **The minimal observation time is 2 hours** – for your safety! If everything is normal during the observation period, you may go home. We will phone you in the evening to make sure you are well, so please don't forget to leave us your current phone number!

Patients who have a longer journey home are recommended to stay at a hotel in the area with an accompanying person for at least one night before travelling. This gives you the security of being able to call me at any time of day or night, if you need to. I will pay you a visit before you go to bed, to make sure everything is fine. This will of course be free of charge. We will also be happy to book a room for you.

Should you decide to travel home, I will be available over the practice phone at any time. However, please understand that I am not able to travel long distances to visit you if any problems should arise during the night (which I can do if you remain in the area for the night).

Of course I am available at any time for my patients if problems should arise. Please call the surgery number if you need to reach me.

For around two days after the operation you will be completely or almost completely free of any pain. After that, the anaesthesia will have worn off and there will be a bit of pain due to tissue swelling. This pain can be compared with sore muscles after a workout and can be treated with 500 mg of paracetamol, which is available over the counter. Additionally, we will supply you with four effective swelling-reducing tablets, which should be sufficient to ensure a good night's sleep. These are best taken after a meal.

We will see each other again on the 5th or 6th day after the operation, when we remove the tape bandages and stitches, so they don't leave any marks. Only stitches located in the buttock folds will be left in, as this area carries the highest tension when sitting. All wounds are dressed in special, skin-friendly hypoallergenic dressings and then covered again with water-resistant plasters, so you can follow your usual personal hygiene routine. At this time it is common to have some light bruising, which is completely harmless.

Your next visit will occur two weeks later (so almost three weeks after surgery). By now the bruising should have disappeared, swelling should have gone down and the dressings can be removed, as well as the stitches in the folds of your buttocks. At this time we will take the first post-OP pictures.

The next check-up is another three weeks after this, so six weeks after the procedure. At this point we are approaching the final results and more pictures will be taken. You may now resume normal physical activity if you wish, and you can refrain from wearing the compression garments if you like although many patients wear them for longer because they find them so comfortable. If you have any questions please ask! If you have urgent questions, you may of course contact us at any time in between check-ups.

The last check-up will be four to six months after the operation. One of my biggest problems as a surgeon is that many patients forget to come to the last appointment because there haven't been any problems and they have become so used to their new body contours. However, it is very important for me to see the end result so I can make a critical assessment of the final outcome – even if you are fully satisfied with the result.

What do you need to consider after the operation?

As mentioned above, you should abstain from smoking and the intake of aspirin and the other substances and food mentioned above. What to do about the risk of thrombosis? These blood clots in the veins of your legs can result from lack of movement after surgery. To prevent this, you can administer shots of "Heparin" once or twice a day if necessary. However, it is much safer to prevent thrombosis by moving your toes, feet and legs, and using the muscles in your legs often. This will cause the muscles to contract, thus pumping blood through the veins. This way the blood will be kept moving and won't be able to clot. This is an important factor contributing to your recovery. Patients with shaping of the lower legs and ankles will automatically get a heparin prescription from us.

What to do about swelling? Swelling is caused by "tissue fluids". Have you ever seen a stream move uphill? No? Me neither. This is why swollen body parts are best kept elevated above the heart as much as possible. This is the easiest way to drain fluids in the direction of the heart. If you have had liposuction in the head area (to remove a double chin, for example), it is best to sleep with your torso raised. If you have had the procedure done on your arms or legs, keep your limbs elevated on the table or by using cushions. The rule to remember is "toes as high as your nose" if you've had your legs done. This applies especially to patients who have had their calves re-formed! Less swelling means less tension on the tissue, better circulation and therefore better healing – and of course less pain!

If you have had liposuction on your neck and/or face: The head area is especially well supplied with blood. Despite all precautions, this means there can be some bleeding after surgery. To prevent this, you need to be extra careful. All chewing and laughing movements act as an internal "cheese grater" on the surgical wound and can cause bleeding. For this reason I recommend sticking to soft foods such as yoghurt, fresh white bread, pudding or porridge for three to four days after surgery. Please abstain from your beloved steak, dark bread and similar food during this time.

No scar ointments!!! Please don't use any scar-reducing ointments, even if your general physician means well and writes you a prescription. Why not? Scar-reducing ointment prevents scarring and therefore also reduces the strength of the scar. As a result, the scar is stretched wide and flat by the skin's natural tension rather than being allowed to contract into a normal, hairline-thin scar. In addition, scar-preventing ointments cause the scar to remain red instead of it turning white over time.

What to do in the case of excessive scarring?

Excessive scarring usually doesn't occur until a few weeks after the operation. This happens when the slowly forming scar protrudes above the surface of the skin, itches and hurts, or becomes especially hard. If this happens, please come and see me, I have a few tricks up my sleeve.

What to do to prevent problems?

The first rule is, stick to the rules. Follow this written guide and the recommended behaviour as best as you can. It is particularly important to wear the compression garments day and night, only taking them off for a quick wash or a shower, but earliest after 5 days postoperatively. To take the garments off earlier, means that you risk having a hanging and sagging skin as well as irregularities in the treated skin surface. Please avoid any friction on the skin when dressing or undressing, especially at the beginning. This could cause the skin to come loose and hang down in a fold. Abstain from bathing, swimming and sports for at least six weeks, otherwise you will be risking your surgical result!

What to do if problems occur?

The best thing to do is to call your physician and come over to my surgery as soon as possible. There are rarely any problems following liposuction. Diagnosis over the phone is always difficult.

When can you go back to work?

It depends on what kind of job you have. You can usually return to an office job after two or three days. For jobs requiring physical activity, especially ones that require a lot of standing, I recommend a recovery time of one to two weeks, to be on the safe side. Treat yourself during this time! Please understand that I am not permitted to sign you off on sick leave for liposuction. This procedure is categorised as a "leisure activity" and counts similarly to a ski holiday for the purposes of your health insurance. I would come in to conflict with the law if I were to put you on sick leave during this time. Liposuction modelling of lower legs, calves and ankles require at least 3 weeks of recovery, with constantly the legs lifted up and above heart level.

When can I resume sports and physical exercise?

During liposuction, most of the connective layer of fatty tissue holding the skin in place is removed. The skin has to settle back in to place smoothly, re-attaching itself and forming internal scar tissue to hold it in place. How long this process is taking can be seen by the amount of tissue swelling. If you resume sports too early, it will (during cycling for example) cause friction between the skin and fatty tissue. In the worst case, the skin could become detached again. This will leave unwanted scarring and unsightly bumps on the surface of the skin.

You've received a lot of new information while reading this guide, and I hope it hasn't put you off. Even if you don't remember much of it, it doesn't matter. I will be there to guide you every step of the way, answering all of your questions as we go along.

At the end of the treatment you will be rewarded with a completely new body image...
I wish you all the best in making your informed decision and a pleasant course of treatment.

Yours sincerely,

Dr. Roman Finkl



Member of the German society for plastic, reconstructive and aesthetic surgery, DGPRAC.
(Formerly the association of German plastic surgeons, VDPC)