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**SUCTION-ASSISTED FAT REMOVAL  
(Liposuction)****SHORT INFO**

Operation time:	ca. 2 - 4 hours
Anaesthesia:	local or general
Hospital stay:	ca. 2 - 3 nights
Presentable:	after ca. 1 week
Sports:	after ca. 4 - 6 weeks

The continuous improvement of surgical liposuction techniques have made this operation one of the most common procedures in plastic surgery. It is particularly suitable for permanently removing diet-resistant pads of fat in "problem zones". Liposuction is unsuitable for treating general obesity, however, which is only accessible by dietetic reductions.

This operation technique is very suitable for correcting impairments of the body's contours caused by accumulations of fat, but unsuitable for achieving a general weight reduction.

In women, fat distribution issues that are hardly treatable by conservative measures such as physical activity and diet include the typical riding breeches deformity, fat deposits at the sides of the hips and insides of the thighs and knees, and in men they include the so-called spare tyre with pronounced accumulations of fat at the flanks and in the stomach area, and more rarely at the waist, neck or upper arms. In the liposuction method of my choice, the affected region is infiltrated with liposuction solution and the fat tissue reduced to small pieces by mechanical vibration of the inserted suction tube's tip, which makes it easier to suck away without damaging the surrounding tissue and the vessels and nerves supplying the area. The suction tubes are introduced by way of minute incisions in natural skin folds, so that the resulting scars are hardly detectable.

Given the unavoidable swelling of the tissue, the achieved reduction effect is initially hardly visible after the liposuction procedure, and will only become fully recognizable once the swelling has subsided, which is supported by wearing special compression garments permanently for ca. one month after the operation. The straightening of the contour is also further completed by a post-operative diminution of subcutaneous fat tissue. The appearance of bruises around the operated areas is unavoidable, but they will disappear again within a few weeks without further measures. Prolonged thrombosis prophylaxis is indicated after most liposuction operations. The necessity can only be established in individual consultations.

Depending on the region and extent of the liposuction, the operation can either be performed under local or general anaesthesia.