

the  
fat  
fact  
booklet



# liposuction fat fact booklet

## fat cells explained

The fat under our skin (called subcutaneous fat) contains millions and millions of individual fat cells, these fat cells are microscopic in size and bond together with other fat cells creating the subcutaneous fat.

These fat cells develop whilst in the foetus and at the onset of puberty. During puberty the differences and concentration of fat begins to occur, depending on whether you are male or female.

Once these fat cells develop at puberty, the body usually does not develop any more fat cells. When an adult puts on weight and stores more fat cells, the number of fat cells generally remains the same. However, the individual fat cells grow in size! (Some recent studies have shown that in obese people some fat cells may multiply, though this is not conclusive and not generally accepted).

As a general rule adult women tend to carry fat in their breasts, hips, waist and buttocks which creates a 'pear' shape. Adult males are inclined to carry the fat in their chests, abdomen, and buttocks which forms the 'apple' shape.

We see examples of these body shapes every day of our lives. We see women (and men) with pronounced fat stores in hips, waist, thighs and buttocks. Their own genetics have played a part on where the fat cells are stored. These are the dreaded 'problem areas' both men and women may have.



## how can fat be eliminated?

A sensible diet and regular exercise are always recommended as a starting point for a balanced and healthy lifestyle. However, diet and exercise is not always a guarantee of achieving that desired body shape because of 'problems' areas.

These problem areas usually defy attempts to eliminate them by exercise and dieting. What generally occurs is that even though a person may have exercised and dieted, through weight loss, the problem areas may still exist. This is because all the fat cells in the body reduce in size equally when we lose weight. Problem areas which have more fat cells still appear larger than their surrounding areas even after weight loss.

Unfortunately, it is impossible to target specific body areas for fat loss, (despite the many outlandish claims by late night TV exercise machines!) as human bodies simply do not function like this. When a body is burning fat from a reduction in calories and/or exercise the fat is reduced all over the body, not targeted areas.

# liposuction treatments

how liposuction can help?

Liposuction is a surgical procedure whereby fat cells are removed from problem areas of your body to reduce the number of fat cells and therefore the volume and size. Liposuction specifically targets the problem areas and fat is removed only from the targeted areas.

The removal of the excess fat is only part of the solution. What is also required is the process of Liposculpture which involves the 'sculpting' and 'shaping' of the body whilst the fat cells are being removed from the problem areas, so as to achieve a more pleasing and proportionate shape. This is crucial to ensure a uniformed and balanced appearance.

The success of Liposuction very much depends on the skill and experience of your surgeon. At the **me clinic** we have been performing Liposuction for over 30 years and we are at the forefront of technology and patient care.

is the fat removal permanent?

The answer is YES! It seems that after puberty we do not create fat cells. When you gain weight, you expand the fat cells you already have. Liposuction permanently removes those fat cells to improve your body's contour and shape.

Should you gain weight after liposuction, it goes to the fat cells that are remaining in your body. The localised fatty deposits that were removed with liposuction generally won't balloon up and out of proportion to the surrounding areas.

how are the benefits of liposuction measured?

Cosmetically speaking, successful liposuction is measured in centimetres/inches rather than kilograms or pounds. The fat and weight removed is not as important as the improvement in your body's contour.

In the event you gain weight after liposuction, any weight increase goes to the fat cells that are remaining in your body. As such even if you gain weight typically your body shape will remain in proportion as the fat has been removed from the pre-existing problem and out of proportion areas of your body.

Our surgeons at the **me clinic** recommend that liposuction should only be considered after dieting and exercise have failed to achieve the desired look and results.

what can liposuction achieve?

- Eliminate excess fat cells from problem areas that have not responded to exercise and dieting.
- Eliminate excess fat from out of proportion areas (e.g. hips, buttocks).
- Help you to reshape problem areas from the chin, stomach, arms, buttocks, hips and legs.
- Help you to achieve the body shape you have always wanted.
- Fat cells removed can be transferred to enhance other areas of the body e.g. breast, face and buttocks.
- Can motivate you to improve your health and vitality to maintain and even improve your new shape and confidence.

# liposuction treatments

## how does liposuction work?

At the **me clinic** one of the methods of liposuction we practice is the Tumescent Liposuction Technique, where large amounts of diluted local anaesthetic and adrenalin are infused into the fatty area, resulting in numbness of the area and constriction of blood vessels to minimise patient discomfort.

A suction tube is inserted through a tiny incision placed in an inconspicuous location on the skin. Under vacuum, fat cells are extracted through this tube. The result is a removal of fat cells and sculpting of bulging areas into more attractive contours and shape.

Our experienced and skilled surgeons are experts with all the major liposuction techniques and use a number of modified and modern methods to remove the fat cells. Another method we use is the advanced Vaser Hi Def method of removing fat for more precise removal of fat cells without affecting vital tissues resulting in less discomfort and quicker recovery times for patients. Our surgeons also use Laser Liposuction to maximise skin contraction resulting in tighter skin after surgery.



### which areas can liposuction treat?

- Abdomen
- Waist
- Back
- Breast
- Hips
- Inner Thighs
- Outer Thighs
- Calf
- Ankles
- Upper Arms
- Mons Pubis
- Man Boobs
- Legs
- Face

*Some patients elect to have their fat transferred to other areas (e.g. lips, cheeks) by Fat Transfer*

## what should I expect after my procedure?

Some patients experience discomfort similar to a strenuous gym work out. This is normal and will subside in a few days. The swelling and tenderness will disappear in one to two weeks. Compression garments are required to be worn for at least four weeks and up to six weeks for optimum benefit after your procedure.

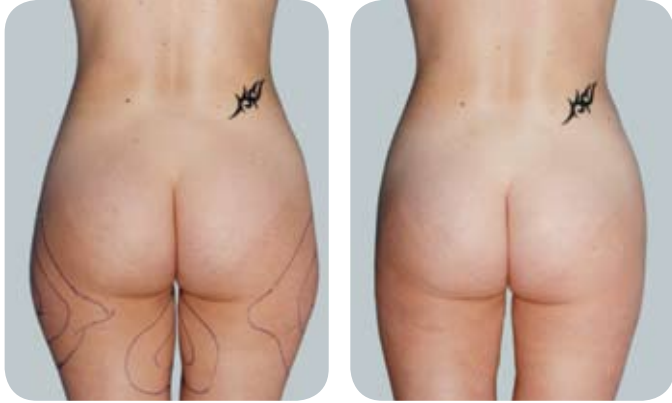
To ensure the best results from your procedure we have our quality patient aftercare program. We conduct several post operative checks during your recovery period. Because of our high standard of patient care there is no limit to the number of post operative checks you can have.

## how much time off do I need?

As a general guide patients can return to non-strenuous work within two days. However, you should wait at least ten days before attempting more intense activity.

# case studies

Below are a number of case studies that highlight problem areas with actual **me clinic** patients and the effectiveness of liposuction.



## case study 1 inner & outer thighs

This female in her early twenties complained of difficulty in wearing jeans and fitting clothes 'off the rack'.

Liposculpture of the outer thighs (saddle bags) and inner thighs resulted in an hour glass shape and easier fitting of her clothes. The patient was extremely pleased with the result.



## case study 2 abdomen, upper hips & back

This 22 year old female was depressed after many diet failures and was very self-conscious about her bulges and problem areas.

She required a two stage procedure, with removal of three litres of fat from the abdomen, midriff and upper hips/back in the initial procedure.

For the second procedure, removal of fat from the outer thighs and upper hips is required.

Even after the first stage, the patient was ecstatic with her new body.



## case study 3 abdomen & buttocks

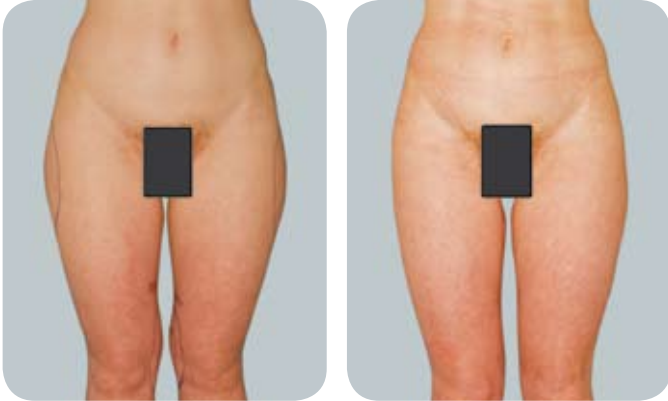
This 44 year old female did not like her protruding abdomen and buttocks.

Liposculpture was performed to these areas to produce a flatter abdomen and buttocks. Needless to say the patient was thrilled with the result.



# case studies

Below are a number of case studies that highlight problem areas with actual **me clinic** patients and the effectiveness of liposuction.



## case study 4 knees & outer thighs

This female in her late thirties was unhappy with the shape of her knees and thighs.

Liposuction was performed. The result is a more uniform shape to her knees and thighs.



## case study 5 inner & outer thighs

This 30 year old female was unhappy with the shape of her inner and outer thighs and abdomen.

Liposuction was performed to her abdomen, outer thighs (saddle bags) and inner thighs to produce a natural, more pleasing and contoured shape.



## case study 6 abdomen, upper hips, inner& outer thighs

This 29 year old distressed female who was dissatisfied with her shape.

Liposuction was performed to her abdomen, upper hips, saddlebags, inner and outer thighs and upper arms. The results speak for themselves.

The patient was ecstatic with her transformation.

# case studies

Below are a number of case studies that highlight problem areas with actual **me clinic** patients and the effectiveness of liposuction.



## case study 7 abdomen, upper hips & outer thighs

This 33 year old female was unhappy with her shape.

Liposuction was performed to the abdomen, upper hips and outer thighs achieving a slimmer contour.



## case study 8 front & outer thighs

This 27 year old female always had issues with her thighs despite diet and exercise.

Liposuction was performed to the front and outer thighs to achieve a more pleasant shape.



## case study 9 abdomen & waist

This 36 year old male with a pot belly. This is a common problem with men.

The improvement in his abdomen is obvious after 1.2 litres of fat was removed.



## case study 10 abdomen, back & chest

This 39 year old male was unhappy with his abdomen.

Liposuction was performed to the abdomen, back and chest creating a contoured shape.

# case studies

*Below are a number of case studies that highlight problem areas with actual **me clinic** patients and the effectiveness of liposuction.*

## case study 11 gynaecomastia (man boobs)

This 27 year old male suffered from gynaecomastia (man boobs).

Liposuction was performed to the chest.

## case study 12 liposuction to the breast

This 24 year old female had asymmetric and large ptotic breasts which caused back pain.

We reduced the size of her breasts via liposuction and corrected the asymmetry. She was thrilled with the results.

## case study 13 face, chin & neck

This young male wanted to eliminate his 'double chin'.

Liposuction was performed to the area to achieve a more defined chin and neckline.

## case study 14 face & neck

This 31 year old female was unhappy with the 'puffy' look under her chin, which aged her prematurely.

Liposuction was performed to the area to achieve a more defined chin and neckline.





# me clinic



**cosmetic surgery**  
face | body | skin

4 Burke Rd, Malvern East  
Victoria 3145  
toll free: 1300 852 050  
tel: 03 9569 3511

[www.meclinic.com](http://www.meclinic.com)

Dr Ashley and his team have been performing cosmetic procedures for over 30 years. Our clinic performs some of the leading surgical procedures and non-surgical procedures.

**Over the last 30 years we have performed thousands of procedures. That is why we are the most trusted.**

Medicine is not just a business to us. It is our life. Our business and reputation rests on the happiness of every individual patient we see and your privacy is absolutely paramount.

You will feel our warmth and support from the moment you walk through our door. We develop strong bonds with many of our patients and gain great satisfaction from seeing their happiness.

**Low impact (low downtime) procedures.**

The modern trend in cosmetic surgery is to use the least invasive procedures to achieve maximum benefit. New medical technology makes these procedures more time and cost effective and the result is better healing and less down time.

There are of course a number of procedures that we would not place in the low impact category although they are as low impact as we can make them.

We will make sure that you are always fully informed about your procedure. Our reputation draws clients from interstate and overseas. So if you are from interstate don't hesitate to call us.

We can help you arrange every aspect of your stay to make this as enjoyable and successful as possible.

**Our surgeons are members of:**

Australian College of Cosmetic Surgeons  
Cosmetic Physicians Society of Australia  
American Academy of Cosmetic Surgery  
European Academy of Cosmetic Surgery  
International Society of Cosmetic Laser Surgeons  
Australia & New Zealand society of Phlebology  
American College of Phlebology  
Australian College of Phlebology  
Australian College of Nutritional and Environmental Medicine

