Mons Pubis Liposuction Melbourne - Me Clinic

Canonical: https://www.meclinic.com.au/body/liposuction/mons-pubis/

Details:

Mons pubis liposuction targets the layer of fatty tissue above the pubic bone. It is a minimally invasive procedure requiring only a small incision to remove excess fat from the area.

What the mons pubis is

The mons pubis is the soft tissue that sits over the pubic bone, above the vulva. It is normally a fatty pad, and it is the main hair-bearing area of the pubic region.

Fullness in this area can be caused by fatty tissue, by loose skin, or by both. It can become more prominent after pregnancy, after weight change, or with age.

Three things it can be, and how to tell them apart

Fullness here is not one problem, and the three causes need three different answers. This is worth working out before a consultation, because it changes which operation is being discussed and what it will cost.

Fat. Soft, you can take a handful, and it sits evenly across the area. This is what liposuction removes.

Loose or overhanging skin. A fold that hangs, with a crease beneath it, often with skin irritation in the crease in warm weather. Suction makes this worse, not better — it needs excision.

Tethering from a previous scar , almost always a caesarean scar. The scar is stuck down to the deeper tissue, so the fat above it bulges over a fixed line. Removing fat from above a tethered scar does not release the shelf.

Two checks you can do

Stand, then lie down flat and look again. Fullness that flattens considerably when you lie down is mostly soft tissue that liposuction and gravity both act on. Fullness that stays put, or a shelf that remains as a distinct step, is more likely to be skin or tethering.

Find the crease and follow it. If the step across the area sits exactly along an old caesarean scar, the scar is part of the problem. That is a specific conversation to have, because a step caused by a tethered scar is treated by releasing or revising the scar — commonly as part of an abdominoplasty — not by suction alone.

Most people have some combination. The proportions decide the plan, and a surgeon who examines you standing and lying is doing exactly this assessment.

What the procedure addresses

Mons pubis liposuction reduces the volume of fatty tissue over the pubic bone, which can reduce bulging in the pubic region and improve how clothing sits.

Results may vary depending on individual circumstances. Outcomes depend on individual anatomy, skin quality and the volume of fat removed.

What people usually come in saying

A visible bulge in swimwear, leggings or fitted clothing

A shelf or overhang that has appeared since pregnancy or weight change

Skin irritation or chafing in a crease beneath the fullness

The area looking disproportionate after losing weight elsewhere

In men, the base of the penis appearing concealed by the fat pad — reducing the pad can make more of the shaft visible without changing the anatomy itself

All of those are ordinary reasons to ask, and the assessment is the same: what is the tissue, and which operation addresses it.

Fat versus skin: liposuction and monsplasty

As with liposuction elsewhere on the body, this procedure removes fat . It does not remove excess skin.

Where loose or overhanging skin is part of the concern, a pubic lift (monsplasty) may be required. Monsplasty removes skin as well as fat and lifts the area, and leaves a longer scar than liposuction.

Both procedures are sometimes combined with an abdominoplasty , since the lower abdomen and the mons pubis sit adjacent to each other and the two areas often change together after pregnancy or weight loss. Where an abdominoplasty is already planned, addressing the mons at the same time can avoid a second procedure.

Which combination applies to you is determined at consultation with your surgeon.

Why the two areas are usually discussed together

A point people find counter-intuitive: a tummy tuck pulls the lower abdominal skin downward, and that can pull the mons down with it , making it look lower and fuller afterwards rather than better. A surgeon planning an abdominoplasty should tell you what they intend to do about the mons — lift it, reduce it, or leave it — and it is a fair question to ask directly. Discovering it afterwards is the common version of this disappointment.

What the procedure involves

A small incision is made and a cannula attached to a suction device removes fat from the treated area. The treatment area is numbed with a local anaesthetic where the procedure is performed alone; where it forms part of a larger procedure such as abdominoplasty, a general anaesthetic is used.

See local or general anaesthesia .

Before anything cosmetic: what a lump here is not

Fullness across the whole area is one thing. A discrete lump in or near the groin is another, and a few need excluding before any cosmetic procedure is considered:

A hernia. A soft bulge near the groin crease that appears on standing, coughing or straining and reduces when you lie down is a hernia until proven otherwise — and it is a surgical problem in its own right, not a fat pad.

Enlarged lymph nodes. Firm, discrete lumps in the groin crease, particularly if they are new, growing or tender.

A cyst or other skin lesion , which is assessed rather than suctioned.

Persistent swelling of the whole area , especially with leg swelling, which needs a medical assessment.

None of these is common, and none is a reason for alarm. They are reasons to have the area examined properly rather than assume everything soft is fat.

Suitability

A good candidate is in good general health with realistic expectations, has localised fatty tissue rather than predominantly loose skin, and is at a stable weight.

Liposuction is a contouring procedure rather than a weight loss method. Smokers have an increased risk of complications from any surgery.

Who should wait, or consider something else

Anyone planning further pregnancies. The area changes with each one.

Anyone whose weight is still moving. Wait for six months of stability.

Anyone whose problem is a tethered caesarean scar — suction will not release it.

Anyone whose main issue is hanging skin — that needs excision, with the longer scar that comes with it.

Anyone with an unassessed lump , per the section above.

Anyone expecting the area to be flat. The mons is meant to be a soft pad; removing all of it looks wrong and feels worse.

That last point deserves emphasis. The aim here is proportion, not elimination. Over-resection in this area produces a hollow, flattened appearance that is difficult to correct and that most people dislike more than the original fullness.

Costs

Mons pubis liposuction falls within the general per-area surgeon’s fee range of $4,000 to $8,000 for one area. Where it is performed as part of an abdominoplasty, it is quoted within that procedure — abdominoplasty ranges from $17,000 to $28,000.

Hospital, theatre and anaesthetist fees are additional where a general anaesthetic is used; anaesthetist fees range from $800 to $1,200 per hour. As at September 2024 and including GST, a consultation with a Specialist Plastic Surgeon is $350.

See liposuction costs . A real quote names the surgeon’s fee, the anaesthetist, the facility, garments, every follow-up and the revision policy. We are not a no-gap provider, and purely cosmetic mons liposuction does not attract a Medicare rebate.

Recovery

Where a general anaesthetic is used, you need someone to drive you home and stay with you for at least 24 hours.

Compression garments are worn to reduce swelling and assist recovery.

Expect swelling and bruising in the treated area, settling over the following weeks. Swelling in this area can take longer to resolve than in some others.

Avoid exercise for the first two weeks; gentle walking is encouraged.

Most people return to work after two to three weeks and to their usual exercise routine by around six weeks.

Wait six to eight weeks before swimming.

Most patients are seen at seven to ten days, then at six to eight weeks, three months, six months and twelve months. The final contour becomes clearer over several months.

Why this area stays swollen longer

Two reasons, both worth knowing so the first month is less alarming. It is a low-lying area , so fluid collects there under gravity whenever you are upright. And compression is genuinely difficult to apply well over a convex surface — garments tend to bridge across the bulge rather than press on it, which is why a properly fitted garment matters more here than almost anywhere else. Ask at your review whether yours is doing its job.

Practical points

The skin is hair bearing. Expect it to be clipped or shaved, and expect regrowth to be itchy at around two weeks.

Numbness is common across the area and sometimes in the upper inner thigh, and usually settles over weeks to months.

Underwear matters. High-waisted and seam-free over the treated area, nothing that cuts across it.

Do not judge at two weeks. Three months is the first fair look, twelve months the settled one.

Sitting and standing all day both make it swell. Move about, and lie flat for a while in the evening in the first fortnight.

Expected, versus call us

Expected: swelling, bruising that may track downward under gravity, firmness and lumpiness, numbness, tightness, and a little fluid leaking from the incision in the first day or two.

Call us: pain increasing rather than decreasing; spreading redness or heat; fever; pus or odour; an incision opening; a swelling enlarging on one side; a garment you cannot make fit.

Seek urgent attention: sudden breathlessness or chest pain; a swollen, hot, painful calf; difficulty passing urine; or a rapidly enlarging, very painful swelling.

Risks and complications

All surgical procedures carry risks and potential complications, including infection, bruising, swelling, pain, scarring, bleeding and haematoma, seroma, contour irregularity, changes in sensation from nerve damage, anaesthesia complications and blood clots.

Specific to this area: prolonged swelling; contour irregularity or a hollowed appearance from over-resection, which is difficult to correct; asymmetry; altered sensation over the mons and upper inner thigh; and disappointment where the underlying problem was skin or scar tethering rather than fat.

Risks are discussed with you in detail during the consultation process, and you are given written information to take home. Please read our information on the risks and complications of cosmetic

surgery before proceeding.

Individual results may vary. Any surgical or invasive procedure carries risks. Before proceeding you should seek a second opinion from an appropriately qualified health practitioner.

What you should leave the consultation with

Whether your fullness is fat, skin, scar tethering, or a combination

Which procedure follows from that, and whether a monsplasty or abdominoplasty is the better answer

If a tummy tuck is planned, what will be done about the mons

An itemised written quote and the revision policy

Your garment prescribed, and how to tell whether it is fitting properly

Written aftercare and the signs to call about

An after-hours contact number

Referral and cooling-off period

Since 1 July 2023, all patients are required to have a GP referral before seeing a plastic surgeon or doctor about cosmetic surgery, and at least two consultations are required, one of them in person with the operating surgeon. For any cosmetic surgery there is a compulsory one-week cooling-off period after your second consultation before surgery can be booked or a deposit paid. See cosmetic surgery rule changes .

Related: liposuction , tummy tuck surgery , vaginal surgery , before and after .

Common questions about mons pubis liposuction

What is the mons pubis?

The soft fatty pad over the pubic bone, above the vulva, and the main hair-bearing area of the pubic region.

Why has it become more prominent?

Commonly after pregnancy, after weight change, or with age. The cause can be fat, loose skin, or both.

How do I tell fat from skin?

Fat is soft and grabbable and sits evenly. Loose skin hangs as a fold with a crease beneath it, often with irritation in warm weather. Suction helps the first and worsens the second.

What is scar tethering?

An old caesarean scar stuck down to deeper tissue, so the fat above it bulges over a fixed line. Removing fat above a tethered scar does not release the shelf.

How do I check which I have?

Look standing, then lying flat. Fullness that flattens when you lie down is soft tissue; a step that stays is more likely skin or tethering. Then see whether the step follows an old scar line.

What is a monsplasty?

A pubic lift — it removes skin as well as fat and lifts the area, leaving a longer scar than liposuction.

Should it be done with a tummy tuck?

Often. The two areas sit adjacent and change together, and doing both at once avoids a second procedure.

Can a tummy tuck make the mons look worse?

It can pull the lower abdominal skin downward and bring the mons with it. Ask your surgeon directly what they plan to do about the mons.

What anaesthetic is used?

Local anaesthetic where the procedure is done alone; general anaesthetic where it forms part of a larger procedure such as abdominoplasty.

Does this help with a concealed appearance in men?

Reducing the fat pad can make more of the penile shaft visible. It does not change the anatomy itself.

What if I can feel a distinct lump?

Have it examined. A soft groin bulge that appears on standing or coughing and reduces lying down is a hernia until proven otherwise; firm discrete lumps may be lymph nodes. Neither is suctioned.

Who should wait?

Anyone planning further pregnancies, anyone whose weight is still moving, anyone whose problem is a tethered scar or hanging skin, and anyone with an unassessed lump.

Can it be made flat?

It should not be. The mons is meant to be a soft pad, and over-resection produces a hollow appearance that is difficult to correct and that most people dislike more than the original fullness.

What does it cost?

Within the general per-area surgeon’s fee range of $4,000 to $8,000; within an abdominoplasty it is quoted inside that procedure, which ranges from $17,000 to $28,000. Theatre and anaesthetist fees are additional.

Is there a rebate?

Not for purely cosmetic mons liposuction. We are not a no-gap provider.

How long is recovery?

No exercise for two weeks, back to work at two to three weeks, usual exercise by about six weeks, and no swimming for six to eight weeks.

Why does swelling last so long here?

It is a low-lying area where fluid collects under gravity, and compression garments tend to bridge across a convex bulge rather than press on it.

How do I know my garment is working?

Ask at your review. A garment that bridges over the area rather than sitting against it is not doing its job.

What about the hair?

The skin is hair bearing, so expect it to be clipped or shaved, and expect regrowth to itch at around two weeks.

Is numbness normal?

Yes, across the area and sometimes in the upper inner thigh, usually settling over weeks to months.

When can I judge the result?

Three months for a first fair look, twelve months for the settled one.

What are the specific risks here?

Prolonged swelling, contour irregularity or hollowing from over-resection, asymmetry, altered sensation, and disappointment where the real problem was skin or scar tethering rather than fat.