plastetik

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PATIENT INFORMATION

Liposuction

Everything important about the treatment, preparation, the day of surgery and healing – to read at your leisure and as a basis for your consultation.

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PART 1 · THE TREATMENT

BODY

Liposuction – for a harmonious body contour

Some fat deposits resist exercise and a disciplined diet. Liposuction removes them in a targeted and gentle way – to improve the body contour over the long term, not to lose weight.

ANESTHESIA	TECHNIQUE	TREATMENT	VOLUME
General anesthesia with tumescence	Vibration, fine cannulas	often outpatient	up to 6 liters mostly outpatient

Fat deposits on the buttocks or hips, the upper arms or thighs: when body proportions have changed in an unflattering way, the cause is usually fat deposits that cannot be tackled with exercise or a disciplined diet. This is where liposuction can help.

Typical treatment areas

A typical example in women is so-called "saddlebags" – fat deposits on the thighs, hips and inner knees, while the upper body tends to be slender. Men often suffer from fat accumulations in the hip or chest area. Other common areas are the abdomen, flanks, upper arms, chin and neck.

The aim is to remove only as much fat and as many fat cells as necessary to achieve a harmonious body silhouette – for example, a smooth transition from the thighs to the hips or from the hips to the abdomen.

How I proceed

I perform liposuction under general anesthesia in combination with tumescent local anesthesia. Before the suction, a solution is introduced into the fatty tissue that loosens the tissue, reduces bleeding and lessens pain after the procedure. The method has been proven over many years and is considered safe and patient-friendly.

Special vibration techniques and thin suction cannulas allow the tissue to be treated particularly gently. The cannulas are inserted through a few very small incisions.

What you can expect

- Many years of experience and a high level of specialist medical expertise

- The procedure is often performed on an outpatient basis through small incisions; visible scars are hardly to be expected
- Problem areas can be treated in a targeted way
- A long-term improvement of the body contour
- Liposuction of up to 6 liters is mostly performed on an outpatient basis

> Liposuction is not a method for losing weight. It achieves the best results with a stable weight and good skin elasticity.

Who liposuction is intended for

Liposuction shapes – it is not a method for losing weight. It is suitable for localized fat deposits that remain despite diet and exercise, even at a normal weight. The fat between the organs in the abdominal cavity cannot be suctioned; in cases of severe obesity, weight reduction therefore comes first.

Experience with the tumescent technique

The tumescent solution consists of saline solution, a local anesthetic and a vasoconstricting additive; after it has been introduced, it needs a certain amount of time to take effect. I have also studied the particularities of this technique scientifically – among other things in a congress contribution on liposuction using the tumescent technique and local anesthesia (2001).

How much at once?

Only a limited amount is suctioned per session. If larger amounts are necessary, it is safer to divide them into two procedures a few weeks apart.

Preparation

- about two weeks beforehand, no blood-thinning painkillers – only after consulting a doctor
- avoid nicotine, alcohol, sleeping pills and tanning beds as far as possible
- blood count and coagulation; in case of pre-existing conditions, an internal medicine assessment

Contraindications

No surgery is performed during pregnancy. In cases of vascular disease, previous thrombosis or serious general illness, the decision is made on an individual basis.

Procedure

01 **Consultation**
We discuss which areas bother you, and I assess the fat distribution and skin elasticity.

02 **Planning**
The treatment areas are defined and marked while you are standing on the day of surgery.

03 **Surgery**
General anesthesia with tumescent local anesthesia, suction with vibration technique.

04 **Compression**
Immediately after the procedure, you receive compression garments.

05 **Aftercare**
Check-ups, lymphatic drainage if necessary, gradual return to everyday life and sports.

After liposuction

Swelling, bruising and a feeling similar to sore muscles are normal in the first few days. You wear the compression garments for several weeks; they help the swelling subside and the skin to settle. The final result becomes apparent after a few months.

Risks

Possible risks include bruising, seromas (fluid accumulations), infections, sensory disturbances, unevenness of the skin surface and asymmetries. With larger suction volumes, the requirements for monitoring and aftercare increase. We go through everything calmly in the informed consent discussion.

When it comes to lipedema

Liposuction is the only effective method for removing diseased fatty tissue in lipedema. Because diagnosis, approach and the question of costs differ significantly, there is a separate page on this: Lipedema treatment.

Frequently asked questions

Will the fat deposits come back?

Fat cells that have been suctioned do not regenerate. With significant weight gain, however, the remaining fat cells can increase in volume. A stable weight is therefore the best protection for the result.

Does the skin tighten after liposuction?

With good elasticity, the skin usually retracts well. If the skin is lax, additional tightening may be advisable – more on this under Body contouring.

When can I go back to work?

For office work, often after a few days, depending on the extent and the area. We discuss physically demanding work and sports individually.

Are there non-surgical alternatives?

Cold, ultrasound, laser or radiofrequency procedures and injections are offered. Their effect is usually considerably smaller and less predictable than that of liposuction – we discuss this honestly.

How long does the swelling last?

The major swelling subsides in the first few weeks; slight residual swelling can persist for three to five months.

When can I exercise again?

Light exercise is often possible again after about three weeks – depending on the extent and healing.

PART 2 · THE PROCESS STEP BY STEP

BODY · PROCESS

Liposuction – the process step by step

From planning the areas to the compression garments: this is how liposuction with tumescent and vibration technique typically proceeds.

ANESTHESIA	TREATMENT	COMPRESSION	FINAL RESULT
General anesthesia + tumescence	often outpatient	several weeks	after a few months

Liposuction is carefully planned: the key is to remove only as much fat as is necessary for a harmonious silhouette. This is how the procedure **typically** proceeds.

The process at a glance

01

A FEW WEEKS BEFOREHAND

Preparation

Defining the areas, assessing skin elasticity, preliminary examinations and informed consent.

02

DAY OF SURGERY

Surgery

General anesthesia with tumescent local anesthesia; suction through small access points with vibration technique.

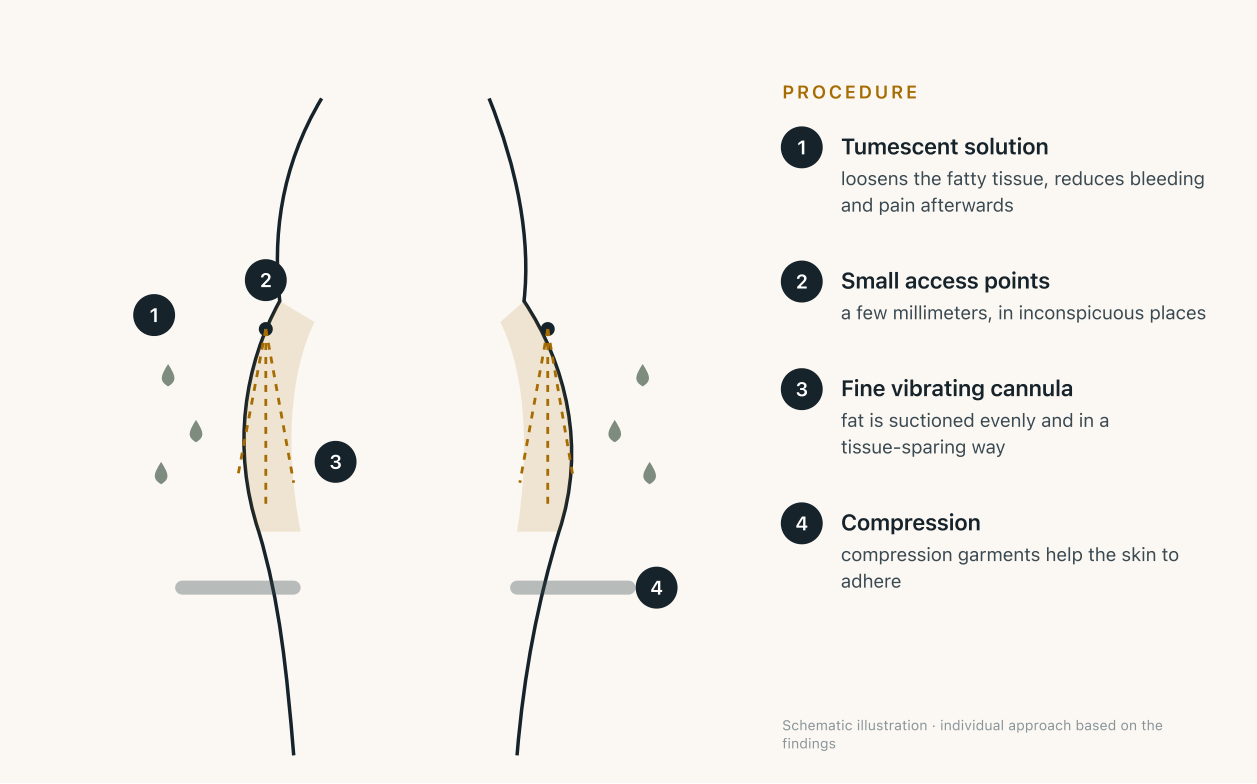
03

WEEKS TO MONTHS

Aftercare

Compression garments, check-ups, lymphatic drainage if necessary.

What happens during surgery



Schematic illustration. Areas and suction volume are planned individually.

Phase 1: Preparation

01 **Consultation**
Which areas bother you? I assess fat distribution, skin elasticity and weight.

02 **Differentiation**
Is it an aesthetic fat distribution or lipedema? The approach and the question of costs depend on this.

03 **Preliminary examinations and informed consent**
Lab tests as needed; detailed informed consent with time to think it over.

04 **Compression garments**
Fitted in advance so that they are ready immediately after the procedure.

05 **Organization**
Plan for someone to accompany you home and a few days of rest.

Phase 2: The day of surgery

01 **Marking while standing**
The treatment areas are marked.

02 **Anesthesia and tumescence**
General anesthesia combined with tumescent local anesthesia – the solution loosens the fatty tissue and reduces bleeding and pain afterwards.

03 **Suction**
Through a few very small access points, the fat is suctioned gently with fine cannulas and vibration technique.

04 **Compression**
The compression garments are put on immediately afterwards.

05 **Going home**
The procedure is often performed on an outpatient basis; liposuction of up to 6 liters is mostly performed on an outpatient basis.

Phase 3: Aftercare and healing

Day 1–3

Feeling similar to sore muscles, swelling; tumescent solution may leak from the access points

Week 1

Compression day and night; light movement promotes healing

Week 2–4

Swelling subsides; office work usually possible again

Week 4–6

Reduce compression as agreed; gradually resume sports

Month 3–6

the skin has settled – the new contour is visible

Contact us immediately in case of severe pain, fever, shortness of breath, a leg swollen on one side or redness around an access point.

Your checklist

- Have compression garments fitted in advance
- Absorbent pads for the first nights
- Someone to accompany you home
- Drink plenty of fluids and move lightly in the first few days

Your next step

Nothing can replace a personal consultation. There I answer your questions and together we clarify what makes sense for you.

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Phone: +49 89 987855 · **Email:** info@dr-woerl.de
More information: www.plastetik.de/en/liposuction/

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Important note: This information is for general education and does not replace a personal medical consultation and informed-consent discussion. Procedures, time frames and healing courses are typical values and may vary individually. A specific result cannot be promised.

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