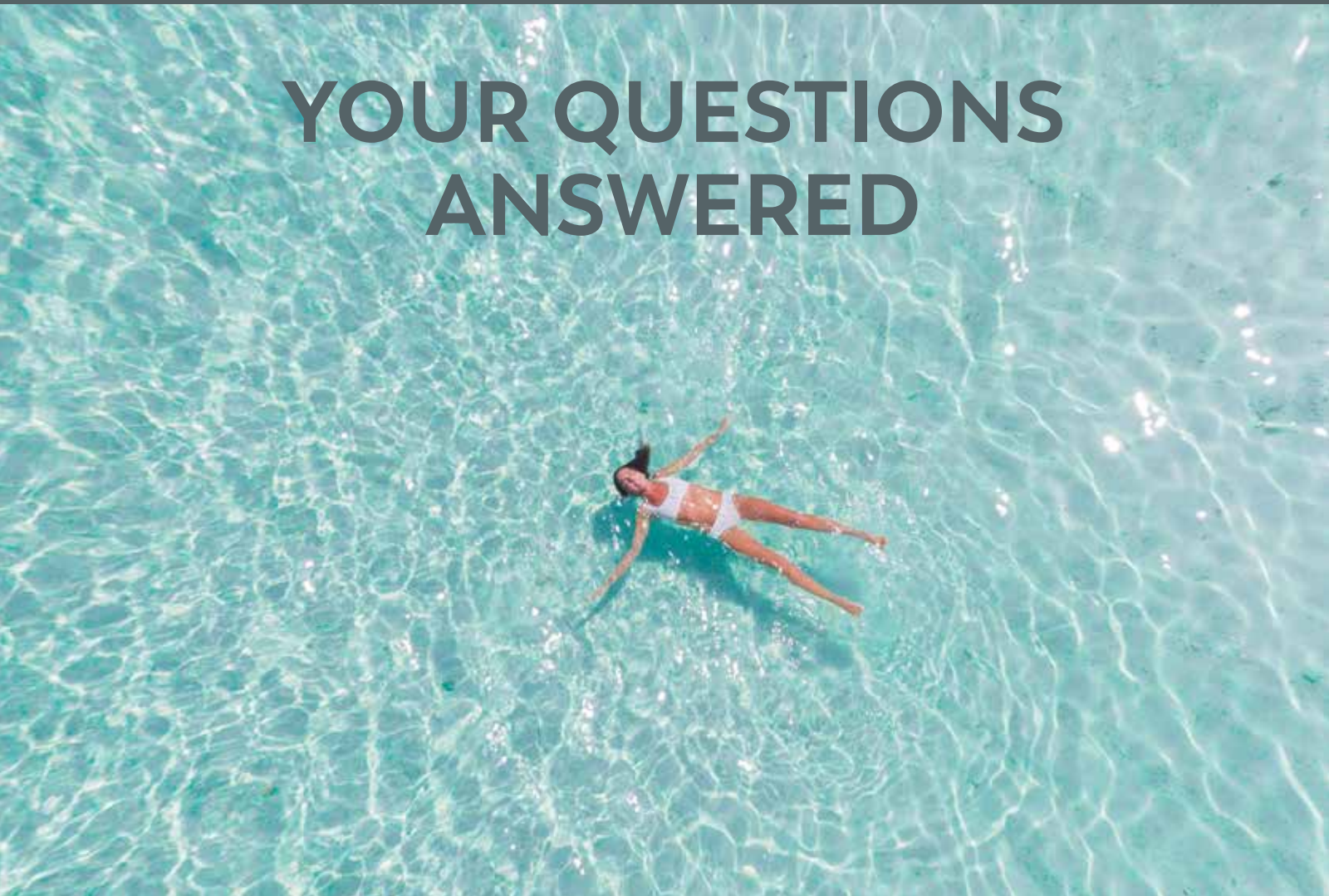


Thinking about Liposculpture?

**YOUR QUESTIONS
ANSWERED**

An aerial photograph of a woman in a white bikini floating on her back in clear, turquoise water. The water is shallow and has a rippled texture, with sunlight reflecting off the surface. The woman is positioned in the lower center of the frame, with her arms and legs spread out.

DR HUGO PIN

VASCULAR + COSMETIC CLINIC



Liposculpture Q&A

Many of us have stubborn pockets of fat on our hips, thighs, arms and even around our abdomen, that simply won't shift through diet or exercise.

Tumescent liposuction (Liposculpture) is a minimally invasive liposuction, fat removal and body sculpting procedure aimed to enhance your body's contour, definition and physique.

Tumescent Lipo is available at the Sunshine Coast, performed by one of the few doctors on the coast offering this treatment – Dr Hugo PIN.

Dr Hugo was extensively trained by the American Academy of Aesthetic Medicine and achieved his Certificate of Liposuction in 2013.

Tumescent Liposuction is one of the latest and most advanced body shaping treatments and is truly the least invasive liposuction treatment available.

Advantages of Tumescent Liposuction:

- The procedure is carried out under local anaesthetic
- Liposculpture is minimally invasive, causing no damage to other body tissues
- There is minimal risk of bleeding, bruising and discomfort
- Return to work within 2 days, exercise within a week.

What are the benefits of liposculpture?

Liposculpture is a refinement in the technique of liposuction.

Liposculpture is performed under local anaesthetic which makes it is much easier to achieve a regular, even result to the areas treated. This is because it is possible to stand up and allow the effect of gravity to be seen on the areas treated towards the end of the procedure.

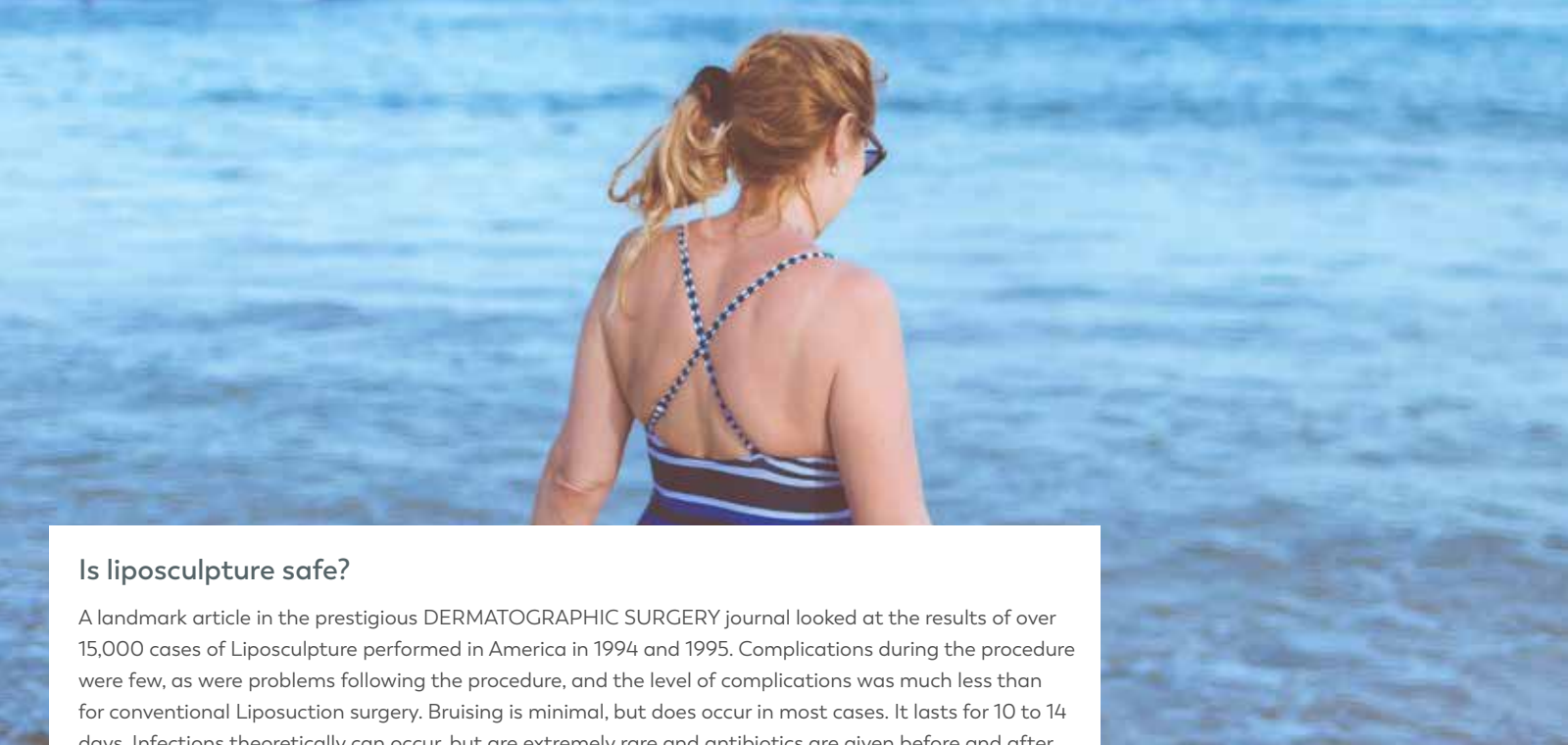
This enables a much more predictable and pleasing result to be achieved.

Second, as no general anaesthetic is needed for liposculpture as opposed to a liposuction procedure, the inherent risks associated with a general anaesthetic are avoided.

Third, liposculpture involves the injection of fluid into the fatty tissues before the procedure is performed. This fluid contains the local anaesthetic (Lignocaine) and also a medication which effectively constricts blood vessels (adrenaline).

Fourth, liposculpture is performed out of hospital. There is no need for the person having liposculpture to stay overnight in hospital, have blood transfusions or even fluid intravenously. A half day only is required to perform the procedure, and you are encouraged to remain active following the procedure, walking on the same day or soon after, and often returning to work after a few days.

Time off work and normal activities is kept to a minimum. People often think they need to take holidays to have liposculpture. This is not true, one or two days off is all that is required in most cases.



Is liposculpture safe?

A landmark article in the prestigious DERMATOGRAPHIC SURGERY journal looked at the results of over 15,000 cases of Liposculpture performed in America in 1994 and 1995. Complications during the procedure were few, as were problems following the procedure, and the level of complications was much less than for conventional Liposuction surgery. Bruising is minimal, but does occur in most cases. It lasts for 10 to 14 days. Infections theoretically can occur, but are extremely rare and antibiotics are given before and after the procedure. Local areas of numbness can occur in the areas treated, although these usually resolve within a few weeks of treatment, but may take longer.

Who will benefit from Liposculpture?

This is a very broad question. Many people will benefit from Liposculpture, and a wide spectrum of Australians are interested in the technique. The number of people having this procedure performed is increasing dramatically and has increased 5 fold in the past six years to the point that is by far the most commonly performed cosmetic procedure.

Some common examples of people who can be helped by the technique are:

- Women who have had children and are concerned by the unwanted accumulations of fat that childbearing has brought... saddlebags, full thighs, hips, a 'pot-belly' and accumulations of fat in other areas, often resistant to the most rigorous gym workouts and exercise regimes.
- Men who have developed love handles above the hips or accumulations of abdominal fat, often due to natural decline in the production of growth hormone, which occurs with age.
- Women and men who want to have the streamlined appearance and have the best shape that they possibly can. For such people the permanent removal of even small amounts of fat from localised areas can make a good figure dramatically better.
- People who have been significantly overweight, have lost weight and are now near their goal, but still have problems with local accumulations that will not budge despite diet and exercise.
- Men who have unwanted accumulations of fat and breast tissue over the breasts as a result of hereditary or other factors.

What about my skin? Won't it be wrinkly?

The skin is a remarkable organ. An article published in Dermatologic Surgery confirms what Liposculpture surgeons already know, there are few problems with looseness of the skin after Liposculpture procedures, even in people at the age of 40 or beyond. This is due to contraction of the skin as a result of the Liposculpture procedure itself.

The skin contracts in all areas treated by liposculpture and excision of any skin at all is almost never necessary.

FIRST CONSULTATION

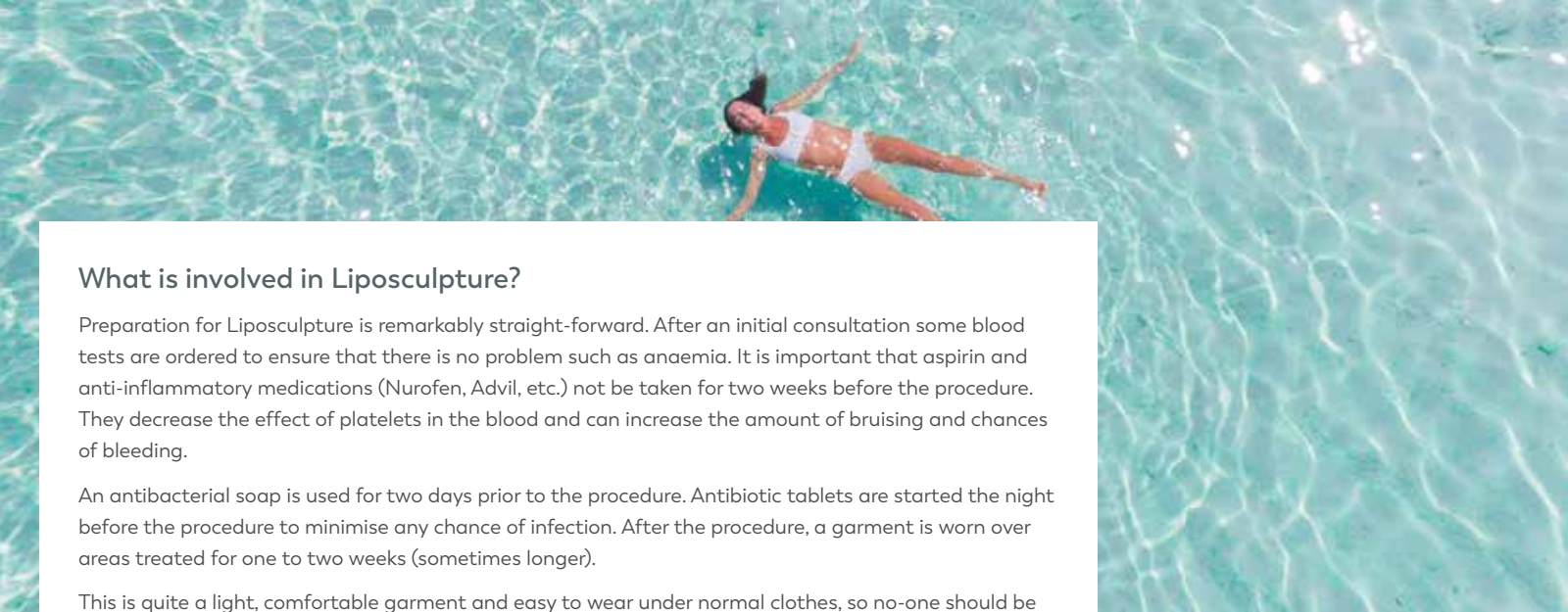
Book in your first consultation with Dr Hugo Pin and find out if Liposculpture is right for you.

Phone to book on
1300 698 346

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5/7 Nicklin Way, Minyama, 4575



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What is involved in Liposculpture?

Preparation for Liposculpture is remarkably straight-forward. After an initial consultation some blood tests are ordered to ensure that there is no problem such as anaemia. It is important that aspirin and anti-inflammatory medications (Nurofen, Advil, etc.) not be taken for two weeks before the procedure. They decrease the effect of platelets in the blood and can increase the amount of bruising and chances of bleeding.

An antibacterial soap is used for two days prior to the procedure. Antibiotic tablets are started the night before the procedure to minimise any chance of infection. After the procedure, a garment is worn over areas treated for one to two weeks (sometimes longer).

This is quite a light, comfortable garment and easy to wear under normal clothes, so no-one should be able to notice.

How is Liposculpture performed?

After the saline solution is introduced into the tissues through small holes in the skin, and the local anaesthetic in the fluid has had enough time to work, small tubes or cannulae are introduced into the fatty layers. Suction is applied to the cannulae while they are gently moved through the tissues and the unwanted fat is removed in a progressive fashion until the desired result is achieved. Most cannulae used are 2mm to 3mm or less in diameter (sometimes 4mm), and are substantially narrower than the cannulae used in conventional Liposuction.

Can Liposculpture be used to treat people with obesity?

Liposculpture can be used to help people who are significantly overweight to reduce localised problems over the abdomen and other areas. This may help with the way that overweight people dress and make them feel better about their bodies. Many such people describe the liposculpture as a 'kick-start' and go on to continue to lose weight, especially when these central abdominal fat cells are removed.

Is there an age limit?

There is no theoretic age limit for the performance of liposculpture provided that there are no significant health problems that may interfere with the medications used or recovery.

Are there scars?

As the cannulae used in this technique are very small, the incisions used can often be concealed in the natural creases of the body. The holes used are not stitched after the procedure and heal to a fine skin-coloured line approximately 2mm in length within a few months of the procedure. It is unlikely that anybody will guess from these healed incisions that you have had liposculpture, unless, of course, you tell them.

Will Liposculpture work for cellulite?

Some people often mistakenly call local fatty accumulations over the thighs cellulite, and these can definitely be helped with Liposculpture. True cellulite (localised dimpling of the skin especially over the thighs and buttocks) is due to the distribution of fibrous bands within fatty tissue. Attempts to divide these fibrous bands have been tried, but the level of success is variable, so at present no technique can reliably treat this problem, although in situations where excess fatty tissue is also a problem, removal of this may well improve overall appearance by making specific dimples less obvious.

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A word from Dr. Hugo Pin

At Sunshine Vein Clinic, we have been offering the latest vein removal techniques and treatments with an extremely high volume of success since opening our doors in 2012.

We were the first company on the Sunshine Coast to offer endovenous laser treatment.

New guidelines now state that any patients suffering from the effects of varicose veins should be referred to a vascular service.

What is a vascular service?

A vascular service is a team of healthcare professionals who have the skills to undertake a full clinical and duplex ultrasound assessment and provide a full range of treatment.

This is precisely what we have at Sunshine Vein Clinic.

It's disheartening to know many people still live with and suffer from the effects of varicose and spider veins, simply because they are not aware of just how easy and successful the process is under the guidance of an experienced practitioner.

I have personally completed over 4000 successful procedures, witnessing first hand the incredible transformations such a small procedure can make.

Many GPs still have no idea on how to correctly and efficiently treat veins, and continue to refer patients to vascular surgeons who will happily remove veins under general anaesthesia which, in most cases, is completely unnecessary.

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