

LIPOSUCTION FAQs

What Is Liposuction?

Liposuction is a surgical procedure that removes unwanted 'fat' from various different parts of the human body.

Am I Suitable For Liposuction?

Only an initial consultation will be able to determine if you are an acceptable candidate for a liposuction procedure. Determining your suitability will partly be defined by the quality of your skin. The best candidates for this procedure are those who are within 10-15% of their ideal body weight and have good skin elasticity. In most cases the skin is able to shrink and accommodate to the new body contour after liposuction. Sometimes patients have decreased skin elasticity that may result in loose, hanging skin in the affected area. In these cases liposuction alone will not produce the desired result and may require some form of skin reduction, often in combination with liposuction.

What Does Liposuction Surgery Involve?

A number of tiny discreet incisions (about 3-4mm) are made in the skin in the areas to be treated and a local anaesthetic containing solution will be used to loosen up the fat cells as well as make the area feel numb and less painful for when you wake up. Instruments called cannulae are then inserted into the fat through the tiny incisions, and then following repetitive backward and forward stroking motions the fat is loosened and drawn off by a strong vacuum pump.

What Can I Expect To Feel After Liposuction Surgery?

When you return to your room after your Liposuction surgery, you will be wearing a snugly-fitting compression garment. This must be worn over the treated area to control swelling and bleeding, and to help your skin shrink to fit your new contour. You may feel a little drowsy as a result of the anaesthesia but are likely to feel otherwise quite well. It is very common to have bruising, swelling and minor initial lumpiness to the area. It is also fairly common for it to appear slightly uneven.

This is often completely normal and will settle over the course of the coming weeks. In addition you will also experience bloody fluid draining from the incisions. Sometimes the amount is quite significant. Do not panic! This in fact is desirable as the area is draining and this will help with reducing your swelling. You may also feel numb or tingly in some areas due to some nerve irritation. This usually resolved within the first 6 months of surgery.

Is Liposuction Surgery Painful?

The degree of pain experienced varies depending on the individual patient and area treated. This is often controlled very well with prescribed painkillers. The initial pain lasts around 1 week however there may be residual soreness in the treated area for some weeks after.

What Are The Do's And Don'ts Following Liposuction Surgery?

You will need to wear the compression garment continuously for 2 weeks (apart from when washing) after surgery. After this time, it is advisable that you wear the garment at night for a further 4 weeks. It is also important to avoid any strenuous upper body exercise for at least 2-3 weeks.

Can liposuction surgery go wrong?

All surgery carries some uncertainty and risk. When liposuction is performed by a qualified Plastic Surgeon, complications are infrequent and usually minor. Still, individuals vary greatly in their anatomy, their physical reactions, and their healing abilities, and the outcome is never completely predictable. Complications are rare but can include unattractive scarring at the site of the small incisions; irregularities of contour or dimpling of the area treated; unevenness or asymmetry between sides; prolonged numbness and swelling; haematoma or seroma formation (a collection of blood or fluid under the skin), and infections. Complications will be discussed in more detail during your consultation with Mr. Karidis.



Quick Reference

Surgery time
30 minutes to 2 hours

Anaesthetic used
General anaesthetic

Hospital stay
Day case

Pre admission tests required
Blood tests +/- ECG

Up and about
Same day

Washing
24hrs

Driving
1 week

Exercise
2-3 weeks

Time off work
5-7 days

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How Long Is The Recovery Time?

The recovery time varies with every patient and the type of activity the patient intends to resume. It is important to realise that although only tiny incisions are made, liposuction creates a large wound hidden under the skin and, therefore, healing is gradual and adequate rest in the days after surgery will be required. Most patients are back to work within 5-7 days. Light exercise can usually be recommenced at about 2 weeks.

What Costs Are Involved?

A surgeon fee, anaesthetist fee and hospital fee will be required. You will be given a breakdown of these costs on the day of your consultation.

How Many Liposuction Procedures Has Mr. Karidis Performed?

In accordance with the National Healthcare Commission guidelines, and according to the last five years of annual audit figures submitted to the Hospital of St. John and St. Elizabeth in London, Mr. Karidis has performed on average 200 procedures per year. In the last 10 years he has performed numerous successful liposuction procedures.

How Do I Prepare For My Op?

It is always useful to allow yourself plenty of time to recover and organise sufficient time off work. 1 week off should give you sufficient time to allow any obvious swelling to subside. Ensure any blood tests or other tests that are required are undertaken well in advance to avoid any potential delays.

Do You Provide Post Op Care?

Yes and we look forward to seeing you at the clinic around 7 to 14 days after your surgery to review your result and check all is healing well. Providing all is well, you will usually see Mr. Karidis at around 6 weeks post operation for a routine check up. Further appointments can of course be made if necessary.

Nurses top tip:

Taking amica tablets can really help reduce bruising following surgery.

How Soon After Surgery Can I Travel?

After your operation you may feel a little drowsy from the anaesthetic and other medications. Therefore, we strongly suggest that, if possible, you nominate a friend or family member to collect you. Alternatively, we can assist you in booking a taxi whilst you are in hospital.

Should I Look Out For Any Warning Signs?

Please ensure that you notify medical staff of any heavy bleeding, pain, excessive swelling, pockets of fluid or a persistent high temperature (above 37.5 degrees for 12 hours or more). Most often there is nothing to be concerned about, however, it is always best to check!

Why Should I Choose Liposuction?

Liposuction is the most popular aesthetic surgery procedure in Great Britain and the United States. It is a highly effective technique for giving you a new body contour with minimal scarring. The results can be permanent, providing you eat sensibly, exercise regularly, and maintain your weight. Most patients are very satisfied with the results of their liposuction - they feel more comfortable in a wide variety of clothes and more at ease with their bodies.