

Liposuction

For women and men who are at or near their ideal body weight, but have stubborn pockets of fat that just won't shift however stringent their diet and exercise routine, liposuction can be an ideal procedure.

Mr Tariq Ahmad is able to tackle a number of different areas on the face and body; this includes the stomach, chest, hips, flanks, buttocks, thighs, knees, upper arms and around the chin and neck. Liposuction can also be combined with a wide range of other surgical procedures to get the optimal aesthetic result.

It is important to realise that this is not a weight loss procedure – it is only suitable for small pockets of fat. During your consultation with Mr Ahmad, he will take a full medical history and run through your expectations from the procedure to ensure they are realistic.

What to expect during a liposuction procedure?

There are a number of different ways to carry out liposuction. A cannula is inserted which breaks up and then suctions out the fat cells, but tumescent liposuction is where a fluid is injected into the area first which can lessen bruising and swelling post-procedure. There are also machines which can be used to heat the fat cells before they are suctioned out which also helps lessen any downtime.

Depending on the extent of the procedure, liposuction can be carried out either under general or local anaesthetic and you may either be discharged on the same day or kept in overnight for assessment.

What's the recovery like after lipo?

Discomfort after a liposuction procedure should be quite minimal and easily controlled with painkillers. There will be bruising, swelling and some leakage from the small incisions where the cannula was inserted. Mr Ahmad will give you clear instructions before you are discharged on what to expect and how to deal with any symptoms.

Occasionally, patients may need a repeat liposuction procedure to improve the result, but usually Mr Ahmad finds this a fantastic procedure with a high satisfaction rate.
