

## Six Important Questions about Liposuction

During the course of our consultations, we have noticed that many patients ask the same questions regarding liposuction. For your convenience, we have listed the six most frequently asked and important below. We hope you find the information useful.

### 1. Are the results long-lasting? Do the suctioned areas re-fill?

The result is permanent, as the suctioned fat cells are permanently removed. Depending on your calorie intake, you can of course gain weight again, however, with a more 'even' distribution.

Liposuction is not an appropriate method of treatment for weight control!

### 2. Do visible scars or indentations remain?

There are very small scars left at the needle access points. The development of indentations is one of the complications patients worry most about after a liposuction. This complication is due mainly to the inappropriate use of the technology. However, the liposuction operators at the Erich-Lexer-Clinic always make sure to leave some fat remaining between the skin and the muscles in order to avoid this problem.

### 3. What is the earliest age at which liposuction can, or should, be performed?

Liposuction is not recommended for people under 18 years of age.

### 4. Is the procedure painful?

The procedure is conducted using local anaesthetics and sedation, so patients do not feel anything. After the procedure, patients can experience slight vesicant pain that lasts a few days and can easily be managed with pain-killers.

### 5. Is liposuction suitable for people with connective tissue problems?

In cases of severe connective tissue problems, a lift procedure is usually necessary and can also be combined with a liposuction.

## Liposuction – at a glance

### Length of procedure:

- Variable

### Postoperative care:

- Compression garment for 6 weeks
- Lymphatic drainage management
- Endermology

### Anesthesia:

- local

### In-patient stay:

- Outpatient

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### **6. After the liposuction, is it possible to fly to a vacation destination? What about sunbathing?**

To achieve the best results from the procedure, six weeks of continuous compression of the treated areas is necessary. Heat, e.g. sunrays, is not recommended during this period after the operation.