

Liposuction

Definition

Surgical technique for removing excess fatty tissue from deposits under the skin. Disturbed adipose tissue is sucked out using small diameter metal cannulas, which are connected by a hose to a device that generates negative pressure. subcutaneous fat is suctioned from small incisions by repeatedly passing the cannula through the tissues, creating small tunnels after the suctioned fat. When performed correctly, these tunnels create a dense network, which results in an overall and uniform thinning of the subcutaneous fat layer.

During the subsequent healing process, the skin over the treated area shrinks and the desired shape change occurs.

Purpose

- improvement of body contour
- changes in body proportions
- it is not a method of treating obesity or a method of cellulite therapy
- can improve physical appearance and self-confidence (*Liposuction alone will not ensure that you will automatically be perceived more favorably by those around you. Such a change is primarily the result of increased self-confidence resulting from the improvement of your appearance.*)

Although the liposuction method was developed relatively recently, it soon became **the most commonly performed cosmetic surgery** in most developed countries. The popularity of this procedure continues to grow and the number of operated patients increases significantly every year.

The reason

- relatively small operating burden for the patient
- above all, the lasting effect of the procedure

Adult fat cells do not reproduce and once they are removed from your body, they never grow back.

Nevertheless, it should be noted that liposuction is not a substitute for healthy eating habits and sufficient physical activity. If after liposuction you significantly increase your intake of calorie-dense food, the remaining fat cells can significantly increase their volume and the fat layer will increase again. However, this increase in subcutaneous fat is generalized, the proportions achieved by liposuction will basically be preserved.

Advantages

- It practically leaves no visible signs of the operation on the body. The resulting scars are very small and innumerable.
- Depending on the scope of the procedure, liposuction can be performed both under local and general anesthesia, smaller procedures can be performed on an outpatient basis, more extensive procedures require hospitalization.
- Generally considered a safe method, the occurrence of serious complications is more or less rare. If such an event nevertheless occurs, it is practically always associated with a recklessly extensive procedure or insufficient post-operative care.

Links

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- Liposuction techniques

External links

- <http://www.liposukce.cz/>

Source

- JANEČEK, Vladimír: *Liposuction*.



