



Why Slimlipo laser liposuction is much less invasive than normal liposuction. By Dr. Vernon Ching - Plastic Surgeon at Waterfall City Hospital

There is no doubt that exercise and diet is the best way to obtain the shape and figure that you desire; however newer body sculpting technologies allow you to remove excess fat that is not easily lost by diet and exercise.

Overweight patients are not suitable for these procedures as only limited amounts of fat can be removed.

Body contouring is most commonly obtained by liposuction and areas treated include abdomen, hips, inner and outer thighs, arms, knees, back, ankles and buttocks.

Liposuction, one of the most commonly performed cosmetic procedures involves penetrating the skin and then removing excess fat from the tissue under the skin using fine canulae (stainless steel tubes).

Many peer-reviewed articles in the Plastic Surgery literature have shown that fewer complications occur when sedation and local anaesthesia is used as opposed to a general anaesthetic for liposuction.

The Tumescant Local Anaesthesia (TLA) liposuction technique involves the injection of a local anaesthetic and adrenaline solution into the fatty layer that needs to be removed. The adrenaline reduces bleeding as well as intravascular fluid losses and the local anaesthetic allows smaller areas of fatty tissue to be liposuctioned without a general anaesthetic.

Many different techniques can be used to improve body contour and more recently newer, safer laser liposuction technologies (ie. Slimlipo) have been developed to reduce complications, downtime and bruising yet provide significant skin tightening.

Slimlipo liposuction requires the insertion of a 1.5mm probe through a small cut of the skin, laser energy at a wavelength specific for melting fat (924nm) and for the tightening of skin - 975nm is applied. A normal liposuction canula is then used to remove and contour remaining fat. Laser liposuction assists skin tightening and improves skin tone by promoting the growth of new collagen in the treated areas.

The incision sites are often left unsutured to allow free drainage of the melted fat and tumescent solution.

By combining the Tumescant technique with Slimlipo optimal results are obtained. In addition to being minimally invasive with a shorter downtime there is less pain, bruising and swelling.

To further reduce swelling after the Slimlipo laser liposuction procedure Deep InfraRed (DIR) treatments are combined with lymphatic drainage massage to further decrease bruising and tenderness. Unlike normal liposuction there is a shorter garment wearing time : 2 weeks as opposed to 6 to 8 weeks.

With any liposuction procedure it is important that the prospective patient do not choose their doctor solely on cost. Check your surgeon's credentials with the Health Professions Council of South Africa (HPCSA) and The Association of Plastic and Reconstructive Surgeons of South Africa (APPRSA) to ensure you are being attended to by a fully accredited board certified professional.

Also ensure that your surgery is being performed in a fully accredited facility or hospital and that in the event of an untoward incident or emergency all resuscitation facilities are readily available.



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caters to all your aesthetic needs from non-invasive treatments to full on cosmetic surgery. All treatments are performed by or under the direct supervision of a Specialist Plastic Surgeon.

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Cosmetic Procedures offered include Slimlipo Laser liposuction, Body contouring as well as all Breast and Facial cosmetic Procedures.



Waterfall City Hospital,
Suite 101 c/o Magwa Crescent
and Mac Mac Avenue,
Midrand, 1682

Tel (011) 304-7888

Fax (011) 304-7945

www.precision-aesthetics.co.za