



ICCM

INTERNATIONAL CENTRE  
COSMETIC MEDICINE

Liposculture (Liposuction)

# THE DECISION FOR SURGERY:

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## BEYOND VANITY

Society often sees cosmetic surgery as 'vain' and 'self-indulgent', but in many cases, this couldn't be further from the truth. Not everybody who chooses to undergo surgery is a 'housewife of Orange County' and their decision for surgery should not invite judgement. Most people who undergo surgery are people you'd expect to see on the street. They are usually everyday people who understand that surgery is a significant investment and have weighed the pros against the cons. Anyone who seriously considers cosmetic surgery is not vain as it's not a decision that can be made lightly, and often comes after serious emotional consideration. After all, the reason for most people undergoing surgery is that they will 'feel better about themselves', and although this is not always a realistic expectation to have of surgery, it is usually a driving force behind the decision.



## THE LIPOSCULPTURE EXPERIENCE

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Liposculpture is a surgical procedure which assists in the removal of localised deposits of subcutaneous fat from anywhere in the body. A thin, hollow tube called a cannula is inserted through small incisions and used to break apart and suction out unwanted fat using a vacuum-pressure unit, or in some cases, a hand-held syringe. These incisions are concealed within the body's natural folds whenever possible. Our surgeons use the liposculpture method best suited to your individual features, physical needs and aesthetic goals.

## WHAT TYPE OF ANAESTHETIC IS USED?

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For your comfort and convenience, the liposculpture procedure will take place under local anaesthetic with intravenous sedation or under general anaesthetic. We will carefully monitor your physical status throughout the operation and during your recovery.



## WHAT IS THE RECOVERY?

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Post liposculpture surgery, you will be required to wear a compression garment for up to three weeks to help the drainage of fluid, reduction of oedema and collapse of the 'holes' created by the liposculpture. The garment can be removed for you to have a shower. It is normal to experience swelling, bruising and some discomfort post-surgery.

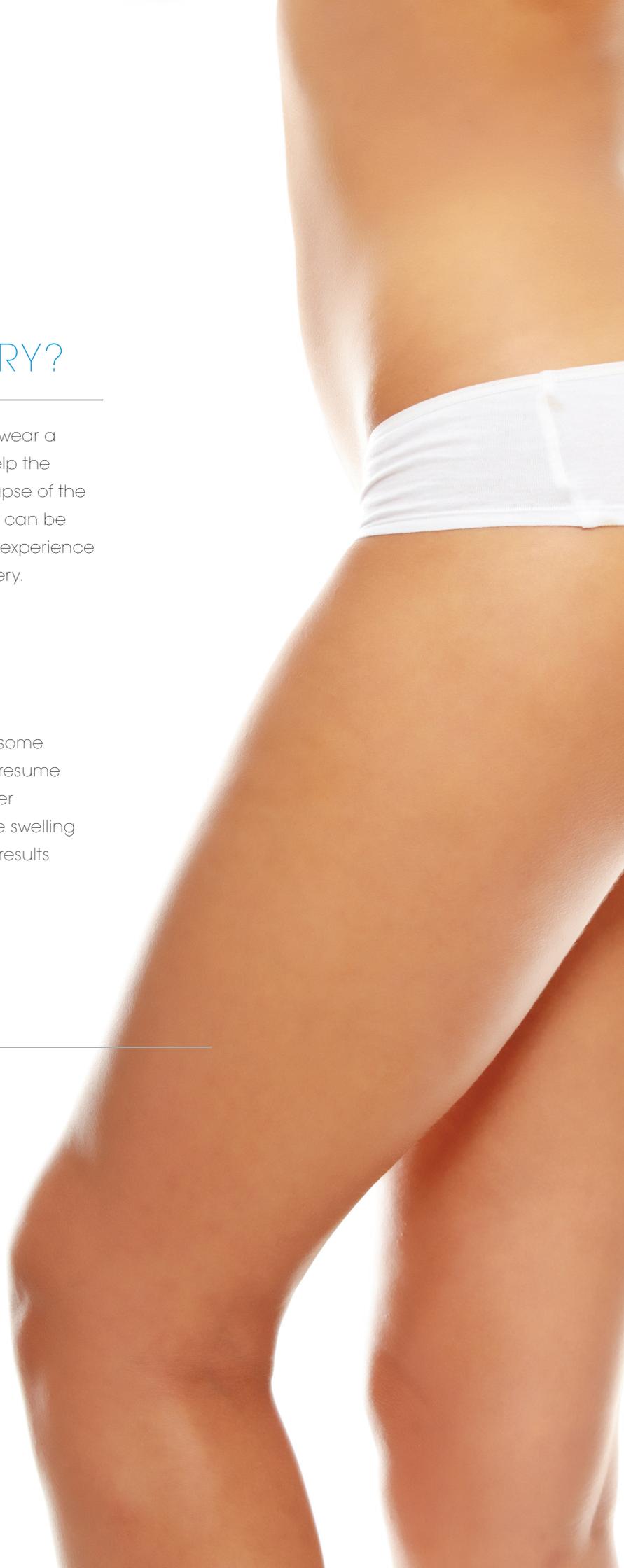
It is important to ensure your surgery incisions are cleaned with Betadine liquid, steri-strips or covered with hypafix until completely healed.

During your recovery, a healthy eating plan and some light exercise are highly recommended. You can resume normal exercise and physical activity 2-4 days after surgery. The length of time until the post-operative swelling has decreased is 4-6 weeks, and the permanent results of liposculpture become visible at 4-6 months.

## WHAT ARE THE POTENTIAL RISKS

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All surgery has risks attached. These, and the steps taken to minimise them, will be discussed with you during your initial and follow-up consultations. These can include, bleeding, infection, skin irregularities, numbness or increased sensitivity, scars, skin bruising, or blood clots. Although these risks are rare under the provision and expertise of ICCM Doctors, it is important these factors are taken into consideration.



## LIPOSCULPTURE COST

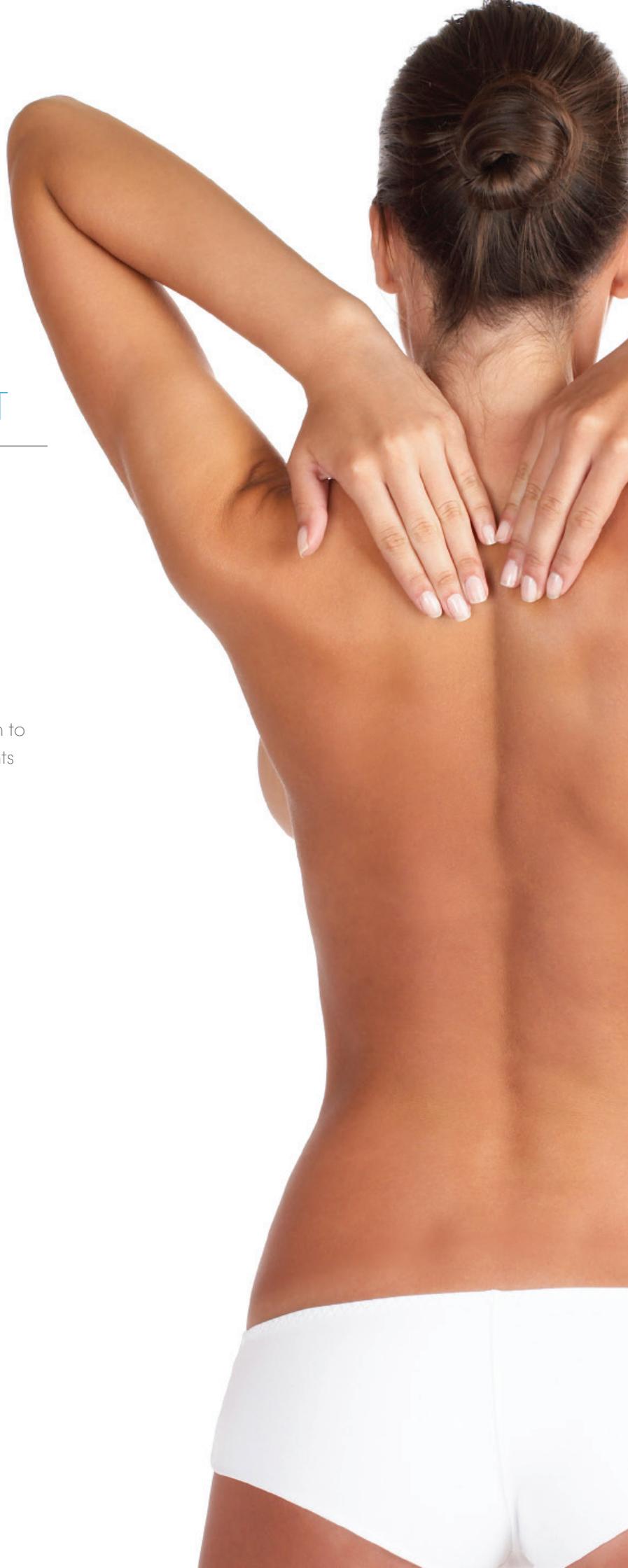
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The price given below is for the purpose of providing a general guideline regarding costs associated with the liposculpture procedure.

### COSTS

*Liposculpture starts at \$3600*

The fee will strongly depend on the individual person, treatment area and desired look. We aim to serve customers who value quality. Our treatments are detailed, highly individualised and honest. Pricing is unique to every patient and will require a consultation to determine a precise cost.



## AM I A GOOD CANDIDATE FOR LIPOSCULPTURE?

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The ideal candidates for liposculpture have a healthy body weight and good skin tone but with localised fat collections.

Patients with good skin elasticity and firmness achieve the best results. You may be a good candidate for liposculpture if you seek fat removal or contouring in any of the following areas:

- Cheek, jowls
- Under chin/neck
- Male chest
- Abdomen
- Arms
- Thighs
- Love handles
- Saddle Bags
- Knees
- Ankles
- Upper back / around bra strap



## THE LAST STAGE OF TRANSFORMATION

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One of the most rewarding surgical procedures is the liposculpture, which can allow men and women to show off significant weight loss results.

Significant weight loss is one of the most intense battles you can have with yourself. Many people who go through this intense journey view liposculpture as the way to finally say goodbye to their old habits and the way they used to feel about their body. This can often be a highly emotional step which is why it's important to visit a surgeon who truly understands your journey and can assess your candidacy for the procedure.

The length and emotional turmoil of this journey are why liposculpture can feel like the light at the end of the tunnel. In many cases, this also delivers the results that post-weight loss patients have been looking forward to for most of their life.



# CONSIDERATIONS FOR POST-WEIGHT LOSS PATIENTS

## CAN LIPOSCULPTURE ACHIEVE WEIGHT LOSS?

It's important to realise that liposculpture is not a weight loss operation. The procedure is designed to improve contour by addressing localised fat deposits that adversely impact body contour.

While liposculpture removes fat cells from the body, it does not guarantee that fat is not deposited again. The purpose of this treatment is to treat your problem areas, which can then be controlled with regular exercise and diet.

## COMBINING A LIPOSCULPTURE WITH ABDOMINOPLASTY

Patients can combine liposculpture with abdominoplasty if they are close to their goal weight, and looking to achieve optimal results. This procedure should be approached with caution and performed by experienced surgeons. By combining these procedures, you are potentially increasing trauma in the area and elongating surgery which can increase risks. It is important you find an extremely trustworthy surgeon and ask them specifically about their experience in this area.



## RECLAIMING YOUR PRE-BABY BODY

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Motherhood can be a wonderful experience and truly enrich your life. At the same time, however, many mothers also become unhappy with their bodies after pregnancy. Pregnancy is a massive change for your body to go through.

### WITH LIPOSCULPTURE

Post-pregnancy liposculpture is becoming increasingly popular among women who are finding it hard to shift the post-pregnancy bulge with diet and exercise alone. We highly recommend women take the time to heal post-birth.



# ACHIEVE YOUR BEST SURGICAL RESULTS

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Surgery does not automatically solve any confidence or lifestyle issues that a person may have. A strong mentality and stable life are an assurance that you can embark on surgery, without the unrealistic reliance that it will fix everything.

For you to achieve the best post-surgery results, it is essential you follow a healthy diet and exercise regime during the lead up to your surgery. ICCM can confirm that surgical results of patients who live a healthy and active life are far greater than those that disregard this guidance.

BEFORE

AFTER



# International Centre of Cosmetic Medicine

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International Centre of Cosmetic Medicine is an advanced cosmetic medical clinic based in Sydney's CBD. The practice focuses on a core philosophy that everybody, regardless of their age, has the right to look and feel their best.

ICCM has brought together some of Australia's finest and highly-esteemed cosmetic surgeons who boast a depth of experience.

Dr Tony Prochazka, Dr Ehsan Jadoon, Dr Jassim Daood and Dr John McHugh are all considered to be among the most experienced surgical and non-surgical physicians in the country.

The whole team is driven by an intense passion for helping patients achieve a happier, more beautiful self, through advanced cosmetic treatments. Their expertise in cosmetic medicine has been showcased through years of exceptional patient results.



# ICCM

INTERNATIONAL CENTRE  
COSMETIC MEDICINE

To book your consultation, call our clinic on  
**(02) 8061 5024**

We are conveniently located in Sydney's CBD, at the top of Martin Place:

**Park House, Level 14, 187 Macquarie Street**

For email enquiries, please contact:  
**info@iccm.com.au**

