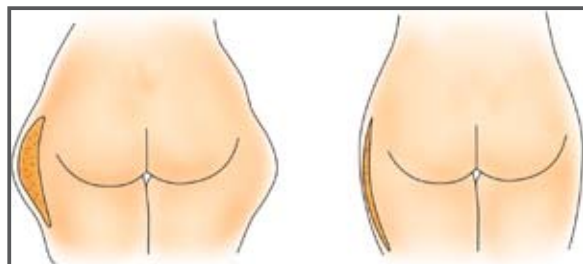


Liposuction

Liposuction began in the 1970s. It is one of the earliest types of minimally invasive cosmetic surgery. To effect localized slimming or body contouring, a single or a few small incisions are made in designated sites to remove the excess fat layer.

Before the surgery begins, saline mixed with sedative and vasoconstrictors are injected into the sites of liposuction. The fat cells swell up and become distended. A single or a number of incisions are made to insert a fine suction cannula. The other end of the cannula is connected to a negative suction device, by which the surgeon draws out the fat tissue bit by bit with negative suction. The fat tissue may need to be broken down by ultrasound before suction.

The procedure is effective in removing excessive fat in the abdomen, sides, waists, inner and outer thighs, legs, arms, neck and face. The incisions are usually 3-4mm in length and the scars are small.



The surgery is suitable for patients with localized fat deposits. Patients with massive obesity, however, should complement abdominoplasty with frequent exercise, dietary guidelines, and even bariatric surgery for optimal weight reduction.

While the risk of surgery is generally low, seroma and wound infection are possible. However, other serious problems like excessive blood loss, uneven contour, uneven skin surface and serious respiratory problems are relatively rare.

Patients with severe heart disease, respiratory disease, poorly controlled diabetes or skin infection are strongly advised against liposuction.



Abdominoplasty

Abdominoplasty is a surgical procedure that removes excessive skin and fatty tissue. It can give a smoother, slimmer body contour shape and tighter skin.

It requires a brief hospital stay and is best done under general anaesthesia. Generally, a long horizontal incision is made just within or above the pubic area. Superfluous fat and skin are excised below the belly button. At the same time, loosened deep tissue is also tightened by suturing.

Fat Transplantation

Fat transplantation or fat injection is a minimally invasive procedure. It is a day surgery that does not require hospital stay. This method can effectively improve the facial depressions and deeper wrinkles (such as the nasolabial fold) with effective and long-lasting results. As an excellent soft tissue filler material, the injected/transplanted fat can also make fuller and plumper lips /face and even out the imperfect body surface.

Fat cells are collected from a region of your body, such as your abdomen, buttocks/ thighs, using a small needle attached to a syringe. After processing, the fat is injected in multiple thin strands into the treatment area (micro fat injection). Slight over-filling is necessary as your body may absorb some of the fat cells. The treated area may be swollen and mildly red after surgery, but will subside in one or two weeks. Repeated fat injections are usually needed to maintain the desired effect.



Post-Surgery care

1. Cover the wound with ice for two days. It helps relieve discomfort and swelling. Take your medicine on time.
2. Return to the Centre as scheduled to remove the stitches.
3. The wound normally feels numb for a period of time.
4. You must wear tight garment during the two weeks after surgery. It speeds up recovery and relieves swelling.
5. Bruises may appear in the treated area. It is a normal reaction that will subside within two to three weeks.
6. Contact the Centre and your doctor if you feel acute pain, heat, swelling, or reddening of the wound.
7. There is no dietary restriction.

For appointment, please contact us at:

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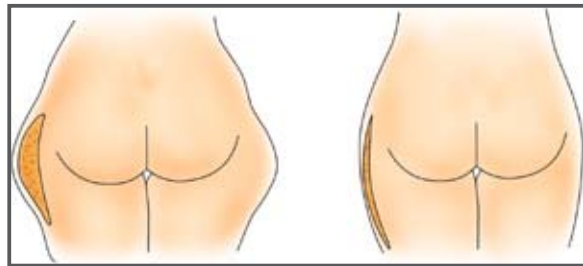
Liposuction, Abdominoplasty & Fat Transplantation
抽脂手術、腹部收緊切皮手術及脂肪移植

抽脂手術

抽脂手術在七十年代面世，是最早期的低創傷性整形手術。整形醫生只須利用數個極微細的切口，便能為病人進行局部纖體塑形。手術的主要目的是減薄脂肪層，改善身形。

手術進行前，醫生會先於選定抽脂的部位，注射混有止痛藥及收縮血管藥的生理鹽水，令該處的脂肪層腫起及收縮血管藥漲大。接著醫生會在抽脂位置作一個或多個小切口，放入幼抽吸導管。導管另一端接駁負壓儀器，利用負壓力量將脂肪組織逐少逐少抽出，必要時會用超音波將脂肪抽走震碎。

手術適合抽減腹部、兩側、腰、大腿內外側、小腿、手臂、頸部和面部的脂肪。手術切口一般只有3至4毫米，疤痕較細。



如病人出現局部脂肪積聚，可接受抽脂手術，塑造身形。若病人患有嚴重肥胖，宜配合運動及營養師的飲食指導，甚至接受其他減肥手術。千萬不可單靠抽脂手術。



如病人情況許可兼醫生進行得宜，抽脂手術風險可以很低。一般而言，手術可能會引起血清腫及傷口發炎。至於出血過量、線條不勻、皮膚凹凸及影響呼吸系統等嚴重情況，則較為罕見。

患有嚴重心臟病、呼吸系統疾病、控制失當的糖尿病或皮膚感染的人士，不宜接收抽脂手術。

腹部收緊切皮手術

腹部收緊切皮手術能有效移除多餘皮膚及脂肪組織，令體態更見纖幼，皮膚更加緊緻。



手術期間，病人需短暫留院及最好作全身麻醉。醫生一般會於恥骨位置或對上作一橫向切口，除去肚臍對下的多餘脂肪及皮膚，並以縫線收緊鬆弛的深層組織。

脂肪移植

脂肪移植或注射是一種日間微創手術，病人無須住院。手術能有效改善面部的凹陷處及較深的皺紋（如虎紋，俗稱笑紋），效果持久；脂肪亦可以填滿皮膚凹陷處，令瘦削的面形更見平滑均勻，雙唇更見豐滿。

手術期間，醫生會用接駁針筒的幼針，抽取身體某部位的脂肪塊（如腹部、臀部及大腿內側位置）。脂肪經特別處理後，會再以多重幼條狀注入有待改善的位置（微注脂肪）。病人有時或需額外注射少量經處理的脂肪，以彌補被身體吸收的脂肪。注射部位會於手術後出現輕微紅腫，約在1至2星期內消退。往後病人一般都要繼續接受注射，以保持原有效果。

手術後護理

1. 在接受手術的位置敷冰2天，有助舒緩不適及消腫。遵照醫生指示服藥。
2. 按醫生指示日期回中心拆線。
3. 手術位置或會於一段時間感到麻木，屬正常情況。
4. 手術後兩星期內要穿上緊身衣，加快康復進度及消腫。
5. 手術後或局部出現正常瘀腫，約2至3星期後漸漸消散。
6. 若發現傷口的紅腫、疼痛及發熱等情況加劇，應立即通知本中心及醫生。
7. 不用戒口。

專科診症，歡迎致電本中心預約

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