

REFINING AND REDEFINING PLASTIC SURGERY

LIPOSUCTION



VIVARI
AESTHETICS

Institute of Surgical Excellence

VIVARI AESTHETICS

The Vivari Aesthetics Institute of Surgical Excellence is a specialised cosmetic surgery facility that combines expert surgical procedures with five-star boutique hospitality.

Vivari Aesthetics is a specialised cosmetic hospital and clinic in Featherbrooke, Johannesburg, South Africa. It is the brainchild of Dr Anushka Reddy, a medical doctor and owner of Medi-Sculpt, a specialised non-invasive cosmetic and anti-ageing clinic that is also on the same property. Dr Reddy's vision is to provide a luxurious and tranquil environment for patients to have their aesthetic procedures done with an option to stay over and be cared for by qualified health professionals post-surgery. The facilities of the hotel are available to them to enjoy.

These facilities have redefined beauty and wellness by combining luxury accommodation with a luxury day spa, a non-invasive aesthetic clinic, as well as a hospital and clinic all on the same property. This offers patients, a private and secure location for a getaway, treatments and ultimately cosmetic procedures in a luxurious and serene setting for recovery.

The facility offers state-of-the-art equipment and fully qualified medical staff, ensuring that our Patients are well looked after pre- and post-surgery, particularly if they choose to stay over post-surgery. The medical staff will be able to provide the patients with the necessary post-surgery care they require while they recover in the hotel.

The cosmetic surgery has a state-of-the-art operating theatre with 5 post-surgical day beds. Accommodation for patients who choose to recuperate at the hotel is directly above the wards with a lift for convenient and easy access to and from the hotel rooms.

CONSULTATION

At Vivari Aesthetics we want to ensure that our patients are well informed and receive professional and trusted advice about their chosen procedures before the day of the procedure. For this reason we have set aside specific days for surgeons to consult with them and respond to any of their queries which will ensure that their chosen procedures are indeed what they require.

We will also provide consultations via Skype for patients who are not able to come in for face-to-face consults.



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LIPOSUCTION

OVERVIEW

Liposuction is a surgical procedure that uses a suction technique to remove fat from specific areas of the body, such as the abdomen, hips, thighs, buttocks, arms or neck. Liposuction also shapes (contours) these areas. Other names for liposuction include lipoplasty and body contouring.

Liposuction is not typically considered an overall weight-loss method or a weight-loss alternative. If you are overweight, you are likely to lose more weight through diet and exercise or through bariatric procedures - such as gastric bypass surgery - than you would with liposuction.

You may be a candidate for liposuction if you have too much body fat in specific areas but otherwise have a stable body weight.

CONSULTATION

FOOD AND MEDICATIONS

Before the procedure discuss with your surgeon what to expect from the surgery. Your surgeon will review your medical history, ask about any medical conditions you may have and any medications, supplements or herbs you may be taking.

Your surgeon will recommend that you stop taking certain medications, such as blood thinners or NSAIDs, at least three weeks prior to surgery. You may also need to get certain laboratory tests before your procedure.

OTHER PRECAUTIONS

If your procedure requires the removal of only a small amount of fat, the surgery may be done in an office setting. If a large amount of fat is to be removed or you plan to have other procedures done at the same time, the surgery may take place in a hospital followed by an overnight stay. In either case, arrange for someone to drive you home and stay with you for at least the first night after the procedure.

WHAT YOU CAN EXPECT

BEFORE THE PROCEDURE

Before your liposuction procedure, the surgeon may mark circles and lines on the areas of your body to be treated. Photos also may be taken so that before and after images can be compared.

How your liposuction procedure is done depends on the specific technique that is used. Your surgeon will select the appropriate technique based on your treatment goals, the area of your body to be treated, and whether you have had other liposuction procedures in the past.

TYPES OF LIPOSUCTION

Tumescent liposuction is the most common type of liposuction. The surgeon injects a sterile solution (a mixture of salt water) which aids fat removal, an anaesthetic (lidocaine) to relieve pain and a drug (epinephrine) that causes the blood vessels to constrict into the area that is being treated. The fluid mixture causes the affected area to swell and stiffen.

The surgeon then makes small cuts into your skin and inserts a thin tube called a cannula under your skin. The cannula is connected to a vacuum that suctions fat and fluids from your body. Your body fluid may be replenished through an intravenous (IV) line.

ULTRASOUND-ASSISTED LIPOSUCTION (UAL)

This type of liposuction is sometimes used in conjunction with traditional liposuction. During UAL, the surgeon inserts a metal rod that emits ultrasonic energy under your skin. This ruptures the fat cell walls and breaks down the fat for easier removal. A new generation of UAL called VASER-assisted liposuction uses a device that may improve skin contouring and reduce the chance of skin injuries.

LASER-ASSISTED LIPOSUCTION (LAL)

This technique uses high intensity laser light to break down fat for removal. During LAL, the surgeon inserts a laser fibre through a small incision in the skin and emulsifies fat deposits. The fat is then removed via a cannula.

POWER-ASSISTED LIPOSUCTION (PAL)

This type of liposuction uses a cannula that moves in a rapid back-and-forth motion. This vibration allows the surgeon to pull out tough fat more easily and faster. PAL may sometimes cause less pain and swelling and can allow the surgeon to remove fat with more precision. Your surgeon may select this technique if large volumes of fat need to be removed or if you have had previous liposuction procedure.

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DURING THE PROCEDURE

Some liposuction procedures may require only local or regional anaesthesia (anaesthesia limited to a specific area of your body). Other procedures may require general anaesthesia, which induces a temporary state of unconsciousness. You may be given a sedative, typically through an IV injection, to help you remain calm and relaxed.

The surgical team will monitor your heart rate, blood pressure and blood oxygen level throughout the procedure. If you are given local anaesthesia and feel pain during the procedure, tell your surgeon. The medication or motions may need to be adjusted.

The procedure may last up to several hours, depending on the extent of fat removal.

If you have had general anaesthesia, you will wake in a recovery room. You will typically spend at least a few hours in the hospital or clinic so that medical personnel can monitor your recovery. If you are in a hospital, you may stay overnight to make sure that you are not dehydrated or in shock from fluid loss.

AFTER THE PROCEDURE

You will experience some pain, swelling and bruising. Your surgeon may prescribe medication to help control the pain and antibiotics to reduce the risk of infection.

The surgeon may leave your incisions open and place temporary drains to promote fluid drainage. You may need to wear tight compression garments for a few weeks to help reduce swelling.

You may need to wait a few days before returning to work and a few weeks before resuming your normal activities, including exercise.

During this time, expect some contour irregularities as the remaining fat settles into position.

RESULTS

After liposuction, swelling typically subsides within a few weeks. By this time, the treated area should look less bulky. Expect the treated area to have a leaner appearance within several months.

It is natural for skin to lose some firmness with ageing, but liposuction results are generally long lasting as long as you maintain your weight. Should you gain weight after liposuction, your fat distribution may change. For example, you may accumulate fat around your abdomen regardless of what areas were originally treated.

VIVARI OVERNIGHT PACKAGES

OPTIONAL PACKAGES FOR HOTEL, RESTAURANT AND SPA	
REFRESH	One night full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*
REVIVE	Two nights full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*
RENEW	Three nights full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*
* Please note that packages exclude incidentals like drinks and any additional spa treatments.	





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Vivari Hotel and Spa
PO Box 576 Featherbrooke 1739
1 Riviera Lane Featherbrooke Ext 8 Johannesburg 1732 South Africa
Telephone +27 (0)10 594 4100
info@vivariaesthetics.co.za vivarihotel.co.za