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Patient information

LIPOSUCTION: Thighs & Knee



Long straight legs in women are considered to be particularly attractive - they are an absolute requirement in the model business. Smooth, straight, firm and well-formed upper and lower legs in women and a clearly defined muscle relief in the upper and lower leg area in men are part of the so-called "perfect bottom and leg shape"

Outer thigh: The tendency to accumulate fat in the outer thigh area can be hereditary. "Saddle-bags" are accumulations of fat on the outer thighs that exceed the level of gender fat distribution. This fat depot on the outer thighs gives the appearance of a large buttocks. Like the buttock area, the outer thigh area is one of those areas that are particularly resistant to any type of diet or physical activity.

Inner Thigh: The tendency to accumulate fat in the inner thigh area can be hereditary. In addition to the aesthetic impairment (thick thighs), a strong accumulation of fat leads to a functional impairment due to rubbing of the legs. The inner thigh area, like the buttocks area, is one of those areas that are particularly resistant to any diet or physical activity.

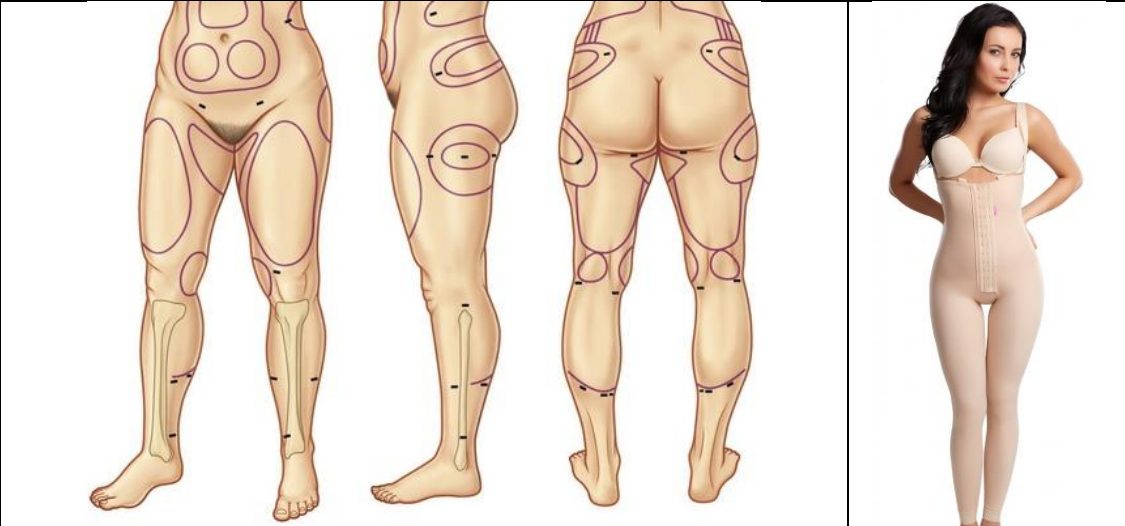
Knee: The tendency to accumulate fat around the inside of the knee can be hereditary. In addition to the aesthetic impairment (thick thighs), a strong accumulation of fat leads to a functional impairment due to rubbing of the legs. In addition to the inside, there are often excess fat deposits above and below the kneecap. The inside of the knee, like the inside of the thigh, is one of those areas that are particularly resistant to any diet or physical activity.

Many patients are discouraged when they see virtually no change in this area after starving off unwanted pounds. Although the rest of the thigh area is often very muscular and well-formed, these love handles are particularly evident when wearing tight clothing and tight pants. Many women therefore prefer to wear wide trousers or skirts. The women affected suffer from this deviation and often have low self-esteem.



The **patient information** only gives a general introduction for a better understanding of aesthetic plastic surgeries. It cannot replace the personal and detailed doctor-patient discussion. To answer your questions for your personal, individual situation, arrange your non-binding personal consultation appointment

<p>Suitable Patients</p>	<p>Liposuction in the thigh & knee area can be performed on men and women who:</p> <ul style="list-style-type: none"> • have a localized accumulation of fat in the area that does not respond to exercise and/or diet • have sufficient elasticity of the skin so that a uniform surface contour can develop after the fat deposits have been removed. Patients with severely slack, inelastic skin, for example after massive weight loss, are often more suitable for tightening operations. • have not undergone frequent weight changes • Expect shape improvement and not weight loss • are mentally stable • have realistic expectations about the outcome of the treatment : The • are well informed of the expected outcome • have sufficient therapy compliance to carry out the necessary protection after the operation and the necessary follow-up treatment with compression • Liposuction is not a substitute for weight loss and is not a suitable method for correcting severe excess weight!
<p>Consultation</p>	<p>In clinical practice, a detailed clinical examination is carried out first;</p> <ol style="list-style-type: none"> 1) What bothers you 2) What are your expectations 3) previous (aesthetic) surgeries 4) general health 5) Development of body shape and body weight 6) lifestyle (sports) 7) Quality of the skin 8) medication 9) allergies <p>The fat pads and body areas to be corrected are discussed and marked with the patient The different treatment options with their advantages and disadvantages, possible results and limitations for the individual case at hand are discussed thoroughly.</p> <p>In a first consultation, the liposuction in the buttock area should be discussed in detail. You can then use this information to think about it further and make a decision. A second consultation can often be necessary if the patient still has questions. The patient should ask these questions – possibly also in writing – and have them answered. The better the patient is informed, the better the treatment can be controlled</p>
<p>Risiks (Informed Consent)</p>	<p>The (inner) thigh and knee region is a very delicate region for liposuction, as an overly aggressive or inexperienced approach here can quickly lead to unsightly dents or a flattened, sagging thighs and knees.</p> <p>With proper technique there are few complications. After liposuction in the abdominal area, bleeding, (temporary) loss of sensation, skin discoloration, accumulation of tissue fluid, inflammation, scarring and the formation of skin bumps can occur. Insufficient skin elasticity can cause the skin to sag. Fine adjustments may occasionally be necessary</p>
<p>Preparation</p>	

	Specific preparation for liposuction is not necessary. Before liposuction, all blood circulation-inhibiting medications must be discontinued, except for heparin	
Treatment	The body areas to be corrected are discussed with the patient and - while standing - marked	
		
Treatment	<p>The treatment can be carried out on an outpatient basis or as a short inpatient (1 night). If there are previous illnesses or further cosmetic procedures are carried out during the same general anesthesia, it makes sense to spend one night in the clinic in order to guarantee medical monitoring in the postoperative phase and to be able to carry out better pain therapy.</p> <p>After injecting the area that is to be sucked out, the fat is removed with fine cannulas via punctiform skin incisions in the back area.</p> <p>Attention must be paid to careful fat removal so that unwanted changes in shape on the skin's surface can be avoided.</p> <p>Compression treatment is started while still on the operating table</p> <p>Depending on the size and location of the fat deposit and the individual requirements, liposuction in the buttock area takes between 60 and 180 minutes.</p>	
Postoperative Care	Hospital stay	1 night
	Antibiotics	Cephazolin 2g single shot
	Pain Management	Cox 2 (Arcoxia™/Etoricoxib 90 - 120mg 1-0-0) for 10 days Panadol 500mg 2-2-2-2 for 3 days
	Fluid intake	3000 ml/day for 5 – 7 days
	Positioning	no restriction while moving and sleeping
	Mobilisation	Early regular mobilization (daily life activities)
	Activities	Movement without force immediately <ul style="list-style-type: none"> - partial load (<10 kg) by 10-14 Days, full exercise (sport) 6 weeks post-op
	Drain	no drain
	Dressing	before dismissal: <ul style="list-style-type: none"> - control of perfusion of the skin flaps check dressing and rule out blister formation
	Thrombosis prophylaxis	<ul style="list-style-type: none"> - Compression stockings - Early mobilization at the day of liposuction - Fluid intake 3000ml/day for 3 – 7 days (Clexane 20 – 40mg for 5 – 7 days)
	Shower	24 – 48 h post-OP (Attention: risk of hypotensive syncope in postoperative hypotension aggravated by vasodilation due to warm water)
	Sick leave	3 – 7 days (depending on extent of liposuction, profession)
	Bath	after complete wound healing (10 days after liposuction)
Removal of stiches	5 – 10 days post-OP	
Skin care	Fat creme 3-5x/d by the patient	

	Scar treatment	Silicone sheet application after complete wound healing + compression until complete scar healing
	Check-up	10 days (suture removal) 3 weeks post-OP (start scar treatment) 6 weeks post-OP (control swelling, control scar treatment) 12 weeks post-OP (control swelling, control scar treatment) 1 year post-OP (long term result)

Results

With liposuction, fat can be permanently sucked out of the fat layer directly under the skin. When the skin is sufficiently elastic, the overlying skin shrinks and the shape changes, which restores a defined appearance and thus improves the buttocks profile overall.

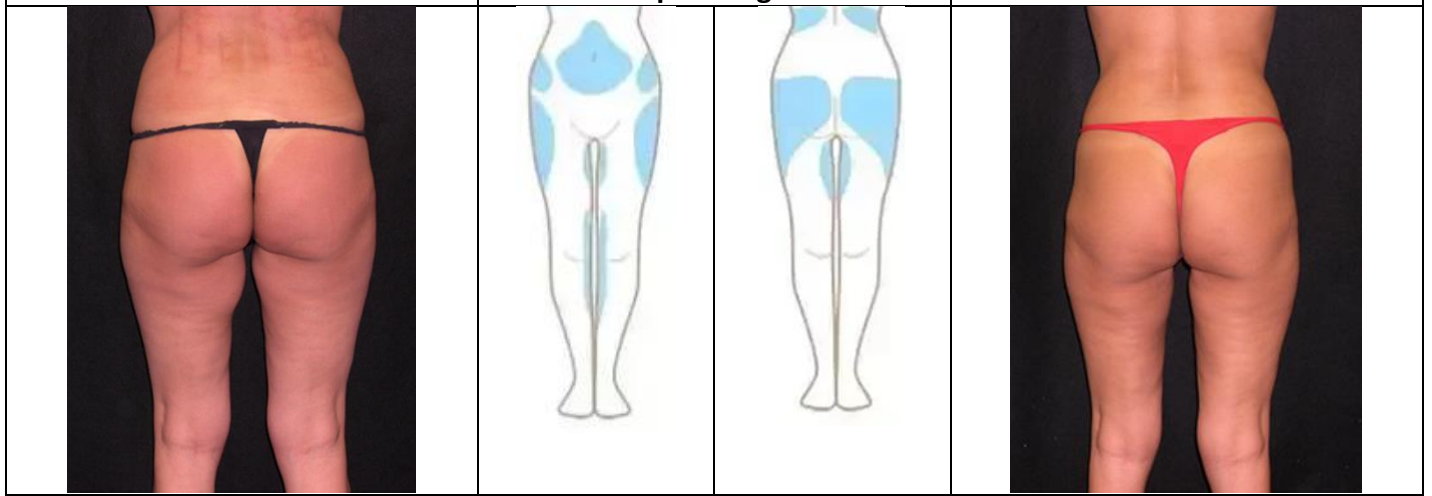
The result of the treatment leads to a significant narrowing and beautification of the lower limb. . A well-formed and firm lower limb gives a younger appearance. After liposuction, patients who used to feel ashamed and hid their figure under their clothes feel noticeably better and dare to show themselves in public with tight-fitting clothes again. Shapely thighs and knees can have a very positive impact on a person's self-confidence. Of course, the clothes also fit better again



before

planning

after



before

during

after



before

after

