

ADIPOSIITY

Adiposity? Sounds intriguing, but it really just means how much extra fat you might be carrying around, and it sounds much better than obesity.



Fat deposits are normal in everyone. The only problem is how much we deposit. This is the evolutionary safety bank where we lay down reserves to guard us against famine. The issue in Australia is that we never have a famine and so we don't use up all those deposits.

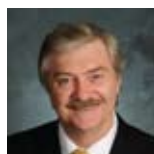
No doubt attention to diet and exercise is important and we cannot ignore this, however when we need a little more assistance what is out there for us? Most people have heard of liposuction where the fatty tissue is removed by suction through small tubes called canulae. This is a very effective method of removing fat and is a very safe procedure. Liposuction is performed well under a twilight type of anaesthetic as a day surgery procedure and there is no need for a hospital stay. When a patient is looking to reshape a part of the body or reduce fatty bulges quickly then liposuction is a great way to achieve this.

Sometimes however patients don't like the thought of anaesthetics or any form of surgery and might turn to a non invasive method called **Zeltiq Coolsculpting**. With this process a vacuum activated apparatus injures and destroys the fat cells via controlled cooling. These cells are then eliminated by the body's natural metabolism over a period of three to four weeks thus resulting in a smoothing of the fat bulges. The ideal areas for **Coolsculpting** are the 'muffin top' or 'love handles' areas or just the little tummy bulge. As there are no needles and no surgery involved, each treatment cycle takes about an hour so it is good to bring along a good book or your iPad to pass the time.

Yet another method to trim the fat and tighten the skin is **Body Tite**. This is most commonly used in conjunction with Liposuction when the problem is not so much fat but loose skin and where the **Body Tite** can be used on its own. **Body Tite** procedure is a lot like Liposuction in that we need to use some local anaesthetic and there will be a little bruising and some discomfort in the post op period. **Body Tite** is a Day Surgery procedure and you are up and walking out approximately an hour after it is completed.

So there are quite a number of avenues open to manage Adiposity – Liposuction for larger volumes; **Body Tite** to tighten the loose skin; **Zeltiq Coolsculpting** to freeze away the smaller bulges and muffin tops. **Which one will suit you?**

Dr John Flynn's Cosmedic and Skin Clinic at 98 Marine Parade, Southport offers a number of ethical and effective surgical and non-surgical procedures. For information visit cosmedic.com.au



Time line of a medical procedure

Much has been made in the media of late about cosmetic surgery holidays in foreign countries. While the initial cost may be cheaper there is an inherent risk with these fly in/fly out procedures, principally in the post operative care. What happens if there is a complication? Do you fly back to Thailand? Many times in the post op phase there are minor things which if seen early can be treated without an issue. Sometimes it is not really a problem at all and the patient just needs some reassurance. What happens if your surgeon is a thousand miles away? The key point – how did you get to see that doctor in the first place? Did you have a consultation at all or any assessment with a doctor?

There are too many advantages of seeing a doctor locally and you should take advantage of this. A consultation is the first step for patients when they can talk freely about their particular needs and ask questions. Prior to proceeding with surgery, some people still have questions after the initial contact and are encouraged to have a second consultation. When a patient is ready and then wants to proceed and book surgery, generally they can get an appointment within a month of the consultation. On the day of the surgery they will be met by our friendly staff and the familiar faces and comfortable surroundings help put people at ease. Naturally there are some formalities to be followed – right patient, right procedure – all of which is done to ensure that the peace of mind and well being of our patients is our primary concern.

The first post-operative appointment is usually the day following surgery when everything is assessed and checked to ensure that all is as it should be. If required, an appointment is scheduled for day six for suture removal. Depending on the procedure they will return for further post-operative consultation as often as necessary over the next few weeks. As much as possible we like to keep in touch with our patients for long term follow up. As an added level of security, every patient is given Dr Flynn's mobile number on the day of surgery and they are freely able to ring him should they have any fears or concerns. This is very different from what you are likely to encounter overseas.