

Before

Your Vaser Liposuction treatment is undertaken at Hans Place Practice (clinic doorbell), 43 Hans Place, London SW1X 0JZ.

Please **DO NOT** take public transport to get to the clinic.

We do offer the option of IV Sedation. If you do opt for IV Sedation you must arrange to have a sensible adult, whom you know, to pick you up from the clinic and escort you home (see separate instruction sheet).

Please arrive on time. This is to eliminate the contact you have with others. If you arrive early you may be asked to come back at your appointed time. A late arrival may result in the procedure not taking place and your treatment fee may be forfeited.

You will be the only client in the clinic for the duration of your procedure. You will have our undivided attention. Maintain social distancing when possible. So, whenever it's possible, please maintain 2m/6ft distance from other people.

When you arrive at the clinic your temperature will be taken, asked to decontaminate your hands, to don a mask & gloves, asked to change your footwear and for any bags and shoes to be placed in larger plastic bags, asked to change into some disposable undergarments, gown and cap.

Use the hand sanitiser. We have set up hand sanitiser dispensers around the clinic. We'd be grateful if you could make use of these during your time in the clinic.

Prior to the treatment, you will have a 20-30 minute consultation with Dr Comins, you will then confirm the areas to be treated which will then be marked out and consent forms to be signed. This is an opportunity to discuss your treatment goals, and to ask any questions you may have. Dr Comins will also use this opportunity to review any side effects or complications you need to be aware of. Dr Comins will also discuss aftercare with you. After an examination and you are completely happy to proceed, you will be taken to be admitted.

What to expect on the day of the treatment

The consultation rooms are set up with video screens. These allow him to work with photographs and animations to discuss the details of various treatments. We will do everything possible to minimise contact. Where a physical examination is necessary, all of our staff will wear PPE.

A nursing member of staff will then admit you. If you are having IV sedation the anaesthetist will also introduce themselves and ask you some questions on your health at this point.

All female patients aged from 18-55 years will be asked to give a urine sample for pregnancy testing regardless of contraception use.

The team at HPP will arrange with yourself and your escort when they will need to return to collect you once your procedure has finished.

During

Dr Comins will take pre-operative photographs and mark the areas to be treated.

Once we are ready, you will be taken through to the operating theatre. Even though we are required to wear PPE, we want you to feel comfortable. Please feel free to talk to the team. We can also put on some music if you wish. We want you to feel safe and as relaxed as possible.

The areas are then thoroughly cleaned with iodine and sterile drapes are applied to minimise the risk of infection. A small amount of local anaesthetic is then infiltrated into the skin using a tiny needle, once number small incisions are made. More watered-down local anaesthetic is then administered, via a 2 mm diameter blunt tube (cannula) into the fatty areas to be treated. Numbness is more or less instant but some people find the local anaesthetic administration quite stingy. This is generally the most painful part of the treatment. Once the local anaesthetic is in place, the Vaser Probe is introduced via the small incisions and the treatment is commenced. Your treatment is generally comfortable; you may feel some tugging and an occasional twinge.

When the Vaser ultrasound is finished and the fat fully emulsified fatty debris is removed with suction. Up to 5% of your body weight up to a maximum of 5 Litres can be removed as a day case sitting in one session. The doctor will also use the suction cannula to sculpt the treatment area ensuring the best possible aesthetic results. Once finished Steristrips and/or stitches and drains are applied to the tiny wounds if required. Some wounds are left open to allow drainage of the local anaesthetic which helps to reduce swelling and post treatment bruising; if drains are applied you will be required to attend an appointment with the nurse 5-7 days post treatment for these to be removed. The wounds are dressed with simple gauze and absorbent pads following which you will then be fitted with a compression garment and/or binder.

The treatment time depends on the size and amount of areas to be treated. With the pre treatment preparation, the actual treatment and discussing the post treatment guidelines afterwards the whole process takes no more than three hours.

After

You will be given detailed pre and post operative instructions on booking.

You are required to wear your compression garment for 2-6 weeks (depending on what areas you are having treated), 24/7 immediately following your treatment. This garment should only be removed to change garment or showering (max 45 mins). After the first 2-6 weeks you may want/or be advised to wear some shapewear, we can advise you where to get these from. You should wear the shape wear garments for an additional 2 weeks, minimum 12 hours a day. You may also be advised to wear foam inserts or foam corsets or binders for the first 1-2 weeks.

You will experience some swelling post treatment. This is particularly apparent immediately afterwards due to the local anaesthetic. This will not, however impede your walking. Due to this swelling you are advised to attend your treatment wearing loose fitting clothes.

You will experience some blood stained watery discharge seeping from the incision wounds, this is quite normal and is the local anaesthetic used. This will usually subside within 48 hours.

The local anaesthetic will last approximately 4-5 hours. Once this wears off, you will experience some discomfort especially for the first 2-4 days. We advise rest for this period.

You will be provided with strong painkillers to help with the discomfort. After 2 days, the discomfort usually settles substantially. However, you may experience a general ache for 1-2 weeks after your treatment. You may also notice some bruising which normally resolves within 3 weeks.

There is a small risk of infection (under 1%), for this reason you will be given a course of antibiotics to take for 3-7days, please try to complete the course.

We suggest you refrain from strenuous exercise for at least 14 days. Please note that during high impact exercise such as jogging, you may feel a background ache in the treatment areas for some weeks. You may benefit from wearing the compression garment or alternative tight support clothing whilst exercising until this symptom resolves.

What to expect on the day of the treatment

We ask you to make a follow-up appointment with the treating doctor about 1-3 weeks after your procedure. Of course, if you have any concerns or questions before this time then please call the clinic. Where possible we will carry these out over a video call. In most cases, we will be able to assess your progress via these calls. If we have any concerns or feel that a video call is not adequate, we will arrange a face to face appointment with you. Your wellbeing is our top priority. Emergency out-of-hours contact details together with other post-treatment instructions will be given to you after the procedure.

Remember the end results do take time to fully manifest, so please be patient. A number of different processes have to occur before end results are seen. Results should begin to appear around 4-6 weeks (sometimes sooner, sometimes longer), and continue to improve over the following 4–6 months.

