



double chin liposuction

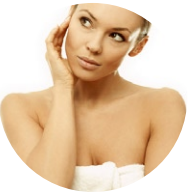
(submental liposuction)

Facial liposuction, also known as sub-mentum or sub-mental liposuction and even facial suction lipectomy, is the removal of fat from under the chin from either an intra oral incision or an extra-oral incision under the chin. It may be performed also through an incision below the jaw or at the jaw angle to remove jawline fat.



about sub-mental liposuction

The great advantage of this procedure is significant reduction in the appearance of excess facial fat causing an overweight or heavy appearance, a nonexistent chin or a large nose even. The double chin is often a result of aging, obesity, or heredity.



You may also choose to have a chin implant while having a sub-mentum liposuction to complete the look.



This procedure is not invasive, but it will cause discomfort and swelling and you will have to take it easy for a proper result.

your consultation

During your consultation, your surgeon will ask information regarding your health, if you smoke, what medications or vitamins you presently take, etc. You will discuss your complaints and concerns and your surgeon will present the various techniques used, the amount that can and should be removed, the incision placements and the risks associated with facial liposuction.



The right candidate for facial liposuction needs to be in good health, not have any active diseases or pre-existing medical conditions. In addition, you need to have realistic expectations of the outcome of their surgery. Communication with your surgeon is crucial in reaching your goal and understanding how this technique can improve your appearance.



preparing for surgery

If you decide to go ahead with the procedure, Dr. Eleftheriou will perform a full consultation, examining your face and making the necessary preparations. He will also walk you through the steps before your operation.

You may be asked to:

- give up smoking to minimize the risk of infection and avoid vein clogging in your legs
- stop taking anti-inflammatory medicines such as aspirin two weeks before surgery to reduce the risk of excessive bleeding

Normally this operation is performed under local anaesthetic and IV sedation. For this reason you will be asked to refrain from eating or drinking for about six hours before the general anaesthetic.

your operation

A facial liposuction procedure takes about 45 minutes to an hour to perform and it is usually performed under general anaesthesia.

With the external incision the cannulae (2-3mm titanium wands attached to a vacuum with a reservoir for the removed fat) will be inserted into the incisions under your chin and under each earlobe and the tip is moved back and forth to loosen the fat. The suction will remove the loosened fat cells and your surgeon will continually pinch your skin between his thumb and forefinger to determine the amount to be removed.

Your surgeon will close your incisions with dissolvable sutures. Your neck and chin may feel tight and quite tender as the anaesthesia wears off. You will be given prescribed medication to alleviate this pain and discomfort.



recovery

- Take it easy and sleep on two pillows to keep your head elevated for 7 to 14 days.
- Your neck and lower face will look even more swollen in the first 3 days. Don't be alarmed. As the days go by the swelling will dissipate.
- There may be bruising, but this will go away, as well. Bruising and swelling are a normal occurrence in most surgeries.
- You will experience some discomfort for several weeks.
- Wash all fruits and vegetables thoroughly before eating.
- Take your prescribed antibiotics in order to avoid infection.

Even though you may feel better, you must take it easy for the first 3 weeks.

- Don't bend over or lift heavy objects.
- Do not raise the blood pressure for at least 3 weeks as this could cause internal bleeding at your treatment area. Your blood vessels dilate to allow increased blood flow when you raise your heart rate.
- Do not participate in contact sports for at least 6 to 8 weeks.

Your swelling will subside within a few weeks, together with all the odd sensations of hollowness under your chin, tingling, the sporadic sharp pain, or pulling, burning, and cold sensations.

risks and complications

Unfortunately, all surgery has risks and complications. With facial liposuction, these include allergic reaction to the anaesthetic used and infection. There could be asymmetry, general dissatisfaction, hematoma or seroma, lumpiness, and/or mottling.

Numbness is possible, it usually subsides within the first few weeks but it may become a permanent issue. Puckering of the skin may occur and deeper than desired depressions may result. Excess scar tissue and lumps are possible as well.