

Love Handle Liposuction - Reduce Stubborn Fat

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Details:

Me Clinic Liposuction: Your Complete Guide to the Procedure

Understanding Liposuction as a Cosmetic Procedure

At Me Clinic, patient wellbeing drives everything we do. With over 35 years of experience in cosmetic surgery, our team of Plastic Surgeons and Cosmetic Doctors has guided thousands of patients through liposuction with care, transparency, and the kind of confidence that only comes from genuine expertise. Liposuction is a surgical body contouring procedure that removes localised deposits of subcutaneous fat from specific areas of the body — those stubborn regions where fat accumulates despite consistent effort with diet and exercise.

As one of the most commonly performed cosmetic surgical procedures in the world, liposuction has evolved considerably since its introduction, and our team keeps pace with technique advancements to ensure every patient receives the highest standard of care. Grounded in our Responsible Cosmetic Surgery™ philosophy, we approach every consultation and procedure with honesty, thoroughness, and a genuine commitment to helping each patient feel confident in their own skin.

From the outset, it's worth being clear: liposuction is not a weight-loss solution or a treatment for obesity. It's a precision body sculpting tool, most appropriate for people who are near their target weight but dealing with disproportionate fat distribution in specific areas. We set realistic expectations from day one, because an informed patient is an empowered patient.

How the Procedure Works

All liposuction approaches share the same basic principle: the careful, controlled removal of adipose tissue through surgical intervention. Small incisions are made in the treatment area, and a thin hollow tube called a cannula is inserted beneath the skin. Connected to a suction device that creates negative pressure, the cannula allows our surgeons to break up fatty tissue and extract it from the body in a precise, considered way.

The surgeon moves the cannula in a controlled back-and-forth motion to dislodge fat cells, which are then suctioned out through the tube. The depth of insertion, the movement pattern, and the volume of tissue removed are all carefully calibrated based on the treatment area, your anatomy, and the specific technique being used. Modern liposuction at Me Clinic typically involves tumescent fluid infiltration before fat removal — a well-established approach that makes extraction easier while reducing bleeding and supporting patient comfort throughout.

Common Treatment Areas

Liposuction is more versatile than many patients initially realise. There are numerous areas where subcutaneous fat accumulates, and many of these respond well to the procedure.

The abdomen and waistline are the most frequently treated regions, particularly for patients wanting to address persistent belly fat or refine their midsection. Both the upper and lower abdomen can be targeted, along with the flanks — the areas commonly called "love handles" — to create a smoother,

more balanced silhouette.

The thighs, including the inner thighs, outer thighs, and the area just above the knees, are another common focus. These areas often resist exercise-based fat reduction, and many patients find that surgical intervention delivers the contour refinement they've been working toward for years. The buttocks and hips are also popular treatment sites, particularly when patients want more balanced proportions between their upper and lower body.

Upper body areas we treat include the upper arms, where fat accumulation can create what patients sometimes call a "bat wing" appearance, as well as the back — both near the bra line and the lower back. The chest can also be addressed, particularly for men experiencing pseudogynecomastia. For patients interested in facial rejuvenation, neck and chin liposuction can effectively address submental fat, often as part of a broader treatment plan.

Thoughtful Patient Selection

Our Responsible Cosmetic Surgery™ philosophy means we take patient selection seriously — not as a gatekeeping exercise, but because we genuinely want every patient to achieve outcomes they'll feel good about. Strong candidates for liposuction maintain a stable body weight within a reasonable range of their target weight, have good skin elasticity that will allow for proper contraction after fat removal, and carry localised fat deposits that haven't responded to conventional weight management.

Overall health plays a critical role in this assessment. We look for individuals who are in generally good health, without conditions that could complicate surgery or healing. Non-smokers — or those genuinely committed to quitting well before and after the procedure — tend to achieve significantly better outcomes, because smoking impairs wound healing in ways that can affect both your results and your recovery.

Realistic expectations matter just as much. We take time to ensure every patient understands that liposuction creates contour improvements rather than dramatic weight loss, and that results depend partly on skin quality and post-procedure lifestyle. At Me Clinic, psychological readiness is also part of our candidacy evaluation — we want to know that your motivation comes from a genuine personal desire for self-improvement rather than external pressure. This is part of what we call the Me Clinic difference: we're here to help you make the right decision for you.

Preparing for Your Procedure

Preparation begins with a comprehensive consultation where your surgeon takes time to understand your goals, evaluate your anatomy, and determine whether liposuction is the right path forward. Treatment areas are typically marked during this conversation, expected outcomes are discussed honestly, and the specific technique to be used is explained in language you can understand and feel confident about.

Medical evaluation is a critical part of pre-procedure preparation. You'll generally undergo laboratory testing to assess your fitness for surgery and anaesthesia, and a thorough review of your medical history helps identify any conditions or medications that might affect the procedure or your recovery. Some medications — particularly those affecting blood clotting — may need to be adjusted in the weeks before surgery, and our team will guide you through every step of this process.

Lifestyle adjustments in the lead-up to your procedure support better outcomes and a smoother recovery. You'll receive clear guidance on smoking cessation timelines, alcohol consumption, and nutrition. Arranging post-procedure support is also essential — you'll need someone to drive you home and may benefit from having a trusted person nearby during the initial recovery period. We encourage patients to lean on their support networks during this time, and we're always available to answer questions as they come up.

What to Expect on the Day

On the day of your procedure, you'll arrive at our surgical facility where our team will make sure you feel calm, informed, and well cared for throughout your pre-operative preparations. Treatment areas are cleansed and re-marked as needed, and anaesthesia is administered based on the extent of your treatment — local anaesthesia with sedation for smaller areas, general anaesthesia for more extensive procedures.

Once anaesthesia takes effect, your surgeon makes small incisions placed strategically to minimise visible scarring — often in natural skin creases or less conspicuous spots. The actual fat removal varies in duration depending on the number and size of treatment areas, typically ranging from one to several hours. Throughout the procedure, our surgical team monitors your vital signs and overall condition, because your safety is never something we take for granted.

After completing the fat removal, your surgeon may insert temporary drainage tubes to prevent fluid accumulation, depending on the technique used and your individual circumstances. Incisions are closed with sutures, and compression garments are applied to the treated areas. These garments serve several important purposes: reducing swelling, supporting healing tissues, and helping your skin conform to its new contours.

Recovery: What the Healing Journey Looks Like

The immediate post-operative period involves your body's natural response to surgical trauma, and we want you to feel prepared for what this means in practice. Swelling, bruising, and soreness in treated areas are entirely expected, with intensity varying based on the extent of your procedure. Some drainage from incision sites is normal during the first few days as residual tumescent fluid and blood-tinged material exits the body — this is a healthy part of healing.

Pain management during recovery typically involves prescribed medications for the first several days, gradually transitioning to over-the-counter options as discomfort decreases. Most patients describe the sensation as feeling more like intense muscle soreness than sharp pain — uncomfortable, but manageable. The compression garment worn continuously during initial recovery provides both physical support and a meaningful degree of comfort.

Activity restrictions during early recovery are there to protect your healing tissues and help you achieve the best possible outcome. You'll generally avoid strenuous exercise and heavy lifting for several weeks, though light walking is encouraged almost immediately to promote healthy circulation and reduce clot risk. Many patients return to desk-based work within a few days to a week, while those with more physically demanding roles may need longer. Our team will provide personalised guidance based on your specific situation, because everyone's recovery looks a little different.

How Your Results Will Evolve

Liposuction results emerge gradually, and patience pays off. Initial changes become visible almost immediately after the procedure, though significant swelling will obscure the final outcome during those early weeks. As major swelling decreases over the first few weeks, you'll begin to see the altered contours — though treated areas may still appear somewhat irregular during this phase.

The three-to-six-month period brings continued refinement as residual swelling resolves and your tissues fully settle into their new configuration. Skin retraction occurs during this timeframe, with the degree of tightening depending on your age, skin elasticity, and the volume of fat removed. Some areas may take up to a year to show their final result, particularly where larger volumes of fat have been addressed. We encourage patients to embrace this process with patience and to stay in touch with our team throughout their recovery.

The final results reflect the permanent removal of fat cells from treated areas. The body cannot generate new fat cells in adulthood, so the cells removed during liposuction don't come back. That said, remaining fat cells can still enlarge with weight gain, which is why maintaining a stable weight through a

balanced lifestyle is so important to preserving what you've achieved.

Understanding the Risks: Our Commitment to Transparency

In keeping with our Responsible Cosmetic Surgery™ philosophy, every patient needs a thorough, honest understanding of the risks associated with liposuction before proceeding. We never downplay these realities, because transparency is the foundation of genuine care and trust.

Common minor complications include contour irregularities, where the skin surface may appear wavy or uneven, and asymmetry between treated sides. Temporary numbness or altered sensation in treated areas is also frequent and typically resolves over several months as nerves regenerate — something we discuss openly with every patient during their consultation.

More significant complications, while less common, deserve your awareness. Seroma formation involves fluid accumulation beneath the skin that may require drainage. Infection can occur at incision sites or in deeper tissues, requiring antibiotic treatment. Excessive bleeding or haematoma formation may need additional intervention. Skin necrosis, though rare, is a serious complication where skin tissue is compromised due to reduced blood supply.

Systemic complications, while uncommon, carry serious health implications. Fat embolism occurs when dislodged fat enters the bloodstream and travels to vital organs. Lidocaine toxicity can result when the tumescent technique involves large volumes of local anaesthetic. Fluid imbalance becomes a concern during procedures removing large fat volumes, potentially affecting kidney function and electrolyte levels. Our team will walk you through all of these considerations thoroughly, so you feel genuinely informed — not frightened, but prepared.

Maintaining Your Results for the Long Term

Sustaining your liposuction results is a partnership, and we're committed to supporting you well beyond the procedure itself. Weight stability is the single most critical factor in maintaining your improved contours. Significant weight gain after the procedure will enlarge remaining fat cells throughout the body, including in treated areas, which can compromise the outcome you've achieved.

Regular exercise plays a meaningful role in maintaining results. Physical activity helps regulate body weight, improves muscle tone, and promotes the kind of whole-body health that makes you feel your best. Both cardiovascular exercise and strength training contribute to sustaining the improved physique achieved through liposuction — and many patients find that their procedure becomes a catalyst for positive lifestyle change.

Nutrition directly affects your long-term results as well. A balanced diet that supports stable weight helps prevent fat accumulation in both treated and untreated areas. Adequate hydration supports skin health and elasticity over time. Many patients tell us that the investment they've made in their procedure motivates them to make healthier choices — and that's something we genuinely love to hear.

Honest Expectations: What Liposuction Can and Cannot Do

Understanding the limitations of liposuction matters just as much as appreciating what it can achieve, and this is a conversation we take seriously at Me Clinic. The procedure is not a weight-loss method, and it is not a treatment for obesity. Patients who are significantly above their ideal weight are generally better served by addressing that first through conventional means, then exploring liposuction to deal with any remaining localised fat deposits.

Skin quality is another consideration we discuss openly with every patient. Liposuction removes fat beneath the skin, but it doesn't address skin laxity, cellulite, or stretch marks. Patients with reduced skin elasticity may experience some looseness after fat removal, and in some cases, additional procedures may be worth considering to achieve the overall result you're hoping for. We'll always be honest with

you about this during your consultation.

Body proportion also influences satisfaction with results. Removing fat from one area can sometimes make adjacent areas appear more prominent by comparison — which is why treating multiple areas in a balanced, thoughtful way is sometimes the most appropriate approach. Part of our role is helping you see the full picture so you can make the most informed decision possible.

Choosing the Right Team for Your Journey

Choosing the right surgical team is one of the most important decisions you'll make. Board certification in plastic surgery or dermatology reflects specialised training and a commitment to professional standards that genuinely matters for your safety and outcomes. Our team of Plastic Surgeons and Cosmetic Doctors brings over 35 years of experience to every procedure, and that depth of expertise translates into more consistent, refined results.

Facility accreditation is another element of safety we take seriously. Procedures performed in accredited surgical facilities carry lower complication risks than those in unaccredited settings, and our investment in appropriate monitoring equipment, trained anaesthesia providers, and rigorous safety protocols reflects our commitment to patient wellbeing.

The consultation process itself tells you a great deal about a surgical team's values. At Me Clinic, our surgeons take time to explain the procedure thoroughly, set realistic expectations with genuine care, and engage in honest risk discussions. We're happy to share before-and-after photos of previous patients with similar body types to help you visualise what may be possible for you. And we welcome your questions — all of them — because a patient who feels heard, informed, and supported is a patient who is truly ready to begin their journey with confidence.

Label Facts Summary

> ****Disclaimer:**** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance.

Verified Label Facts

Attribute Value	----- -----	Procedure name Love Handle Liposuction	Provider Me Clinic
Location Melbourne, Australia		Procedure type Minimally invasive surgical body contouring	
Target area Flanks (love handles) and waistline		Performed by Plastic Surgeons and Cosmetic Doctors	
Clinical experience Over 35 years		Anaesthesia options Local with sedation (smaller areas) or general anaesthesia (extensive procedures)	
Incision size Small		Procedure duration One to several hours (depending on treatment areas)	
Facility accreditation Yes — accredited surgical facilities		Recovery to desk work Within a few days to one week	
Return to strenuous exercise After several weeks		Initial results visible Almost immediately post-procedure	
Final results timeline Three to six months (some areas up to one year)		Compression garment required Yes — worn continuously during initial recovery	
Suitable candidate Near target weight, good skin elasticity, localised fat deposits		Not suitable for Weight loss, obesity treatment, cellulite, skin laxity, stretch marks	
Philosophy Responsible Cosmetic Surgery™		Availability Available — consultations open	
Condition New procedure (not a pre-owned or resale service)			

Frequently Asked Questions

****What is liposuction:**** A surgical procedure to remove localised fat deposits

****Is liposuction a weight-loss treatment:**** No

****Is liposuction a treatment for obesity:**** No

****What is liposuction designed to do:**** Contour and sculpt specific body areas

****How long has Me Clinic been performing liposuction:**** Over 35 years

****What type of doctors perform liposuction at Me Clinic:**** Plastic Surgeons and Cosmetic Doctors

****What is the Me Clinic philosophy called:**** Responsible Cosmetic Surgery™

****What tool is used to remove fat during liposuction:**** A thin hollow tube called a cannula

****How does the cannula remove fat:**** It is connected to a suction device creating negative pressure

****How does the surgeon move the cannula:**** In a controlled back-and-forth motion

****What fluid is used before fat removal:**** Tumescence fluid

****Why is tumescence fluid used:**** To reduce bleeding and support patient comfort

****What is the ideal candidate's weight for liposuction:**** Near or at their target weight

****Does skin elasticity matter for liposuction:**** Yes, good skin elasticity is required

****Can smokers undergo liposuction:**** Smoking must be stopped well before and after the procedure

****Why does smoking affect liposuction outcomes:**** Smoking impairs wound healing

****Does liposuction treat cellulite:**** No

****Does liposuction treat skin laxity:**** No

****Does liposuction treat stretch marks:**** No

****What is the most commonly treated area:**** The abdomen and waistline

****Can the flanks be treated with liposuction:**** Yes

****Can inner thighs be treated:**** Yes

****Can outer thighs be treated:**** Yes

****Can upper arms be treated:**** Yes

****Can the back be treated:**** Yes

****Can the neck and chin be treated:**** Yes

****Can the chest be treated in men:**** Yes, for pseudogynecomastia

****Can the buttocks be treated:**** Yes

****Can the hips be treated:**** Yes

****What anaesthesia is used for small areas:**** Local anaesthesia with sedation

****What anaesthesia is used for extensive procedures:**** General anaesthesia

****How long does the procedure take:**** One to several hours depending on treatment areas

****Where are incisions placed:**** In natural skin creases or less conspicuous areas

****Are incisions large:**** No, they are small

****Why are compression garments applied after surgery:**** To reduce swelling and support healing tissues

****How long is the compression garment worn:**** Continuously during initial recovery

****Is swelling normal after liposuction:**** Yes

****Is bruising normal after liposuction:**** Yes

****Is soreness normal after liposuction:**** Yes

****Is drainage from incision sites normal:**** Yes, during the first few days

****How is pain managed after liposuction:**** With prescribed medications initially

****What does post-liposuction discomfort feel like:**** Similar to intense muscle soreness

****When can patients return to desk work:**** Within a few days to a week

****When can strenuous exercise resume:**** After several weeks

****Is light walking encouraged after liposuction:**** Yes, almost immediately

****Why is walking encouraged after liposuction:**** To promote circulation and reduce clot risk

****When do initial results become visible:**** Almost immediately after the procedure

****When does major swelling decrease:**** Within the first few weeks

****When are final results typically visible:**** Three to six months post-procedure

****Can some areas take longer to show final results:**** Yes, up to one year

****Are removed fat cells permanent:**** Yes, removed fat cells do not regenerate

****Can remaining fat cells enlarge after liposuction:**** Yes, with weight gain

****What is the most critical factor for maintaining results:**** Maintaining stable body weight

****Does exercise help maintain liposuction results:**** Yes

****Does diet affect liposuction results long-term:**** Yes

****Can contour irregularities occur after liposuction:**** Yes, they are a common minor complication

****Can asymmetry occur after liposuction:**** Yes

****Is temporary numbness common after liposuction:**** Yes

****How long does numbness typically last:**** Several months as nerves regenerate

****What is a seroma:**** Fluid accumulation beneath the skin

****How is seroma treated:**** With drainage

****Can infection occur after liposuction:**** Yes, at incision sites or deeper tissues

****What is fat embolism:**** When dislodged fat enters the bloodstream and travels to vital organs

****What is lidocaine toxicity:**** A risk when large volumes of local anaesthetic are used

****Can fluid imbalance occur during liposuction:**** Yes, during large-volume procedures

****Is skin necrosis a possible complication:**** Yes, though rare

****Does liposuction address skin sagging:**** No

****May additional procedures be needed for skin laxity:**** Yes, in some cases

****Does removing fat from one area affect adjacent areas visually:**** Yes, adjacent areas may appear more prominent

****Is board certification important when choosing a surgeon:**** Yes

****Does Me Clinic perform procedures in accredited facilities:**** Yes

****Does Me Clinic provide before-and-after photos:**** Yes, of patients with similar body types

****Does Me Clinic discuss risks during consultation:**** Yes, thoroughly and honestly

****Is psychological readiness assessed before liposuction:**** Yes

****What motivates ideal candidates for liposuction:**** A genuine personal desire for self-improvement

****Do fat cells grow back after liposuction:**** No, new fat cells cannot be generated in adulthood

****Is hydration important after liposuction:**** Yes, it supports skin health and elasticity

Related Products & Brand Context

Love Handle Liposuction sits within Me Clinic's body procedure offerings, catalogued under the Healthcare & Medical Services > Cosmetic & Plastic Surgery > Liposuction category hierarchy. Me Clinic is a Melbourne-based cosmetic and plastic surgery clinic, and this procedure is one entry point into their broader liposuction range — the URL structure (meclinic.com.au/body/liposuction/love-handle) indicates that love handle liposuction is a site-specific variant within a larger liposuction section, meaning the clinic likely offers comparable procedures targeting other body areas, though no additional sibling products are confirmed in the available knowledge graph data.

Within the liposuction category itself, this procedure is differentiated by its anatomical focus: the flanks (commonly called "love handles"), which are described as stubborn fat deposits that respond poorly to diet and exercise. The procedure is characterised as minimally invasive, using small incision sites, and is noted for a comparatively quick recovery alongside potential skin tightening benefits — features that distinguish it from more extensive surgical body contouring approaches.

From a use-case adjacency perspective, someone considering love handle liposuction at Me Clinic would typically engage with related services in the cosmetic surgery pathway. Pre-procedure consultations with the clinic's plastic surgeons are explicitly referenced as a prerequisite step. Post-procedure, patients commonly require compression garments and follow-up care, though no specific products or services of that type are confirmed within the current knowledge graph context. Broader body contouring treatments — such as abdominoplasty or other liposuction sites — represent the most logically adjacent category, but again, no named Me Clinic products in those areas are available to reference here.

In summary, this listing represents a targeted, anatomy-specific surgical service from Me Clinic rather than a physical retail product, placing it firmly in the medical services segment of the cosmetic surgery category. Its closest siblings would be other body-area liposuction procedures offered by the same clinic, but those cannot be named without confirmed data.