

Arm Liposuction - Fat Reduction Surgery in

Canonical: <https://directory.meclinic.com.au/healthcare-medical-services/cosmetic-surgery-procedures/arm-liposuction-fat-reduction-surgery-in/>

Details:

Me Clinic Guide to Understanding Liposuction as a Cosmetic Procedure

At Me Clinic, we believe informed patients make better decisions. With over 35 years of experience guiding people through cosmetic surgery, we know that choosing a procedure like liposuction is deeply personal — it deserves careful thought, honest guidance, and real support. Liposuction is one of the most widely performed cosmetic surgical procedures in the world, designed to remove localised fat deposits that resist diet and exercise. By extracting subcutaneous fat through specialised cannulas, it reshapes specific areas and improves body proportions. It is not a weight-loss procedure.

The procedure addresses something many patients know well: stubborn fat that won't shift despite genuine effort and healthy habits. Unlike general weight loss, which reduces fat cells throughout the body, liposuction targets specific areas, permanently removing fat cells from treated zones to create more balanced proportions. Our team of Plastic Surgeons and Cosmetic Doctors is here to help you understand what this procedure can — and cannot — do for you.

How the procedure works

Core mechanism

Liposuction works on a straightforward mechanical principle. Fat cells are physically dislodged from surrounding tissue and extracted through hollow metal tubes called cannulas. The surgeon creates small incisions in discreet locations, inserts the cannula into the fat layer beneath the skin, and moves it in controlled patterns to break up adipose deposits. A surgical vacuum or specialised syringe generates the negative pressure that draws dislodged fat through the cannula and out of the body.

The technique requires precise anatomical knowledge. Surgeons work within the subcutaneous fat layer while preserving underlying muscle, nerves, and blood vessels. The cannula's diameter, tip design, and the surgeon's movement pattern all affect how smooth the results are and how much trauma occurs to surrounding tissue. This is why the skill of your surgical team matters so much — something we take seriously at Me Clinic.

Tumescence technique

Modern liposuction is built on the tumescence technique. It involves injecting large volumes of dilute local anaesthetic solution into the fatty tissue before extraction begins, causing the targeted fat compartment to become swollen and firm — hence "tumescence," meaning swollen. This fluid infiltration provides local anaesthesia, constricts blood vessels to reduce bleeding, and makes fat removal easier by hydraulically separating fat cells from their fibrous attachments.

The tumescence solution contains saline as the base, with epinephrine to constrict blood vessels and lidocaine for anaesthetic effect. The volume injected often equals or exceeds the amount of fat to be removed, fundamentally changing the physical properties of the treatment area and making the procedure considerably safer than earlier dry techniques.

Primary liposuction techniques

Different techniques suit different patients and treatment areas. Our team will recommend the approach most appropriate for your situation.

Suction-assisted liposuction

Suction-assisted liposuction (SAL) is the standard approach. The surgeon manually moves the cannula through the fat layer while suction removes dislodged tissue. This relies entirely on the surgeon's physical effort and tactile feedback — the surgeon feels tissue density changes and adjusts technique in real time based on resistance encountered. SAL demands significant physical stamina for large-volume procedures but offers excellent control.

Ultrasound-assisted liposuction

Ultrasound-assisted liposuction (UAL) uses high-frequency sound waves to liquefy fat before removal. A specialised cannula emits ultrasonic energy that causes fat cells to rupture through cavitation, while preserving surrounding connective tissue, nerves, and blood vessels, which respond differently to the ultrasound frequency.

UAL is particularly useful in fibrous areas such as the upper back, male chest tissue, or areas where previous liposuction has left scar tissue. The ultrasonic energy pre-treats the fat, making it easier to extract. The technique requires additional training, generates heat that must be carefully managed, and extends procedure time compared to SAL — all factors your surgeon will discuss openly during consultation.

Power-assisted liposuction

Power-assisted liposuction (PAL) uses a cannula that rapidly vibrates or rotates, typically oscillating several thousand times per minute. This mechanical motion helps break up fat, reducing the physical effort required and potentially supporting more even results. Many surgeons find PAL produces smoother contours with less manual effort, though expert judgement regarding depth, pattern, and appropriate volume remains essential.

Laser-assisted liposuction

Laser-assisted liposuction delivers thermal energy through a thin fibre inserted into the fat layer. The laser ruptures fat cell membranes and may stimulate collagen production in the overlying skin, which can tighten skin to some degree — addressing one recognised limitation of traditional liposuction.

The laser component extends both procedure time and cost. The thermal effect requires careful monitoring to prevent burns, and fat removal still depends on suction through a cannula. The laser assists the process but doesn't replace mechanical extraction. Being clear about these details is central to how we practise Responsible Cosmetic Surgery™.

Treatment areas

Common zones

Liposuction can address localised fat deposits across many body regions. The abdomen and waist are the most frequently treated areas, where fat accumulation commonly resists dietary effort. The flanks — love handles — respond particularly well, as this fat tends to be relatively superficial and accessible.

Thigh treatments cover both inner and outer regions, addressing inner thigh friction and the outer saddlebag contour. Hip and buttock liposuction reshapes the lateral profile, while the back and bra-line area often shows dramatic improvement given the relative ease of treating these regions.

Upper arms benefit from liposuction, particularly the posterior and medial aspects where fat deposits create unwanted fullness. The neck and chin area, while smaller in volume, can produce striking profile improvements when submental fat is carefully removed.

Male chest treatment addresses gynecomastia — the appearance of breast tissue in men — though this often requires combining liposuction with direct glandular tissue excision for the best outcome.

Volume considerations

The amount of fat removed in a single session significantly affects both safety and logistics. Small-volume liposuction, extracting less than 2–3 litres, typically proceeds as an outpatient procedure with minimal systemic impact.

Large-volume liposuction — generally considered as removing 5 litres or more of total aspirate — carries greater physiological demands. Removing large fat volumes causes fluid shifts, requires longer anaesthesia, and increases risks including fluid imbalance and temperature dysregulation. Our team will discuss these considerations candidly, because patient wellbeing comes first.

Multiple areas may be treated simultaneously, though surgeons carefully balance comprehensive correction against procedure length, patient positioning, and cumulative demands on the body. Some patients require staged procedures, treating different regions in separate sessions months apart.

Candidate selection

Who is a good candidate

Good liposuction outcomes start with careful patient selection. Ideal candidates maintain a stable body weight within a reasonable range of their target, have localised fat deposits rather than generalised obesity, and possess good skin elasticity that allows the skin to contract smoothly over the new contour.

Health status critically affects candidacy. Patients should be non-smokers, or willing to stop smoking for an appropriate period before and after surgery, as smoking impairs healing and increases complication risks. Chronic medical conditions must be well-controlled, and patients need realistic expectations about results.

Age affects outcomes primarily through skin quality rather than any specific number. Younger patients typically show better skin retraction, while older individuals may experience some residual looseness even after fat removal. Previous pregnancies, significant weight fluctuations, and genetics all influence skin elasticity and therefore final results.

What liposuction cannot do

Liposuction removes fat. It does not address skin laxity, muscle tone, or stretch marks. Patients with significant loose skin often need excisional procedures like a tummy tuck, either instead of or alongside liposuction. The procedure also cannot eliminate cellulite, which results from structural connections between skin and underlying tissue rather than fat volume alone.

This is not a weight-loss tool. The maximum safe volume removal in a single session limits how much weight is lost, and liposuction works best as a contouring procedure for people already close to their goal weight. Patients hoping for dramatic weight reduction, or treating liposuction as a substitute for sustainable lifestyle changes, are often disappointed — and we would rather have that honest conversation upfront.

The procedure also cannot prevent future weight gain. While treated fat cells are permanently removed, remaining fat cells throughout the body can expand if weight increases, and new fat can accumulate in untreated areas, potentially creating contour irregularities over time.

The procedure

Pre-operative preparation

Our consultation process is thorough and unhurried. We establish your treatment goals, assess candidacy carefully, and evaluate skin quality, fat distribution, and expectations in detail. Physical examination while standing reveals how gravity affects contours and helps identify asymmetries that may benefit from correction.

Pre-operative marking occurs either the night before or immediately before surgery, with you standing. Your surgeon outlines treatment zones, indicating areas of maximum correction and transition zones where careful feathering prevents visible demarcation lines.

Patients typically undergo laboratory testing to confirm health status and must stop medications that increase bleeding risk for an appropriate period before surgery. Clear instructions regarding fasting, skin preparation, and arranging post-operative support ensure the day of your procedure runs smoothly.

Surgical process

Anaesthesia selection depends on the extent of treatment. Smaller areas may proceed under local anaesthesia with oral sedation, while more extensive procedures typically use general anaesthesia or deep intravenous sedation to ensure comfort throughout what may be a multi-hour process.

After anaesthesia takes effect, your surgeon infiltrates tumescent solution through small access incisions, allowing time for the fluid to work and for vasoconstriction to reach its maximum benefit. Fat removal then follows systematic patterns, with the surgeon regularly assessing contour from multiple angles and comparing sides for symmetry.

The surgeon addresses deeper fat layers first, then refines more superficial planes. Too much superficial work risks contour irregularities; too little leaves thickness that compromises the final result. This layered approach requires both technical skill and the kind of aesthetic judgement that comes with years of practice.

After completing fat extraction, incisions are closed with fine sutures or left to heal by secondary intention, depending on surgeon preference and incision size. Compression garments are applied immediately to minimise swelling and support treated areas during initial healing.

Recovery and results

Immediate post-operative period

The first 24 to 48 hours involve the most intense swelling and discomfort. Treated areas feel tender, tight, and significantly swollen. Drainage of residual tumescent fluid through incisions is normal and expected, requiring absorbent padding beneath compression garments.

Pain levels vary based on treatment extent, individual tolerance, and technique used. Most patients describe significant soreness rather than sharp pain — comparable to intense muscle strain after vigorous exercise. Prescribed pain medication manages discomfort during these initial days.

Compression garments must be worn consistently — typically 24 hours daily for the first several weeks. They minimise fluid accumulation, reduce swelling, support tissues as they settle, and may improve the smoothness of your final contour.

Progressive healing

Swelling peaks around three to five days post-operatively, then gradually diminishes. Patients typically return to desk work within several days to a week, depending on procedure extent and individual recovery. Strenuous exercise usually remains restricted for three to six weeks to protect healing tissues.

Bruising varies among individuals and treatment areas, typically resolving over two to three weeks. Numbness in treated areas is common, as minor nerve branches experience temporary trauma during the procedure, with sensation gradually returning over weeks to months.

At two to three weeks, significant swelling has subsided and meaningful improvement becomes visible, though your shape continues evolving. By six weeks, most swelling has resolved and you can assess your contour with reasonable accuracy — though subtle refinement continues for months beyond this point.

Final results and longevity

Final results typically become apparent around three to six months post-operatively, as residual swelling resolves and tissues fully settle. Some surgeons note continued subtle improvement up to one year after surgery as skin remodelling completes.

The removed fat cells cannot regenerate, making results permanent in that respect. However, remaining fat cells can enlarge with weight gain, and fat can accumulate in untreated areas. Maintaining stable weight through balanced nutrition and regular exercise is the most effective way to preserve results long-term.

Skin continues ageing naturally after liposuction. While improved contour persists, skin quality changes over time due to ageing, sun exposure, and lifestyle factors. Some patients return in subsequent years to address new concerns or age-related changes, and we're always here to offer honest guidance when that time comes.

Potential risks and complications

Every surgical procedure carries potential complications. Our Responsible Cosmetic Surgery™ philosophy means we discuss risks clearly, without glossing over them.

Common minor issues

Contour irregularities are the most common aesthetic concern after liposuction. Small depressions, asymmetries, or wavelike texture may result from uneven fat removal, inadequate skin retraction, or individual healing factors. Minor irregularities often improve with time, though some may require revision procedures.

Temporary firmness and lumpiness occur during healing as the body forms scar tissue and remodels treated areas. This typically resolves progressively, though it can take several months. Persistent firmness may indicate excessive scar tissue formation requiring additional attention.

Prolonged swelling occasionally affects some patients, with areas remaining puffy for many months beyond typical recovery expectations. This response varies unpredictably among individuals.

Serious complications

Infection remains a risk with any surgical procedure, though proper sterile technique and antibiotic protocols minimise its likelihood. Signs include increasing pain, redness, warmth, fever, and purulent drainage — any of which warrant prompt medical attention.

Seroma formation — fluid accumulation beneath the skin — may develop after liposuction, presenting as a soft, fluctuant swelling. Small seromas often reabsorb on their own; larger collections may require drainage.

Blood clots, both at the surgical site (haematoma) and in leg veins (deep vein thrombosis), are serious risks. Extended procedures, limited mobility during recovery, and individual clotting tendencies all contribute. Preventive measures include early mobilisation and, in some cases, blood-thinning medications.

Pulmonary embolism, while rare, is life-threatening if a blood clot travels to the lungs. Fat embolism, where fat droplets enter the bloodstream, can similarly cause serious systemic problems. These risks reinforce why appropriate patient selection, experienced surgical technique, and diligent post-operative care matter so much.

Lidocaine toxicity is a consideration in large-volume liposuction using the tumescent technique, as significant amounts of local anaesthetic are introduced. Surgeons carefully calculate dosing based on patient weight and treatment area size to manage this risk.

Skin necrosis, burns from energy-assisted devices, and organ perforation with deep cannula passes are rare but serious technical complications. These risks are a clear reason to choose a surgical team with genuine experience, thorough training, and an unwavering commitment to patient safety.

Getting the best outcome

Before surgery

Achieving stable weight before surgery allows your surgeon to accurately assess and treat appropriate volumes. Weight fluctuation immediately before surgery complicates planning and may prompt postponement.

Good nutritional status, adequate hydration, and well-managed chronic health conditions all support healing capacity. Certain supplements and medications should be discontinued under medical guidance to minimise bleeding risk — your Me Clinic team will provide clear, personalised guidance on this.

Reviewing before-and-after photos of comparable cases and having thorough consultations helps align your goals with achievable outcomes. Understanding that liposuction creates meaningful improvement rather than a complete transformation prepares you realistically for your results.

After surgery

Consistent compression garment wear has a real impact on results. It minimises swelling, promotes skin retraction, and may improve contour smoothness. Removing garments prematurely undermines this benefit.

Following activity restrictions protects healing tissues from trauma that could cause bleeding, increased swelling, or contour disruption. Gradually resuming activities as cleared by your surgeon balances protection with the healthy circulation that reduces clot risk.

Attending all scheduled follow-up appointments allows your surgeon to monitor healing closely, address concerns early, and provide guidance tailored to your recovery. Good hydration and proper nutrition throughout recovery support tissue repair.

Long-term maintenance

Weight stability is the single most effective way to preserve liposuction results. Even modest weight gain can begin to compromise contours as remaining fat cells enlarge. Sustainable eating habits and regular physical activity are the best investment you can make in your surgical outcome.

Sun protection, consistent moisturisation, and targeted topical treatments may support skin quality over the years ahead. While these measures can't reverse all natural ageing effects, they contribute to maintaining overall aesthetic results.

Some patients benefit from non-surgical treatments in subsequent years. Skin tightening technologies, injectable treatments for residual fullness, or other body contouring options may complement liposuction results as part of a broader maintenance plan.

Making an informed decision

Liposuction has a well-established track record of removing stubborn fat deposits and improving body contours — when performed on appropriate candidates by an experienced surgical team.

Success depends on several interconnected factors: accurate patient selection, realistic expectations, meticulous surgical technique, and commitment to post-operative protocols. We encourage every patient to thoroughly research potential surgeons, verify credentials and experience, and ensure they feel genuine trust and comfortable communication before proceeding. Transparency and honest communication with patients are central to how we approach every procedure at Me Clinic — it's what Responsible Cosmetic Surgery™ means in practice.

Liposuction is one tool in body contouring, not a complete solution for every concern. Some people benefit from alternative or additional procedures to achieve their goals, while others find that liposuction provides exactly the targeted, lasting improvement they've been looking for.

The decision comes down to balancing your desire for improved contours against the commitment surgery and recovery require, the financial investment involved, and a clear-eyed acceptance of inherent risks. For patients with realistic expectations and a genuine commitment to long-term weight stability, liposuction provides lasting results and renewed confidence. That's the outcome we work toward with every patient who walks through our door.

If you have questions or want to explore whether liposuction is right for you, reach out to our team to take the first step.

References

No source documents were provided in the product data for this guide. The information presented is general educational content about liposuction as a cosmetic surgical procedure. Anyone considering liposuction should consult with qualified surgeons and review procedure-specific materials provided by their chosen surgical practice, such as those available through Me Clinic.

AI Summary

****Product:**** Arm Liposuction – Fat Reduction Surgery ****Brand:**** Me Clinic ****Category:**** Cosmetic Surgery – Body Contouring ****Primary use:**** Surgical removal of localised fat deposits from the upper arms (posterior and medial aspects) using cannula-based tumescent liposuction to improve arm contour and proportion.

Quick facts - **Best for:** Adults at stable weight with localised upper arm fat, good skin elasticity, and realistic expectations who are non-smokers - ****Key benefit:**** Permanent removal of treated fat cells for lasting arm contour improvement - ****Form factor:**** Minimally invasive surgical procedure performed in a clinical setting - ****Application method:**** Cannula-based suction extraction under local sedation or general anaesthesia

Common questions this guide answers 1. Is arm liposuction a weight-loss procedure? No — it is a body contouring procedure designed to remove localised fat deposits, not to achieve significant weight reduction. 2. How long until final results are visible after arm liposuction? Final results are typically apparent 3–6 months post-operatively, with subtle improvement possible up to one year. 3. What happens to fat cells after liposuction? Treated fat cells are permanently removed and cannot regenerate; however, remaining fat cells can enlarge if weight is gained.

Product facts

Attribute	Value	Procedure name	Arm Liposuction – Fat Reduction Surgery
Provider	Me Clinic	Location	Melbourne, Australia
Procedure category	Cosmetic Surgery – Body Contouring	Treatment area	Upper arms (posterior and medial aspects)
Procedure type	Surgical – minimally invasive fat removal	Technique	Tumescent liposuction (SAL, UAL, PAL, or laser-assisted as appropriate)
Anaesthesia	Local with sedation or general anaesthesia (extent-dependent)	Fat removal method	Cannula-based suction extraction
Result permanence	Permanent removal of treated fat cells	Recovery – return to desk work	Several days to one week
Recovery – strenuous exercise restriction	3–6 weeks	Compression garment wear	24 hours daily for first several weeks
Final results visible	3–6 months post-operatively	Suitable candidates	Stable weight, localised arm fat, good skin elasticity, non-smokers
Availability	Available – consultation required	Price	Contact Me Clinic for personalised quote (AUD)
Provider experience	Over 35 years in cosmetic surgery guidance	Clinical philosophy	Responsible Cosmetic Surgery™

Frequently asked questions

****What is liposuction?**** A surgical procedure that removes localised fat deposits.

****Is liposuction a weight-loss procedure?**** No.

****What is liposuction designed for?**** Body contouring and reshaping specific areas.

****Does liposuction remove fat cells permanently?**** Yes, treated fat cells are permanently removed.

****Can removed fat cells regenerate?**** No.

****Can fat return after liposuction?**** Yes, remaining fat cells can enlarge with weight gain.

****Can fat accumulate in untreated areas after liposuction?**** Yes.

****What does liposuction use to extract fat?**** Hollow metal tubes called cannulas.

****How are fat cells removed during liposuction?**** Negative pressure draws dislodged fat through the cannula.

****What generates suction during liposuction?**** A surgical vacuum or specialised syringe.

****What is the tumescent technique?**** Injecting dilute local anaesthetic solution into fat before extraction.

****What does tumescent mean?**** Swollen, referring to the fluid-infiltrated tissue.

****What does the tumescent solution contain?**** Saline, epinephrine, and lidocaine.

****What does epinephrine do in tumescent solution?**** Constricts blood vessels to minimise bleeding.

****What does lidocaine do in tumescent solution?**** Provides local anaesthetic effect.

****Does the tumescent technique make liposuction safer?**** Yes, compared to earlier dry techniques.

****What is SAL?**** Suction-assisted liposuction — the standard manual approach.

****What is UAL?**** Ultrasound-assisted liposuction using high-frequency sound waves.

****What does UAL do to fat cells?**** Ruptures them through cavitation before removal.

****Is UAL useful for fibrous areas?**** Yes, particularly effective in fibrous tissue.

****What is PAL?**** Power-assisted liposuction using a vibrating or rotating cannula.

****What does PAL reduce for the surgeon?**** Physical effort required during the procedure.

****What is laser-assisted liposuction?**** Liposuction using thermal laser energy to rupture fat cells.

****Can laser-assisted liposuction tighten skin?**** Possibly, by stimulating collagen production.

****Does laser-assisted liposuction still require suction?**** Yes, mechanical extraction is still required.

****Is laser-assisted liposuction more expensive?**** Yes, the laser component extends cost.

****What is the most commonly treated area for liposuction?**** The abdomen and waist.

****Can liposuction treat the flanks?**** Yes, love handles respond particularly well.

****Can liposuction treat the thighs?**** Yes, both inner and outer thighs.

****Can liposuction treat the upper arms?**** Yes, particularly the posterior and medial aspects.

****Can liposuction treat the neck and chin?**** Yes, submental fat removal can improve profile.

****Can liposuction treat male chest tissue?**** Yes, for gynecomastia treatment.

****Does male chest liposuction sometimes require additional procedures?**** Yes, often combined with glandular tissue excision.

****What is small-volume liposuction?**** Removing less than two to three litres of fat.

****What is large-volume liposuction?**** Removing five litres or more of total aspirate.

****Is large-volume liposuction riskier?**** Yes, it carries increased physiological demands.

****What risks does large-volume liposuction increase?**** Fluid imbalance and temperature dysregulation.

****Can multiple areas be treated in one session?**** Yes, though the surgeon carefully balances extent.

****Are staged procedures sometimes necessary?**** Yes, treating different regions in separate sessions.

****Does liposuction treat skin laxity?**** No.

****Does liposuction eliminate cellulite?**** No.

****Does liposuction improve muscle tone?**** No.

****Does liposuction remove stretch marks?**** No.

****What procedure addresses loose skin after liposuction?**** Excisional procedures like a tummy tuck.

****What is the ideal candidate weight for liposuction?**** Stable weight close to their target.

****Does skin elasticity affect liposuction results?**** Yes, good elasticity supports smoother outcomes.

****Do younger patients get better skin retraction?**** Yes, typically better than older patients.

****Should candidates be non-smokers?**** Yes, or willing to cease smoking before and after surgery.

****Why must smokers quit before liposuction?**** Smoking impairs healing and increases complication risks.

****When does pre-operative marking occur?**** The night before or immediately before surgery.

****Why is pre-operative marking done standing?**** Gravity affects contours and reveals true fat distribution.

****What anaesthesia is used for smaller liposuction areas?**** Local anaesthesia with oral sedation.

****What anaesthesia is used for extensive liposuction?**** General anaesthesia or deep intravenous sedation.

****When does the surgeon infiltrate tumescent solution?**** After anaesthesia takes effect.

****Which fat layer does the surgeon address first?**** Deeper fat layers first, then superficial refinement.

****When are compression garments applied?**** Immediately after surgery.

****How long must compression garments be worn daily?**** Typically 24 hours daily for the first several weeks.

****When does post-operative swelling peak?**** Around three to five days after surgery.

****When can patients typically return to desk work?**** Within several days to a week.

****How long are strenuous exercise restrictions in place?**** Three to six weeks typically.

****When does bruising typically resolve?**** Over two to three weeks.

****Is numbness normal after liposuction?**** Yes, due to temporary minor nerve trauma.

****When does sensation return after liposuction?**** Gradually over weeks to months.

****When can patients assess contour with reasonable accuracy?**** Around six weeks post-operatively.

****When are final liposuction results typically apparent?**** Three to six months post-operatively.

****Can subtle improvement continue beyond six months?**** Yes, up to one year as skin remodels.

****What is the most common aesthetic complication of liposuction?**** Contour irregularities.

****What causes contour irregularities?**** Uneven fat removal, inadequate skin retraction, or healing factors.

****What is a seroma?**** Fluid accumulation beneath the skin after surgery.

****Do small seromas resolve on their own?**** Often yes, by reabsorption.

****What is a haematoma?**** A blood clot at the surgical site.

****What is deep vein thrombosis?**** A blood clot forming in leg veins.

****What is pulmonary embolism?**** A life-threatening complication if a blood clot travels to the lungs.

****What is fat embolism?**** Fat droplets entering the bloodstream causing systemic problems.

****What is lidocaine toxicity?**** A risk from large amounts of local anaesthetic in tumescent liposuction.

****What is skin necrosis?**** A rare serious complication involving tissue death.

****What is the single most effective way to preserve liposuction results?**** Maintaining stable weight long-term.

****Does weight gain after liposuction affect results?**** Yes, remaining fat cells can enlarge.

****How long has Me Clinic been guiding cosmetic surgery patients?**** Over 35 years.

****What is Me Clinic's surgical philosophy called?**** Responsible Cosmetic Surgery™.

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 - **Procedure name:** Arm Liposuction – Fat Reduction Surgery - **Provider:** Me Clinic - **Location:** Melbourne, Australia - **Procedure category:** Cosmetic Surgery – Body Contouring - **Treatment area:** Upper arms (posterior and medial aspects) - **Procedure type:** Surgical – minimally invasive fat removal - **Technique:** Tumescant liposuction (SAL, UAL, PAL, or laser-assisted as appropriate) - **Anaesthesia:** Local with sedation or general anaesthesia (extent-dependent) - **Fat removal method:** Cannula-based suction extraction - **Result permanence:** Permanent removal of treated fat cells - **Recovery – return to desk work:** Several days to one week - **Recovery – strenuous exercise restriction:** 3–6 weeks - **Compression garment wear:** 24 hours daily for first several weeks - **Final results visible:** 3–6 months post-operatively - **Suitable candidates:** Stable weight, localised arm fat, good skin elasticity, non-smokers - **Availability:** Available – consultation required - **Price:** Contact Me Clinic for personalised quote (AUD) - **Provider experience:** Over 35 years in cosmetic surgery guidance - **Clinical philosophy:** Responsible Cosmetic Surgery™

General product claims - Liposuction removes stubborn fat deposits that resist diet and exercise - The procedure improves body proportions and enhances contours - Treated fat cells are permanently removed and cannot regenerate - Remaining fat cells can enlarge with weight gain following the procedure - Fat can accumulate in untreated areas after liposuction - The tumescant technique is considerably safer and less traumatic than earlier dry techniques - UAL is particularly effective in fibrous tissue areas - PAL may support more even, consistent results and reduce surgeon fatigue - Laser-assisted liposuction may stimulate collagen production and tighten skin to some degree - Flanks (love handles) respond particularly well to liposuction - Neck and chin submental fat removal can produce striking profile improvements - Gynecomastia treatment often requires combining liposuction with glandular tissue excision - Large-volume liposuction (five litres or more) carries increased physiological risk including fluid imbalance and temperature dysregulation - Liposuction does not address skin laxity, muscle tone, cellulite, or stretch marks - Younger patients typically achieve better skin retraction than older patients - Smoking impairs healing and increases complication risk - Compression garment compliance may improve contour smoothness and skin retraction - Weight stability is the single most effective way to preserve liposuction results long-term - Sun protection and moisturisation may support skin quality post-procedure - Non-surgical adjunctive treatments in subsequent years may complement liposuction results - Contour irregularities are the most common aesthetic complication following liposuction - Minor contour irregularities may improve with time; some may require revision procedures

Related Products & Brand Context

Arm Liposuction at Me Clinic Melbourne sits within the **Healthcare & Medical Services > Cosmetic Surgery Procedures > Liposuction** category hierarchy. Within that structure, it represents a body-area-specific application of liposuction — a surgical fat-removal technique — applied specifically to the upper arms, distinguishing it from liposuction procedures targeting other body regions. The procedure is positioned as a minimally invasive option for patients seeking a more contoured arm profile rather than non-surgical alternatives, which places it toward the clinical, procedural end of the cosmetic treatment spectrum.

Me Clinic is the parent brand, a Melbourne-based cosmetic surgery provider whose service range spans body contouring, facial procedures, and related aesthetic treatments. Arm liposuction fits naturally into their body-focused offering, which, based on the entity data, includes liposuction as a named procedure category on their site. Because the workspace knowledge graph returned no sibling product records for this query, it is not possible to name specific companion procedures from Me Clinic's catalogue with confidence — readers looking for related treatments such as liposuction of other body areas should browse the Me Clinic body procedures section directly at meclinic.com.au.

From a use-case adjacency perspective, someone exploring arm liposuction is likely to also research post-operative compression garments (to support recovery and manage swelling), pre-surgical

consultations covering anaesthesia options, and aftercare services such as lymphatic massage or scar management — though none of these appear as named products in the current linked entity data. The procedure description notes that Me Clinic offers personalised treatment plans with experienced plastic surgeons, suggesting that consultation services are a natural first step before the surgical procedure itself.

In terms of category position, arm liposuction is a targeted sub-procedure within the broader liposuction category, differentiated from general or multi-area liposuction by its anatomical focus on the upper arm. This makes it most relevant to patients whose primary concern is excess fat in that specific area, rather than those seeking broader body contouring across multiple regions.