

Liposuction Melbourne - Fat Removal and Body

Canonical: <https://directory.meclinic.com.au/healthcare-medical-services/cosmetic-surgery-procedures/liposuction-melbourne-fat-removal-and-body/>

Details:

Me Clinic Liposuction: A Complete Guide to Body Contouring

Overview of Liposuction as a Body Contouring Procedure

At Me Clinic, liposuction is one of the most frequently performed procedures we offer — a surgical option designed to address stubborn, localised deposits of subcutaneous fat that won't respond to diet and exercise, no matter how consistent the effort. With over 35 years in cosmetic surgery, our team of Plastic Surgeons and Cosmetic Doctors knows that patients rarely come to us purely for aesthetic reasons. For most people, it's about feeling comfortable in their own bodies.

The procedure works on a straightforward principle: a surgeon inserts a thin, hollow tube called a cannula through small incisions in the treatment area, breaks up fat deposits with controlled movements, then extracts them via medical suction. This removal of fat cells from specific areas produces immediate volume reduction that becomes more visible as post-operative swelling subsides over the following weeks and months.

Liposuction is not a weight-loss solution — and we'll always be direct about that. It's a body contouring procedure for patients who maintain a relatively stable weight but carry disproportionate fat in specific areas. It works well for the abdomen, flanks, thighs, buttocks, arms, back, chest, and neck. Because removed fat cells don't regenerate, results last as long as weight stays stable. Remaining fat cells can still expand with significant weight gain, which our surgeons discuss openly during every consultation.

Primary Liposuction Techniques

Our surgical team is experienced across several liposuction techniques. The approach we recommend is based on your individual anatomy, goals, and overall wellbeing — not convenience.

Tumescant liposuction

Tumescant liposuction is the foundational modern technique and the most commonly used method across our team. Before fat removal begins, the surgeon infuses the treatment area with a large volume of dilute local anaesthetic mixed with epinephrine. This causes the targeted fat compartments to become firm and swollen, which makes fat removal easier and more controlled while reducing blood loss and providing pain relief that often extends well past the procedure itself.

For smaller treatment areas, tumescant liposuction can be performed under local anaesthesia alone, though many practitioners combine it with sedation or general anaesthesia for patient comfort during larger procedures. The epinephrine constricts blood vessels, dramatically reducing bleeding compared to older dry liposuction methods — a meaningful improvement that reflects decades of refinement in surgical practice.

Ultrasound-assisted liposuction

Ultrasound-assisted liposuction (UAL) delivers ultrasonic energy through a specialised cannula to liquefy fat before removal. The vibrations target fat cell membranes, causing them to rupture while leaving surrounding connective tissue, nerves, and blood vessels largely unaffected. Pre-liquefying the

fat allows for easier extraction with less physical force.

UAL is particularly useful in fibrous areas where fat is interwoven with dense connective tissue — the upper back, the male chest in gynecomastia treatment, and areas with scar tissue from previous surgeries. It enables more precise contouring in these regions, though it requires longer operating time and carries a specific risk: thermal injury if the ultrasonic probe contacts skin or stays stationary too long. Our surgeons will walk you through what this means for your particular case.

Laser-assisted liposuction

Laser-assisted techniques use laser energy transmitted through a thin fibre to rupture fat cell membranes via thermal energy. The laser wavelength targets fat cells while encouraging collagen fibres in the surrounding dermis to contract, which can provide some skin tightening — a potential advantage for patients with mild skin laxity.

The liquefied fat can be suctioned out or, in very small treatment areas, left for the body to metabolise. Laser-assisted methods typically use smaller cannulas, which may mean less trauma and bruising. To be straightforward: clinical studies show mixed results on whether outcomes are meaningfully better than tumescent technique alone, and our surgeons will give you an honest read on what's most likely to work for your goals.

Power-assisted liposuction

Power-assisted liposuction (PAL) uses a mechanised cannula that vibrates or rotates rapidly, letting the surgeon break up fat with less manual effort. This mechanical assistance reduces physical demands during lengthy procedures or when treating fibrous areas, and can allow for more precise sculpting with less practitioner fatigue.

The rapid movement fragments fat more efficiently than manual cannula work alone, potentially shortening procedure time and reducing trauma to surrounding tissue. Our surgeons often choose PAL for large-volume cases, dense or fibrous areas, and revision liposuction where scar tissue complicates fat removal.

Patient Candidacy and Evaluation

Every patient deserves honest guidance — and that starts with a thorough assessment of whether liposuction is genuinely the right path for you.

Good candidates are within roughly 30 percent of their ideal body weight, with specific areas of localised fat that haven't responded to diet and exercise. This procedure doesn't substitute for a weight-loss programme or address obesity; it refines body contours in people who are already near their target weight and want proportional improvement in particular areas.

Skin quality matters significantly. Patients with good skin elasticity tend to get the most satisfying results, because their skin contracts smoothly over newly contoured areas. Those with poor skin tone, significant stretch marks, or substantial laxity may see irregular contours, dimpling, or loose skin after fat removal. In these cases, our surgeons may recommend surgical excision procedures that address excess skin more directly — and they'll explain exactly why, so you can make a fully informed decision.

Medical evaluation covers overall health and identifies anything that might increase surgical risk or affect healing. Our team reviews cardiovascular health, bleeding disorders, medications (particularly blood thinners), smoking status, and previous surgical history. Conditions like uncontrolled diabetes, significant heart disease, or active infections need to be properly managed before elective liposuction can proceed.

Psychological readiness and realistic expectations matter just as much. Liposuction addresses localised contour irregularities — it doesn't promise a complete transformation, and we'd never suggest otherwise. Patients who come in seeking modest, proportionate refinement and understand what the

procedure can realistically achieve consistently report higher satisfaction. Our consultation process is designed to give every patient the time and space to ask questions, voice concerns, and genuinely understand what their journey might look like.

The Surgical Procedure Process

Pre-operative preparation

Before surgery, your surgeon marks the treatment areas while you're standing, because gravity affects fat distribution and body contours. These markings guide cannula placement and help ensure symmetric, balanced fat removal. Patients typically receive antibiotics to reduce infection risk and may be given medications to minimise bruising and swelling.

Anaesthesia choice depends on the size of the treatment area and your personal preferences. Smaller areas may proceed comfortably under local anaesthesia with oral sedation; more extensive procedures typically use general anaesthesia or deep intravenous sedation. Your anaesthesia choice affects recovery time, overall cost, and the level of monitoring required — all of which our team will explain clearly before you decide anything.

Infiltration and fat removal

Once anaesthesia takes effect, your surgeon makes small incisions — typically 3–4 mm — placed in natural skin creases or inconspicuous locations near the treatment areas. Tumescence solution is carefully infiltrated into the targeted fat compartments, with several minutes allowed for the fluid to take full effect.

The surgeon then inserts the cannula and uses controlled, methodical back-and-forth movements to dislodge fat while applying suction simultaneously. Working systematically, the surgeon treats deeper fat layers before addressing more superficial areas, regularly assessing contour from multiple angles to ensure smooth, symmetric results.

Fat volume removed varies based on treatment area size, individual anatomy, and safety parameters. Most surgeons limit removal to 5 litres or less per session to minimise physiological stress, though smaller reductions are more typical. Preserving an adequate fat layer is essential to preventing contour irregularities and maintaining a natural appearance — something our experienced surgeons are highly attuned to.

Closure and post-operative management

After fat extraction, your surgeon may leave small incisions open to allow residual tumescent fluid and blood-tinged drainage to exit during the initial recovery hours, which reduces swelling and haematoma risk. Alternatively, small sutures may partially close incisions while still permitting drainage. Compression garments are then applied and will need to be worn for several weeks — they play a direct role in controlling swelling and supporting healing tissue.

Most liposuction procedures are performed as day surgery, so patients go home the same day once they've recovered from anaesthesia and met discharge criteria. Large-volume cases may occasionally require overnight observation to monitor fluid balance and vital signs. You'll need a trusted adult to drive you home and help during the first 24 hours, and we'll make sure both you and your support person feel fully prepared.

Recovery Timeline and Expectations

Understanding what to expect at each stage of recovery makes a real difference to how patients experience healing.

Immediate post-operative period

The first 48 hours involve significant drainage of blood-tinged tumescent fluid from incision sites, which requires absorbent padding beneath compression garments. Swelling, bruising, and soreness peak during this initial week. Most patients describe the discomfort as resembling intense muscle soreness rather than sharp pain — manageable with prescribed pain medication at first, transitioning to over-the-counter options within a few days.

Most patients return to desk work within 3 to 7 days, though physical exertion must stay limited. Compression garments should be worn continuously except for brief showers, providing the support that reduces swelling and helps skin conform to new contours. Light walking starts immediately to promote circulation and reduce thrombosis risk, while strenuous activity, heavy lifting, and vigorous exercise are off limits for 3 to 4 weeks.

Intermediate healing phase

Weeks 2 through 6 bring gradual swelling reduction and bruising resolution, with treated areas progressively softening as inflammation subsides. Firmness, numbness, or irregular texture during this phase is normal and temporary, reflecting tissue inflammation and nerve regeneration following surgical disruption. We encourage patients to reach out to our team with any questions during this period — we're here throughout the process.

Surgeons typically clear patients for full exercise and physical activity around weeks 4 to 6, once incisions have healed and major swelling has resolved. Compression garment requirements may shift from continuous wear to nighttime-only use, or be discontinued entirely, depending on your surgeon's protocol and your individual healing progress.

Long-term results

Final results emerge gradually over 3 to 6 months as residual swelling resolves and skin contracts over newly contoured areas. Some patients experience minor swelling that persists up to a year, particularly in the lower body where gravity influences fluid distribution.

Maintaining results long-term comes down to stable weight management. The fat cells removed during liposuction don't regenerate, making the contour improvement permanent in treated areas. Remaining fat cells can enlarge with weight gain, which may gradually reduce results. Significant weight fluctuation can create new disproportion as untreated areas accumulate fat while treated regions stay relatively stable — your surgeon will discuss this honestly during your consultation.

Potential Risks and Complications

Our commitment to Responsible Cosmetic Surgery™ means we'll always be transparent about the risks associated with any procedure. Being fully informed is your right, and it's the foundation of a relationship built on genuine trust.

Common minor complications

Temporary numbness affects most patients, as surgical trauma temporarily disrupts small sensory nerves in treated areas. Sensation typically returns gradually over weeks to months, though occasionally patients experience prolonged or permanently altered sensation in small regions. Bruising and swelling are expected healing responses rather than true complications, though the extent varies considerably between individuals.

Asymmetry or contour irregularities may become apparent as swelling subsides, sometimes requiring revision procedures to smooth uneven areas or address under- or over-correction. Skin dimpling, waviness, or a slightly baggy appearance can occur — particularly in patients with poor skin elasticity or when excessive superficial fat removal compromises the smooth appearance of the remaining fat layer.

Serious complications

Infection is infrequent but requires prompt antibiotic treatment and occasionally drainage of infected fluid collections. Signs to watch for include increasing pain, warmth, redness, and fever days after initial recovery has begun. Proper sterile technique and perioperative antibiotics reduce this risk substantially, though some inherent risk remains with any surgical procedure.

Seroma formation — accumulation of clear fluid in treated areas — occurs when disrupted lymphatic channels leak fluid into surgical spaces. Small seromas often resolve on their own; larger collections may require needle drainage or, rarely, surgical intervention. Persistent seromas can delay healing and increase infection risk if not managed, which is why attending all follow-up appointments matters.

Excessive blood loss rarely occurs with modern tumescent technique but was a significant concern with older methods. The epinephrine in tumescent solution constricts blood vessels, dramatically reducing bleeding during and after surgery. Despite this improvement, large-volume liposuction can still involve meaningful blood loss in rare cases, and our team monitors this carefully throughout your procedure.

Deep vein thrombosis and pulmonary embolism are serious complications where blood clots form in leg veins and potentially travel to the lungs. Risk increases with procedure length, patient immobility, and certain medical conditions. Early ambulation, compression devices, and in some cases blood-thinning medications help reduce this risk, though it can't be eliminated entirely.

Fat embolism — where dislodged fat enters the bloodstream and travels to the lungs or brain — is extremely rare but serious, causing respiratory distress or neurological symptoms and requiring immediate medical intervention. Our team's experience and commitment to surgical safety protocols are your strongest safeguards against this outcome.

Cost Considerations and Financing

Liposuction costs vary based on geographic location, surgeon experience, the extent of treatment areas, facility fees, and anaesthesia type. Single-area treatment typically ranges from \$2,000 to \$5,000 AUD, whilst multiple areas or large-volume procedures may cost \$10,000 AUD or more. These figures generally include surgeon fees, facility charges, anaesthesia, compression garments, and follow-up care — though we always encourage patients to confirm exactly what their quoted price covers so there are no surprises.

Insurance rarely covers liposuction, as it's classified as elective cosmetic surgery rather than medical necessity. Exceptions exist when the procedure addresses specific medical conditions such as lipedema, though coverage requires thorough documentation of medical indication. Most patients pay out-of-pocket or use healthcare financing options. Our team is happy to walk through all available payment arrangements during your consultation — without pressure, and without any artificial urgency.

To be clear: cost should not be the primary criterion when choosing a surgeon. Board certification, experience, facility accreditation, and the quality of outcomes matter far more than finding the lowest price. Complications from poorly performed liposuction can require expensive revision procedures and cause permanent harm, which is why thorough surgeon vetting is worth the effort regardless of cost differences.

Selecting a Qualified Surgeon

Board certification by the relevant surgical board means a surgeon has completed rigorous training and passed comprehensive examinations demonstrating surgical competency. These credentials require ongoing education to maintain, keeping surgeons current with evolving techniques and safety standards. Board certification establishes the minimum qualification standard you should expect.

Specific liposuction experience matters enormously. Surgeons who regularly perform body contouring procedures develop refined technique and aesthetic judgement that translates to better outcomes and lower complication rates. During your consultation at Me Clinic, you're welcome to ask about your surgeon's liposuction volume, preferred techniques, and complication rates. Our surgeons welcome

these questions — transparency is something we genuinely value, and an engaged patient asking good questions is a sign the consultation is going well.

Reviewing before-and-after photographs of the surgeon's previous patients gives meaningful insight into their aesthetic style and technical capability. Look for patients with similar body types and treatment goals to your own, paying attention to contour smoothness, symmetry, and natural appearance. Our surgeons maintain extensive photo galleries demonstrating their work across a wide range of body types and treatment areas.

Facility accreditation confirms the surgical centre meets established safety standards for equipment, emergency protocols, and staff credentials. Procedures performed in accredited ambulatory surgery centres or hospitals carry an additional layer of safety oversight compared to unaccredited office-based settings. We encourage all patients to verify that their chosen facility holds accreditation from recognised organisations and maintains appropriate emergency equipment.

At Me Clinic, over 35 years of practice has been built on integrity, surgical expertise, and genuine care for every patient. The difference isn't only technical — it's the relationship we build with you, the honesty we bring to every conversation, and the commitment we make to your wellbeing long after your procedure is complete.

References

No source documents provided for this product.

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

Verified label facts

- **Procedure name:** Liposuction — Fat Removal and Body Contouring Surgery - **Provider:** Me Clinic - **Location:** Melbourne, Australia - **Procedure category:** Elective Cosmetic Surgery — Body Contouring - **Techniques offered:** Tumescant, Ultrasound-Assisted (UAL), Laser-Assisted, Power-Assisted (PAL) - **Treatable areas:** Abdomen, flanks, thighs, buttocks, arms, back, chest, neck, face - **Surgeon experience:** Over 35 years in cosmetic surgery - **Anaesthesia type:** Local, intravenous sedation, or general anaesthesia (procedure-dependent) - **Procedure setting:** Day surgery; overnight observation for large-volume cases - **Maximum fat removal per session:** Up to 5 litres - **Incision size:** 3–4 mm - **Compression garment required:** Yes — worn continuously for several weeks post-operatively - **Return to desk work:** 3–7 days - **Return to full exercise:** Approximately 4–6 weeks - **Final results timeline:** 3–6 months; minor swelling may persist up to 12 months - **Single-area cost (indicative):** \$2,000–\$5,000 AUD - **Multi-area or large-volume cost (indicative):** \$10,000+ AUD - **Insurance coverage:** Generally not covered (elective cosmetic procedure) - **Availability:** Available now - **Pre-operative marking:** Performed whilst patient is standing to account for gravitational effects on fat distribution - **Tumescant solution components:** Dilute local anaesthetic mixed with epinephrine - **Epinephrine function:** Constricts blood vessels to reduce bleeding - **UAL mechanism:** Ultrasonic energy liquefies fat prior to removal - **PAL mechanism:** Mechanised cannula vibrates or rotates to break up fat - **Laser-assisted mechanism:** Laser energy transmitted via thin fibre to rupture fat cell membranes through thermal energy - **Incision placement:** Natural skin creases or inconspicuous locations near treatment areas - **Support person required:** Yes — for the first 24 hours post-operatively - **Procedure classification:** Elective cosmetic surgery (not classified as medical necessity for insurance purposes) - **Insurance exception cases:** Conditions such as lipedema may qualify for coverage with documented medical indication

General product claims

- Liposuction addresses localised fat deposits resistant to diet and exercise - Removed fat cells do not regenerate; results are described as long-lasting provided weight remains stable - Remaining fat cells can expand with significant weight gain, potentially diminishing results - UAL is described as leaving surrounding connective tissue, nerves, and blood vessels relatively unaffected - UAL is stated to be particularly effective for fibrous areas including upper back, male chest, and areas with scar tissue - Laser-assisted liposuction theoretically provides some degree of skin tightening; clinical studies show mixed results regarding superiority over tumescent technique alone - PAL is described as reducing physical demands on the surgeon and potentially shortening procedure time - PAL is stated to be preferred for large-volume, fibrous, or revision cases - Tumescent technique is described as dramatically reducing bleeding compared to earlier dry liposuction methods - Early ambulation is stated to reduce deep vein thrombosis risk - Fat embolism is characterised as extremely rare - Me Clinic describes its approach as "Responsible Cosmetic Surgery™" - Board certification is presented as the minimum qualification standard patients should expect when selecting a surgeon - Facility accreditation is recommended as an indicator of safety standards - Cost is stated to not be the primary criterion for surgeon selection - Me Clinic presents itself as having a reputation grounded in integrity, expertise, and patient care built over 35 years

Related Products & Brand Context

This listing covers liposuction and liposculpture procedures offered by **Me Clinic**, a Melbourne-based cosmetic surgery provider. Within the category hierarchy it sits under Healthcare & Medical Services → Cosmetic Surgery Procedures → Liposuction, placing it firmly in the clinical end of body contouring — distinct from non-invasive fat-reduction treatments and closer to procedures requiring a qualified plastic surgeon and an operating environment.

Me Clinic has over 35 years of operating history in cosmetic surgery, and liposuction sits alongside what would typically be a broader range of surgical and non-surgical body procedures within that kind of practice. Because the workspace knowledge graph returned no sibling product records for this brand at the time of writing, specific companion procedures (such as abdominoplasty, breast surgery, or facial procedures that Me Clinic may offer) cannot be named here without risk of fabrication. Readers interested in Me Clinic's full procedure range should refer directly to meclinic.com.au.

Within the liposuction procedure itself, the entity describes four distinct technique options: tumescent liposuction, ultrasound-assisted liposuction, laser lipolysis, and power-assisted liposuction. These are not separate products but method variants delivered under the same service, allowing the treating surgeon to select the approach most suited to the treatment area — whether that is the face, arms, abdomen, or thighs. This breadth of technique coverage is what differentiates a full surgical liposuction service from narrower offerings that may provide only one method.

From a use-case adjacency perspective, someone considering liposuction commonly also investigates pre-operative consultations, post-operative compression garments, and surgical aftercare products. Skin-tightening procedures are also frequently explored alongside fat removal, particularly for areas where skin laxity may follow volume reduction. None of those adjacent products are currently linked in the knowledge graph for this workspace, so no specific names can be cited here — but they represent the natural consideration set for a buyer researching this procedure.