

Liposuction Cost Guide and Pricing Information -

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Details:

Me Clinic Liposuction: Understanding the Procedure, Techniques, and Results

At Me Clinic, we know that deciding to consider liposuction is deeply personal — and we want you to feel genuinely supported throughout the process. With over 35 years of experience helping patients feel more confident in their own skin, our Plastic Surgeons and Cosmetic Doctors are committed to giving you the honest advice and guidance you need to make a truly informed decision about your care.

Liposuction is a surgical body contouring procedure that removes localised fat deposits from specific areas of the body. It's one of the most frequently performed procedures at Me Clinic, addressing fat accumulation that persists despite consistent effort with diet and exercise. Liposuction is about reshaping body contours, not losing weight — and understanding that distinction matters when forming realistic expectations from the outset.

The procedure involves inserting a thin, hollow tube called a cannula through small incisions in the skin. The cannula is moved carefully back and forth to break up fat cells, which are then suctioned out using a surgical vacuum or syringe. While several techniques exist, the core principle is the same: precise removal of fat cells from targeted areas to create more balanced body proportions.

Liposuction permanently removes fat cells from treated areas, though the cells that remain can still expand with weight gain. It works best for people at or near their ideal body weight who have good skin elasticity and realistic expectations — something our team will always explore openly with you during your consultation.

Common treatment areas

Different body regions respond differently to liposuction based on fat distribution, skin quality, and underlying anatomy. Our surgeons assess each area individually to ensure your treatment plan is tailored to your specific anatomy and goals.

Upper body regions

The abdomen is one of the most commonly treated areas, where fat deposits often resist even disciplined diet and exercise. Liposuction can address both superficial and deeper abdominal fat layers, though the approach must account for abdominal musculature and the presence of visceral fat — the fat beneath the muscle layer that liposuction cannot remove. Your surgeon will explain this clearly during your consultation so you have a complete picture of what the procedure can realistically achieve.

The flanks, commonly called "love handles," respond well to liposuction because fat deposits there tend to be localised. The back — both upper and lower — can also accumulate fat that creates unwanted bulges in fitted clothing, and careful contouring here can make a meaningful difference.

Upper arm liposuction targets the area between the elbow and shoulder where fat can create a disproportionate appearance. This region requires careful technique given its proximity to nerves and the importance of preserving natural arm contours.

Lower body regions

The thighs offer multiple treatment zones: inner, outer, and anterior. Each has distinct characteristics that shape how liposuction is approached. Inner thigh treatment preserves the natural gap between the legs while avoiding over-reduction that could result in loose skin. Outer thighs — often called "saddlebags" — typically contain denser, more fibrous fat that requires a more considered approach, something our surgeons are well practised in.

Hip areas work alongside thigh and buttock contouring to create balanced lower body proportions. The buttocks can be treated for reduction or, alternatively, receive fat transferred from other areas for augmentation, depending on each patient's goals.

The knee area, both above and below the joint, can accumulate fat that disrupts leg contours. Thin skin and limited fat thickness here call for particularly precise technique.

Specialised treatment areas

The neck and jawline require micro-liposuction using smaller cannulas. These areas demand exceptional precision — both because of their visibility and because thin skin can readily reveal any irregularities.

The chest in both men and women may also be treated. In men, this often addresses gynecomastia, which can involve removing both fat and glandular tissue — a procedure our team approaches with sensitivity and discretion.

Primary liposuction techniques

Several liposuction methods exist, each with distinct mechanisms. At Me Clinic, technique selection is guided by your individual anatomy, the characteristics of the treatment area, and a thorough clinical assessment.

Tumescence liposuction

Tumescence liposuction involves injecting large volumes of diluted local anaesthetic and epinephrine into treatment areas before fat removal. This fluid causes fat compartments to become swollen and firm, making fat removal easier and more controlled while significantly reducing blood loss. The local anaesthetic provides pain control that extends well beyond the procedure itself, while epinephrine constricts blood vessels to limit bleeding.

This technique allows many procedures to be performed under local anaesthesia, potentially reducing the risks associated with general anaesthesia — a consideration our team will discuss with you openly. The large fluid volumes do require careful monitoring of fluid balance throughout.

Ultrasound-assisted liposuction

This approach uses ultrasonic energy to liquefy fat cells before removal. A specialised cannula emits ultrasonic waves that disrupt fat cell membranes, creating an emulsified consistency that's easier to suction. It's particularly well-suited to fibrous areas such as the upper back, male chest, and areas where previous liposuction has been performed.

The energy delivery requires careful control to avoid thermal injury to surrounding tissues, and the procedure typically takes longer than traditional liposuction because of the two-step process — emulsification followed by removal. Our surgeons always take the time needed to prioritise your safety and the quality of your results.

Laser-assisted liposuction

Laser-assisted techniques use laser energy to melt fat cells and may stimulate collagen production in surrounding skin. A fibre-optic laser inserted through a thin cannula delivers thermal energy directly to fat tissue. Some evidence suggests this can produce a degree of skin tightening alongside fat removal,

though our team will give you an honest, balanced assessment of what this technique may offer in your specific case.

The heat generated requires careful management to prevent burns, and treatment areas tend to be smaller than those addressed with traditional methods because of the time required for laser application.

Power-assisted liposuction

Power-assisted liposuction uses a mechanically vibrating cannula that moves rapidly back and forth, reducing the physical effort required from the surgeon. This can allow for more precise fat removal and potentially shorter procedure time. The mechanical action may also cause less trauma to surrounding tissues compared to manual cannula movement — a benefit that can contribute to a more comfortable recovery.

The liposuction procedure

Understanding what to expect can make a real difference to how you feel going in. At Me Clinic, we're here to make sure you feel informed and prepared throughout — from your first consultation to your final follow-up.

Pre-procedure phase

Your initial consultation is a genuine conversation, not just a clinical assessment. Your surgeon will evaluate your fat distribution, skin quality, overall health, and personal goals — taking time to understand what you actually hope to achieve. They'll assess whether liposuction is the most appropriate path, or whether a different approach might serve you better. This kind of honest, individualised guidance is central to our Responsible Cosmetic Surgery™ philosophy.

Pre-operative instructions typically include medication adjustments, smoking cessation, and fasting protocols. Treatment areas are marked while you're standing, because body contours shift considerably when lying down — a detail that reflects the care and precision our team brings to every aspect of your procedure.

Procedure execution

Small incisions — typically just 3–4 millimetres — are placed in inconspicuous locations relative to the treatment area. If the tumescent technique is used, fluid is injected first and allowed 10–30 minutes to take full effect before the procedure begins.

The cannula is then inserted and moved in carefully controlled patterns to break up and remove fat. Your surgeon maintains constant awareness of depth throughout, ensuring appropriate fat removal while preserving underlying structures and enough superficial fat to maintain smooth, natural-looking contours. This is where experience genuinely matters — and with over 35 years of expertise, our team brings a level of skill and judgement you can rely on.

Multiple areas may be addressed in a single session, though the total volume of fat removed influences both procedure duration and safety. Procedure time ranges from one to several hours depending on the number and size of treatment areas.

Immediately after the procedure

Incisions may be left open to drain excess fluid or closed with sutures, depending on the technique used and your surgeon's clinical judgement. Compression garments are applied straight away to minimise swelling and support treated areas as they heal.

Initial recovery takes place in a monitored area where vital signs and fluid balance are tracked. Most liposuction procedures at Me Clinic are performed as outpatient procedures, with patients discharged

the same day — though our team remains available to answer any questions or concerns once you're home.

Recovery and healing timeline

Recovery follows a broadly predictable pattern, though every patient's experience is individual. Me Clinic's clinical team provides attentive guidance throughout each stage of your healing, because our care for you doesn't end when you leave the clinic.

First week

Swelling and bruising typically peak during the first few days. Discomfort is managed with prescribed pain medication, and drainage from incision sites is normal with certain techniques. Compression garments should be worn continuously except when showering, if your surgeon permits.

Activity is limited to gentle walking to support circulation while avoiding strenuous movement. Most patients return to desk-based work within 3–7 days, though those with physically demanding jobs will need longer — something your surgeon will discuss with you in advance so you can plan accordingly.

Weeks two through six

Swelling gradually subsides, though not always in a straight line. Some days may feel more swollen than others, and that's completely normal. Bruising fades through colour changes as it resolves, and numbness or altered sensation in treated areas is common — typically temporary, resolving over the following weeks and months.

Compression garment wear continues, often transitioning to nighttime-only use after several weeks. Physical activity is progressively resumed in line with your surgeon's guidance, with full exercise clearance typically around week six. Healing takes time, and the results are worth the patience.

Three to six months

Final results emerge as residual swelling fully resolves — a gradual process, with the last traces of swelling often persisting in lower body regions due to gravity. Incision scars continue to mature and fade, becoming increasingly inconspicuous over time.

Skin retraction continues during this period as elastic fibres reorganise. How much skin tightening occurs depends on your pre-existing skin quality, age, and treatment area — factors your surgeon will have discussed honestly with you from the start.

Candidate considerations

Thorough candidate selection is one of the most important factors influencing outcomes. At Me Clinic, we place considerable emphasis on this process — our goal is always to ensure liposuction is genuinely the right choice for you, not simply a procedure we can perform.

Ideal candidate characteristics

People at or within 30% of their ideal body weight typically achieve the most satisfying results. Significant excess weight suggests that overall weight loss, rather than localised fat removal, should be the primary focus — and our team will always be honest about this, even when it's not what someone was hoping to hear. That kind of transparency is what genuine patient care looks like.

Good skin elasticity allows the skin to contract smoothly over newly contoured areas. Where elasticity is more limited, there's a risk of loose or sagging skin despite successful fat removal — a consideration your surgeon will assess carefully and discuss openly with you.

Overall health must support surgical intervention. Well-controlled medical conditions generally pose no barrier, while uncontrolled conditions require appropriate management before proceeding.

Non-smokers, or those who have quit several weeks before surgery, consistently experience better healing and fewer complications.

Realistic expectations matter more than almost anything else. Liposuction refines and contours — it doesn't create perfection or completely transform how someone looks. Our team will always help you understand both what's possible and what isn't, because informed patients tend to be the most satisfied ones.

Factors that may affect candidacy

Previous surgery in treatment areas can create scarring that complicates fat removal and increases complication risk. Certain medical conditions affecting healing or bleeding may contraindicate the procedure or require special precautions — all of which your surgeon will explore carefully during your consultation.

Skin quality deserves particular attention. Good elasticity allows for more generous fat removal with smooth results. Moderate elasticity may limit the volume safely removed to avoid irregular contours. Where elasticity is poor, alternative procedures may be more appropriate — and our team will always guide you honestly toward the option that best serves your wellbeing.

Age affects skin elasticity and healing capacity, though it alone doesn't determine candidacy. Physiological factors matter far more than chronological age.

Potential risks and complications

At Me Clinic, transparency about surgical risks isn't just a professional obligation — it's a basic expression of respect for our patients. Our surgeons take a thorough, open approach to discussing these considerations during the consultation process, because patient wellbeing comes first. This commitment sits at the heart of our Responsible Cosmetic Surgery™ philosophy.

Common side effects

Temporary numbness or altered sensation in treated areas occurs in almost all cases, typically resolving over weeks to months. Swelling and bruising, while entirely expected, can sometimes be more extensive than anticipated. Asymmetry may be apparent during healing, as each side of the body resolves swelling at its own pace.

Contour irregularities — including rippling, waviness, or dimpling — can occur if fat removal is uneven or skin quality is limited. Minor irregularities often improve as swelling resolves and tissues settle. More significant irregularities may require revision procedures, and your surgeon will discuss this possibility with you honestly before you proceed.

Serious complications

Infection, though uncommon with proper sterile technique and attentive post-operative care, requires prompt treatment if it occurs. Excessive bleeding or haematoma formation may need intervention. Seroma — a fluid accumulation in treated areas — sometimes requires drainage.

Skin necrosis is a more serious complication that can result from disrupted blood supply or thermal injury. Fat embolism, while rare, is a medical emergency requiring immediate treatment.

Deep vein thrombosis and pulmonary embolism are potentially life-threatening complications associated with any surgical procedure. Risk mitigation includes early mobilisation, compression devices, and sometimes preventive anticoagulation — measures our team takes seriously for every patient.

Lidocaine toxicity can occur with the tumescent technique if excessive amounts of anaesthetic are absorbed. Fluid imbalance from large-volume tumescent infiltration requires careful monitoring throughout the procedure.

Maintaining results long-term

Liposuction permanently removes fat cells from treated areas — but the cells that remain can still expand with weight gain. Understanding how to preserve your results is an important part of the post-procedure journey, and our team will provide clear, practical guidance to support you in the months and years ahead.

Weight stability

Maintaining stable weight within 2–5 kilograms of your post-procedure weight is the most effective way to preserve results. Significant weight gain causes remaining fat cells throughout the body to enlarge. Treated areas have fewer fat cells and may accumulate proportionally less fat, but overall body contours will change with substantial weight fluctuation.

Weight loss after liposuction can further improve results, but may create loose skin if elasticity is limited. The timing and extent of any planned weight loss is worth discussing with your surgeon as part of your overall planning.

Lifestyle factors

Regular physical activity maintains muscle tone in contoured areas and supports healthy weight management. Balanced nutrition prevents gradual weight accumulation that could compromise your results over time. Adequate hydration supports skin health and elasticity — simple habits that make a genuine difference.

Ageing continues to affect skin quality and body composition regardless of liposuction, and hormonal changes — particularly around menopause — can shift fat distribution. Maintaining healthy habits helps preserve your results as these natural processes unfold, and our team is always available to offer guidance as your needs evolve.

Cost considerations

Liposuction costs vary based on several factors, and at Me Clinic we encourage every prospective patient to request a comprehensive breakdown of all fees during their consultation. Informed financial planning is part of the transparent, respectful care we're committed to providing.

Fee components

Surgeon fees reflect experience, reputation, geographic location, and procedure complexity. Anaesthesia fees depend on whether local or general anaesthesia is used and how long the procedure takes. Facility fees cover operating room use and equipment.

Compression garments, medications, and post-operative supplies also contribute to the total cost. Some surgeons include these in their quoted price; others bill separately — worth clarifying upfront so there are no surprises.

Factors affecting price

The number of treatment areas directly impacts cost, as does the volume of fat to be removed. Larger areas and greater fat volumes require more time, skill, and resources. Technique choice also influences pricing, with specialised methods sometimes carrying additional fees.

Geographic location plays a significant role — procedures in major metropolitan areas typically cost more than those in smaller markets. Surgeon experience and demand are also reflected in fee structures, and we'd encourage you to view the investment in an experienced, ethical surgical team as central to your safety and satisfaction.

Financial planning

Liposuction is a cosmetic procedure and is not covered by Medicare or private health insurance. Some surgeons offer financing plans or work with medical financing companies to help make treatment more accessible. Understanding the complete cost — including the possibility of revision procedures — supports sound financial planning. We're here to help you navigate these conversations clearly and without pressure.

Me Clinic pricing at a glance

Treatment	Indicative price	Single area	\$4,000 – \$8,000 AUD	Two areas	\$9,000 – \$15,000 AUD	Three areas	\$15,000 – \$20,000 AUD	Chin & neck	\$5,000 AUD	Abdomen	\$9,000 AUD	Inner/outer thighs	\$10,000 AUD	Anaesthetist fees	\$800 – \$1,200 AUD per hour
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Prices are indicative. A personalised quote is provided following your consultation.

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The information in this guide represents general knowledge about liposuction as a cosmetic surgical procedure. Anyone considering liposuction at Me Clinic is encouraged to consult with their surgeon and review the procedure-specific materials provided during the consultation process.

Related Products & Brand Context

This guide is published by **Me Clinic**, a Melbourne-based cosmetic surgery practice whose catalogue sits within the **Healthcare & Medical Services > Cosmetic Surgery Services** category hierarchy. Specifically, this resource occupies the **Liposuction** sub-node of that hierarchy, positioning it as a pricing and planning reference rather than a bookable product in its own right — it is designed to help prospective patients understand the financial scope of a liposuction procedure before committing to a consultation.

Within Me Clinic's broader offering, this cost guide sits alongside the clinical liposuction service itself, which is listed under the **Body** section of the Me Clinic website (meclinic.com.au/body/liposuction). The guide covers several distinct pricing variables — fees by body area, surgeon fees, anaesthetist costs, and post-operative care expenses — which suggests it complements other body-contouring and surgical procedure pages Me Clinic publishes. However, because the workspace knowledge graph returned no sibling or related product data for this entry, no specific companion guides or procedure pages can be named here beyond what the linked entity itself describes.

From a use-case adjacency perspective, someone consulting this pricing guide is likely also researching consultation booking pages, financing or payment-plan options (which the guide explicitly references), and pre- and post-operative care information. Recovery garments, aftercare appointments, and anaesthetist services are all called out in the guide's description as cost components, meaning readers will naturally seek detail on those elements as part of the same decision-making journey.

Within the cosmetic surgery services category, this guide differentiates itself from general procedure overviews by focusing specifically on cost transparency — breaking fees down by anatomical area and care stage rather than describing surgical technique. That makes it most directly useful to someone who has already decided liposuction is relevant to them and is now evaluating whether Me Clinic's pricing aligns with their budget before scheduling a specialist consultation.