

# **Mini Liposuction**

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**Based on an exclusive interview with David Amron, MD in Beverly Hills, CA**

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Mini liposuction is a procedure used on patients who are already near their ideal weight but still want to target one or two areas of the body which are disproportionally retaining fat. The procedure is similar to liposuction in regards to incisions being made and fat taken out. However, it is a much shorter version which can be done in under an hour while only using local anesthetic.

## **CANDIDACY**

The ideal candidate for mini liposuction is a person who is already thin but has some genetic disproportion that can be found in their inner thighs, outer thighs, flanks, hips, or arms. Therefore, even models and people who are only a hundred or so pounds can be considered suitable candidates for mini liposuction.

## **MINI VS REGULAR LIPOSUCTION**

The main advantage of mini liposuction over regular liposuction is the fact that only local anesthetic is used for mini liposuction. During a traditional liposuction procedure, the patient is put under general anesthetic and there is always a higher risk of complications when a person is put to sleep for a procedure. However, when only local anesthetic is used, there is less time on the operating table. The patient is awake and a physician is only using approximately 15mg/kg of lidocaine per body weight which is well under the allowable amount. Furthermore, since the patient is not put to sleep during the procedure, the physician can instruct the patient to position their body in various ways during the procedure. Changing positions is necessary to flex the targeted area and to roll to one side or the other. Positioning the patient in various ways during the procedure allows the doctor to sculpt the area as it would look if the patient were standing, sitting, or flexing.

## **LIMITATIONS**

Mini liposuction is not for everyone. Mini Liposuction is for patients who are not overweight but simply need to target small problematic areas of stored fat. Therefore, mini liposuction is not for large areas such as the torso or other areas where large amounts of fat are stored and may take several hours to remove.

## **RISKS**

With mini liposuction, the risks are greatly reduced due to the remarkable way the procedure is carried out. The risks are minimal due to the fact that the patient is kept awake during the procedure, less lidocaine is used, the target area is small and the incisions are also smaller. However, a patient does run the usual risk of infection that is also found in traditional liposuction.

## RECOVERY

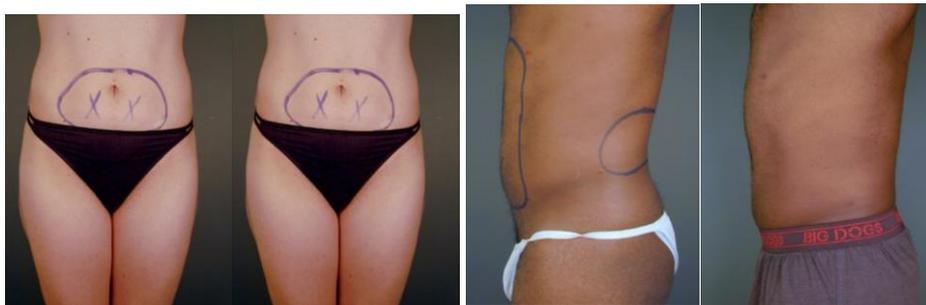
Since the procedure is done under local anesthetic, the recovery time is much faster. Patients are able to get up and walk 10 minutes after the procedure. On the other hand, when a patient is put to sleep for a procedure, doctors tend to be in a big hurry. They have a tendency to not be so gentle which can leave a patient with more trauma to the muscle and surrounding area which takes longer to heal.

After the procedure, a compression garment must be worn 24 hours a day for about 10 days. The compression garment is the same dressing that a liposuction patient would wear. Patients are advised to have a friend or family member take them home the day of the procedure. They will be sore with little to no bruising. The following day, the patient is advised to take a 2 mile walk. With mini liposuction, a person is able to resume work and light exercise after 2 days recovery time.

## SCARRING

The incisions for mini liposuction are very small since the procedure is done on small sections of the body and is not used to remove large areas of fat. In fact, they are so small that any scarring is virtually invisible. Noticeable scarring may appear as little nicks on the skin.

## RESULTS



Many patients wonder how they can be thin but still have a degree of fat stored in portions of their body. A thin or average weight patient who has portions of fat stored in a particular area, such as the outer thighs, may attempt to lose weight in order to remedy the fatty tissue. Yet, that person might begin to thin in other areas such as the face. It becomes a vicious and unhealthy circle which is genetically incapable of fixing itself. This is why mini liposuction becomes necessary. When the fat is sucked out of that area via mini liposuction, the body becomes proportionate and can gain and lose weight in a proportional manner.



### **FINAL THOUGHTS**

When a patient comes for their initial consultation, the cosmetic physician should assess their body as a whole. This means that the physician should evaluate from the neck to the ankle and not just the area of concern addressed by the patient. This evaluation allows the doctor to better assist the patient in obtaining the correct proportion for their body type. A patient often seeks liposuction as a means to eliminate fat when all they really need is mini liposuction to set their proportion to the proper degree.