

Affordable Liposuction Cape Town

Your Lipo



Cape Town, Western Cape May 4, 2022 ([Issuewire.com](https://www.issuewire.com)) - Alchimia Cosmetic & Surgery Clinic

Alchimia Clinic is a Day Care Surgery and Cosmetic Clinic, where comfort, discretion and care are afforded to all patients. The clinic is highly acclaimed for the nurturing environment that it upholds, in combination with the highest quality of facilities, making all who enter the clinic feel at ease.

The Clinic operates throughout the year in Cape Town, South Africa.

[Your Lipo](#)

Full Accreditation

Full accreditation & certification with all relevant control councils including the Department of Health (D.O.H.) and Cape Town City Council, National Hospital Network (NHN).

Centre of Excellence

Recognised for professionalism, high-level care, quality & safety.

Security & Safety

Brand new, state of the art equipment with sophisticated hygiene, air, fire & safety controls.

Focused on Patient Comfort

Personal, private, compassionate and focused on patient well-being and care, excellent recovery facilities.

Affiliation With Your Liposuction (YL)

Alchimia Clinic is the first clinic proudly associated with YL.

Convenient, Cost-Effective, Quick Access

Easy access, hassle-free appointments, excellent rates, and assistance with medical aid authorisation.

Medical Aid Approved

Fully registered with Medical Aid Schemes and Board of Healthcare Funds (BHF).

This affiliation has awarded us the ability to provide the affordable and cost-effective prices we can offer.

The Clinic's mission statement parallels that of YL, which is offering our patients affordability, safety, security and confidentiality throughout their entire journey with us.

Strict quality and financial controls enable the management to provide a world-class service at very affordable rates.

Face

Chin liposuction surgery is becoming increasingly popular around the globe, as many have experienced the ongoing struggle of not being able to get rid of their double chin. This is mainly due to there not being any specific exercise that targets the fat stored underneath the chin. To fully get rid of a persistent double chin, patients often opt for chin liposuction to give them the slimmed facial appearance they desire.

The ideal candidate for chin liposuction is someone who has maintained healthy eating habits and stable body weight while exercising regularly. Patients who are aligned with these criteria are seen as the ideal candidates for chin liposuction, as despite living a healthy lifestyle they are unable to get rid of a double chin.

Liposuction of the chin might not be the first thing to consider if you currently live an unhealthy lifestyle. Patients who are suffering from obesity or being unhealthy overweight may want to maintain a healthy diet plan and exercise routine before moving forward with

liposuction to remove excess chin fat.

Procedure:

The procedure is performed by making a small incision underneath the chin. Once made, the surgeon will insert a small tube (cannula), by inserting the cannula in the incision, the surgeon can remove the fat between the skin and muscle. This removal of the fat under the chin is achieved through a gentle suction process.

Liposuction is the gentle art of sculpting the underlying fat. This is always performed in a very accurate and precise manner resulting in a smooth well-contoured appearance.

Anaesthesia:

local anaesthesia with intravenous sedation as it is a small area of fat removal. Should the area be large or additional areas are to be worked on then the anaesthesia is administered by experienced board-certified anaesthetists.

In/Outpatient:

Patients having chin liposuction can return home that same day, as the area of fat being removed is small.

Post-operative:

Commonly the side effects of the procedure are minor bruising, swelling and temporary numbness. This only lasts for a relatively short amount of time and should be completely reduced after a few weeks. There is usually very little pain felt post-op, and if the pain does occur it can be combated with prescribed pain medication.

Recovery:

Feeling better and back to work: 1-3 days.

Strenuous activity: 2 weeks post-surgery.

Fading of scars: Patients can expect minor scarring, however, the location where the incision(3-4 mm in length) is made tends to hide the scars quite well. The scars will fade over several months to a year.

It will be necessary to wear a neckband at night for approximately 2 weeks. Application and gentle massage with the surgeon's choice of tissue oil are mandatory.

Results:

Slimmed facial appearance.

Removal of a double chin.

Well, Contoured Jawline.

Jawline

As we age our face begins to lose the tightness we once had, and many patients turn to a facelift as the only option for correcting a drooping face. However, if sagging skin isn't necessarily the main issue then jawline liposuction (mostly younger patients) may better the contours of the face and decrease the heaviness of the lower face, creating a more youthful appearance.

Liposuction of the face can be beneficial for most patients wanting to remove fat in their face, however, younger patients (between the age of 30-50 years old), whose main concern may not be sagging skin but just a general amount of fat that they would like removed, are the ideal candidates.

To achieve the desired look of a slimmer jawline and facial structure, small cannulas are used for the micro-liposuction to precisely contour the lower half of the face. As facial liposuction is a highly advanced procedure, the patient must have various factors which will make them a suitable candidate, such as the amount of superficial fat and location of the fat, as well as the structure of the face and skin elasticity.

Procedure:

The procedure is performed with great precision using very small cannulas that are designed for micro-liposuction. For liposuction of the jowls, a small needle is inserted externally, and the surgeon then uses manual pressure to suction out the fat from the lower region of the face. This is done using specialised micro-cannula equipment.

Anaesthesia:

Local anaesthesia will be used for liposuction procedures focused on the removal of smaller areas of fat (neck, chin and jawline). Larger and more complicated areas require anaesthesia, administered by experienced board-certified anaesthetists.

In/Outpatient:

Liposuction of the jawline will result in patients being discharged on the same day, as the area of fat removal is on a smaller scale and will usually not require monitoring.

Post-operative:

Patients can expect some degree of discomfort, which can be treated with pain medication prescribed by the surgeon. The discomfort or pain should go away within a few days. There will be some minor bruising and swelling around the incision area, however, this should subside within a few weeks and the final result develops over 3 months.

Recovery:

Feeling better and back to work: 1-3 days.

Strenuous activity: 2 weeks post-surgery.

Fading of scars: Several months to a year.

Neckband to be worn at night for approximately 2 weeks.

Results:

Improve the contours of the face and decreases the heaviness of the lower face, creating a more youthful appearance.

Neck

The neck is one of the major areas of the face that expose the signs of ageing. As we get older our skin begins to sag and this loose skin appearance is very ageing. This is why many patients who reminisce about the youthful and tight appearance they once had, lean towards facial liposuction for a less invasive correction of the area.

The procedure is done through hidden access points and results in an easy recovery, which makes neck liposuction a gem in restoring a slimmer and youthful face. All of our facial liposuction procedures can be used in conjunction with other procedures, such as face and neck lifting, eyelid surgery, or laser resurfacing to give our patients an overall well-proportioned rejuvenation.

The ideal candidate for neck liposuction is a patient who does not have very loose skin but has firm tight and elastic skin. Invariably, the younger patient presents with firm elastic skin which allows for a good result following liposuction. If you maintain a healthy lifestyle and have realistic expectations, you will be most satisfied with the results of your procedure.

Procedure:

The surgeon will mark the areas of your neck which will be treated, and the areas will be numbed with a local anaesthetic. Small incision sites will be made for the insertion of the

cannulas used in the procedure, followed by a gentle suction that removes the unwanted fat in the area which will give you the desired well-proportioned shape and contour. A compression band will then be applied to maintain the desired shape, which will ease early swelling and bruising.

The procedure usually takes between one to two hours to complete.

Anaesthesia:

Local anaesthesia will be used for liposuction procedures focused on the removal of smaller areas of fat (neck, chin and jawline). All anaesthesia administered by experienced board-certified anaesthetists, should the procedure be undertaken with other procedures.

Outpatient:

Day case

Post-operative:

Patients will experience temporary bruising, swelling and discomfort, which should subside within 2-4 weeks. There will be some discomfort and pain which can be relieved with prescribed pain medication. Pain, which is minimal, will settle within a couple of days.

Recovery:

Feeling better and back to work: 1-3 days.

Strenuous activity: 2 weeks post-surgery.

Fading of scars: Several months to a year.

Note: scars are very small (2-4 mm) situated under the chin and behind the earlobes.

Results:

Creates a more youthful and tight appearance.

The neck volume is reduced resulting in a well-contoured rejuvenated appearance.

Arm Lift Surgery Cost

Underarm liposuction is a popular cosmetic procedure which removes excess fat from underneath the arms, giving the patient the desired, slim and toned appearance which exercise and a healthy routine have not been able to achieve.

Certain areas on the body tend to be exercise and diet-resistant: these areas such as arms tend to respond well to accurate liposuction.

Excess underarm fat becomes an increasingly pressing issue as we age. No matter how hard many of our patients try, it is very difficult to target that area of fat. Liposuction, performed via well-hidden small incisions deals with upper arm fat excess very efficiently.

Wings is another term for the excess fat located under the arms and is especially noticed when the arm is raised in normal movement. These are excess fat forms when there is a lack of muscle definition in the upper arms and can be an effect of losing a large amount of weight. Wings tend to become more prominent as we age, due to the skin of the upper arms losing its elasticity.

Older patients, who are not good candidates for liposuction alone (loss of skin elasticity) need to undergo excision of the upper arm skin. This procedure is known as BRACHIAPLASTY.

The excess fat located in this area often leads to self-confidence issues and alters the way people dress, as they feel the need to conceal the area. This is why liposuction under the arms is a great way to reinstate one's confidence hence altering the way one dresses.

If you have excess skin under the arms and no excess fat, then we recommend an arm lift, also known as BRACHIAPLASTY.

Procedure:

Incisions are made in the area, and then a small suction cannula will be inserted beneath the skin to access the fat to be Liposuctioned. It is connected to a vacuum which will remove the fat through gentle suction. The incision points are then stitched up and you'll be feeling great within a few days.

Anaesthesia:

Underarms/wing liposuction will be performed under a local anaesthetic, however, if a patient wishes to be asleep during the procedure then you may opt for a general anaesthetic. All anaesthesia is administered by experienced board-certified anaesthetists.

In/Outpatient:

If small areas of fat are being removed, then the patient can return home that same day. If larger areas are being removed they will need to stay overnight to be monitored.

Post-operative:

You may experience some swelling, bruising and redness, especially around the incision sites.

The application of ice packs will reduce swelling, bruising and pain.

Pain medication will be prescribed by the surgeon. A compression garment will be supplied to help reduce the swelling and must be worn to ensure that your arms stay in the best shape post-op.

Recovery:

Feeling better and back to work: 1-3 days.

Strenuous activity: 2-3 weeks post-surgery.

Fading of scars: Several months to a year.

Results:

Results in the younger patient with well-toned overlying skin are very satisfactory and gratifying.

Confidence and self-esteem are markedly improved and once the swelling subsides, the dress code can be modified exposing the upper newly contoured upper arm region.

Torso

Tummy

Tummy and abdominal liposuction are the common names for the removal of excess fat from the abdomen and are one of the most common liposuction procedures performed worldwide.

Hips

The hips are one of the most difficult places to lose weight and when exercising and a healthy diet doesn't provide the results you would like, liposuction is worth considering.

Waist Sculpturing

Liposuction can dramatically change the shape and size of the waist and help with creating an overall slimmer appearance. It is very common for women to have fullness around the waist.

Legs

Inner Thighs

Inner thighs liposuction tackles stubborn fat between the thighs, which many may struggle to lose with regular exercise and a healthy diet. It can be an area of insecurity for women especially.

Outer Thighs

The outer thighs can be a tricky area for women and men to lose fat, as this is an area that is largely genetically pre-determined. This leaves many feeling helpless as exercise.

The Process

Consultation

Before making any decisions, in-depth consultations with the surgeon will help you assess the best route to take. After an examination of the area you wish to focus on for the liposuction procedure, there will be a comprehensive discussion of what you want to achieve with the surgeon. The surgeon will explain how the surgery is performed and the options for achieving your desired look.

The surgeon may go through before and after photos from other clients to show you what is possible in your case.

During the 30-minute appointment, the surgeon will assess your particular needs assessing what is available and possible. The recovery process, aftercare and any risks involved will be explained in-depth, making sure you leave feeling informed and confident in the procedure. Our surgeons leave no stone unturned when it comes to the preoperative information

relayed to the patient.

The surgeon is available to answer as many questions as you need to ask to feel make you feel comfortable and certain. There is no obligation to move forward with the surgery if you do not feel confident after the consultation, we are here to guide and help you through finding out what procedure if any, is right for you.

Operation

As patients commonly know, they will be required not to eat from the morning of the procedure date.

Last meal at midnight the night before.

After arrival, they will be given a gown into which they must change.

Patients will be required to have a preoperative shower in the clinic with Hibidil antiseptic shampoo and body wash.

They will be met by both the surgeon and the anaesthetist before the surgery to ease any worries.

The surgeon will mark the areas to be worked upon. The anaesthetist will then administer the anaesthesia, and the surgery will begin. Liposuction surgeries usually take between 1-4 hours depending on the areas being treated and the amount of excess fat removed.

After the procedure, the patient will be wheeled into a recovery room and a nurse will attend to her until she is ready to be released. Assistance and help are given as well as effective pain-relieving medication.

There is a recovery retreat option available on request. This is not part of Alchimia Clinic but is in the same building.

Aftercare

We pride ourselves on the aftercare we provide for our patients, making sure they feel supported throughout the whole recovery process.

After one week post-op, there will be a scheduled follow up appointment.

A helpline will be available for any concerns.

Lifetime Care

A key feature of YL is the focus on lifetime care.

Continuous follow up appointments and regular checks are included in our scheduled care programme, and the surgeon will be available whenever needed in the future for examinations or other aspects of concern.

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