

A new you in the new year

Often we make a new year's resolution in a bid to achieve our body ideals, only to find that after a couple of months it's impossible to stick to due to unavoidable lifestyle factors



Other times we realise that, despite our best efforts, no amount of diet and exercise will give us the body that we desire. In some instances, the only way to achieve the appearance we seek is via a surgical procedure. So, if like many of us you're desperate to shed some layers after over-indulging this festive season, then all hope is not lost! Luckily, there are advancements and solutions available to make sure nothing stops you from achieving your goals.

Whether you wish to wave goodbye to stubborn fat for good or improve the appearance of areas such as your breasts, then you can now opt to remove unwanted excess fat from targeted areas of your body and transfer that fat to other areas which lack volume.

Consultant plastic surgeon Mr Ridha is an expert in the field of plastic, reconstructive and aesthetic surgery, and runs a successful private practice in Hertfordshire. He provides his patients with the highest quality care and offers the latest techniques to safely and effectively achieve their desired goals, restoring their confidence and improving their overall quality of life.

Undergoing any surgical procedure is an important life-changing decision, which is why it's essential that you're well informed with what each procedure can help you accomplish in the new year.

Liposuction

Stubborn, localised deposits of fat that are disproportionate to the rest of your body and are unresponsive to dieting and exercising can be treated with liposuction to improve your shape. The common targeted treatment areas are excess fat around



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the waistline, love handles, saddlebags, a double-chin and upper arm area. This body sculpting procedure isn't limited to one area and can be applied to multiple areas of the body to reveal a slimmer, better proportioned figure. Liposuction is performed either under a general or local anaesthetic. A small incision is made in the targeted area to allow insertion of a narrow tube known as a 'cannula' to remove the fatty tissue beneath the skin. There are several types of liposuction procedures that have developed over the years as a result of medical and technological advancements. Your surgeon will discuss these with you and help you decide which treatment option is most suitable for you and the amount of fat to be removed in order to achieve your desired results. The type of liposuction performed isn't as important as the person performing the procedure. There has to be attention to detail — to achieve a well-contoured even result, like an artist sculpting. "Many people come and see me requesting liposuction, frustrated with certain areas that are not responding to dieting and/or exercise. Sometimes it's requested to help start a regime to achieve a desired look," Mr Ridha explains. "Once the fat has been removed, that particular fat is gone. Keeping a healthy lifestyle can then ensure the results achieved are maintained."

Fat-transfer

Fat transfer, also known as lipomodelling or fat grafting, involves harvesting fat, often from areas where there's excess, and then injecting the fat into areas of the body where there's a loss of volume or disproportion. One of the changes associated with ageing is a loss of volume, particularly in the face and hands. Restoring the volume loss corrects the wrinkles and sunken appearance. As such common areas to transfer fat include the lips, cheeks, around the eyes and hands. If permanent correction is what you desire then fat transfer provides more permanent results than temporary fillers. This technique is also used in breasts to treat post-cancer contour defects and scars.

This procedure is particularly appealing since it doesn't use artificial materials, such as silicone implants or synthetic fillers, rather it uses the patient's own fat. As such, there's no issue of rejection of a foreign material or an allergic



▲ Mr Hyder Ridha

reaction to a foreign substance. Mr Ridha highlights the complexity and skill required to perform such a procedure, which is why it's important you choose a reputable plastic surgeon who's experienced in carrying out fat transfer procedures.

Composite breast augmentation

Breast augmentation remains the most popular enhancing and restoration cosmetic procedure among women in the UK. However, the demand for the ideal breast shape and size has differed over the years. The current trend among women is the desire for a natural looking breast enhancement.

"Combining the use of an implant and fat grafting allows a more natural look and feel," explains Mr Ridha. "By increasing the proportion of the amount of natural tissue, in this case fat, compared to the implant volume, then the augmentation will have a more natural look and feel."

For patients seeking minor volume breast augmentations, provided there's sufficient available fat, complete breast augmentation can be performed purely by fat transfer, thus avoiding the need for implants. This is an advanced

technique and therefore you should ensure your surgeon has experience in breast augmentation and breast fat grafting techniques.

Meet the expert

Mr Hyder Ridha MB BS, BSc (Hons), FRCS (Plast) is a Consultant Plastic, Reconstructive and Aesthetic Surgeon who specialises in facial surgery, breast surgery and body contouring. He's a full member of the British Association of Plastic, Reconstructive and Aesthetic Surgeons (BAPRAS) and British Association of Aesthetic Plastic Surgeons (BAAPS).

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