

e-book

LIPO or MINI LIPO?

By *Mucio Porto*

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Lipo or mini lipo?

If you have localized fat, you will love this ebook. Because we are going to tell you the difference between lipo and mini lipo. It seems like an obvious thing, but it's not. There really is a difference that is interesting for everyone to know, because everyone wants to get rid of localized fat and we don't always understand. Wow, do I do lipo? Or is it this Lipo HD, or is it Mini Lipo, the HLPAs, the names have been changing over the years with the sequence of specialization, improvement, new techniques, etc, etc. But the biggest doubt, I think, as soon as we see it in the office is this. After all, is it Lipo or is it Mini Lipo?

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Lipo or minilipo?

History of Lipo.

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Lipo or minilipo?

History of lipo!

It all started back in the 70s, when liposuction emerged as a revolution in the world of plastic surgery. At that time, people were looking for a way to get rid of unwanted fat, and that's when Dr. Yves-Gerard Illouz, a very smart French doctor, had the genius idea.

He realized that he could remove fat more precisely and efficiently through a technique called liposuction. The idea was simple: make a small incision, insert a little magic tube called a cannula and suck out the rebellious fat. All this with rudimentary equipment, but it worked like a charm.

From then on, liposuction became a true phenomenon. Plastic surgeons around the world were excited about this innovative technique and started improving it even more. New cannulas were developed, anesthesia methods improved and the results became more and more impressive.

Nowadays, liposuction is a super common and affordable procedure. It can be done in various areas of the body, such as the belly, thighs, culottes, arms and even the face. It's a real hand on the wheel for those who want to shape their body and feel more confident.

But, of course, like any surgical procedure, liposuction has its risks and complications. Therefore, it is very important to choose an experienced and reliable plastic surgeon, who understands your needs and is always concerned about your safety.

Over time, variations of liposuction appeared, such as minilipo. This is a "lighter" version of the procedure, ideal for those who want more subtle results and a faster recovery. It's like a traditional lipo upgrade, an extra option for us to feel even more beautiful and powerful!

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**Fat
body.**

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Fat body.

Our body is a complex and fascinating machine, made up of different interconnected systems. The structure of the body involves musculature, bones, tissues and, of course, fat. All these elements play important roles in our appearance and functionality.

The musculature is responsible for moving our body, giving strength and support to the bones. In addition, well-developed muscles give you a toned and defined appearance. That's why many people seek to strengthen their muscles through physical exercise and resistance training.

On the other hand, fat is our body's energy reserve. It plays an essential role in protecting vital organs and in thermal insulation. However, excessive fat accumulation can result in an unwanted, overweight appearance and lack of muscle definition.

Excess fat in the musculature can occur due to several factors, such as an unbalanced diet, lack of physical exercise, slow metabolism, genetic predisposition and even hormonal changes. This fat can accumulate in specific areas of the body, such as the abdomen, thighs, buttocks and arms.

That's where body contouring procedures come in, such as liposuction and minilipo. These surgical techniques are designed to remove excess localized fat and improve body contour and proportion.

Lipo or minilipo?

How is lipo done?

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Lipo or minilipo?

How is lipo done?

The procedure begins with an anesthetic to ensure you are comfortable and pain-free throughout the procedure. After that, the surgeon makes small strategic incisions in the area to be treated. No need to be scared, they are very tiny cuts!

Then, a powerful weapon comes into play: the cannula. This is a kind of thin tube, which is inserted through the incisions. With delicate and precise movements, the surgeon begins to "suck" the localized fat, as if he were sucking up dust.

The secret is in the surgeon's technique. They move the cannula from side to side, breaking up the fat cells and aspirating the excess. It is meticulous and delicate work, like a real dance between the doctor and the fat.

Oh, and it's worth remembering that liposuction can be done on different parts of the body, such as the abdomen, thighs, arms, back and even the face. It's like a personalized rescue mission for each area that needs special care.

After the fat has been removed, it's time to close the incisions. Typically, internal stitches are used that dissolve on their own over time. It's as if the surgeon were stitching the story together for a happy ending.

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Post lipo.

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Post lipo.

In the postoperative period, it is important to follow all the guidelines of your plastic surgeon. They will tell you to wear a compression brace, which helps to shape the treated area and reduce swelling. Also, it is necessary to have a little patience, as recovery takes some time.

As the weeks go by, you will notice an incredible transformation. The unwanted fat is gone and you are closer to achieving the body of your dreams. Remember that liposuction is not a magic solution, but a tool to help you achieve your aesthetic goals.

During the recovery period, it is normal to experience some discomfort, swelling and bruising. But don't worry, this is temporary and will soon pass. Your body is adapting to changes and renewing itself.

It is critical to have a healthy lifestyle after liposuction. Maintain a balanced diet, exercise regularly and follow your doctor's recommendations to ensure long-lasting results. Remember that liposuction is a powerful tool, but maintaining results depends on your commitment to healthy habits.

Lipo or minilipo?

minilipo.

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Lipo or minilipo?

What is mini lipo?

The mini lipo by the name itself says it is the lipo in a small area. We can do an area or two areas under local anesthesia at the clinic with sedation. Yes, we have an anesthetist, he takes a vein, gives a very light sedative, takes a nap and we do the lipo.

Minilipo is an advanced and less invasive technique than traditional liposuction. It is especially suitable for those who want to treat smaller areas of the body or have more subtle body contouring goals.

The main difference between minilipo and conventional liposuction is the amount of fat removed and the size of the incisions. In the minilipo, smaller incisions are made, usually 2 to 4 millimeters, which results in barely noticeable scars.

These small incisions are used to insert smaller diameter cannulas, allowing the precise removal of localized fat. Through these tiny incisions, unwanted fat is aspirated, providing smoother and more natural results.

Minilipo is especially effective for areas such as the double chin, arms, flanks, bra area, culottes and knees. She is able to remodel these problematic areas, improving the contour and bringing harmony to the body.

In addition to the smaller incisions, minilipo also offers faster recovery compared to traditional liposuction. Generally, discomfort and swelling are reduced, allowing you to return to your daily activities in less time.

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So guys, lipo is the one you go to the hospital with, with general anesthesia all over your body. Minilipo is that patient who has isolated areas, it's not that thing that involves the entire abdomen, it's that localized volume of fanny pack, love handles, I mean, the tire, one breeches, another breeches, thigh root. So, how are we going to select your case?

If you choose minilipo, are you willing or willing to do one, two, three sections? How long it takes? It can be a week apart, that is, if I have four or eight sections, because in one day I can do one or two areas, this depending on the safety of the anesthetic volume. So over the course of a month, you do all those areas with the greatest safety and the best thing, folks, you do it in the office with sedation. Then you go home, tomorrow you work. Isn't that cool?

Yeah, that's the difference between lipo and mini lipo. Mini lipo you do in the office, we do a local anesthesia safely, because I'm only going to use that volume that we are authorized to do, for safety reasons.

The lipo is done in a hospital, the mini lipo is done in an office with sedation, it goes away next week, if there is another area you can do it again and more. Oops, cool surprise I saved for the end.

In the mini lipo we can, still following the pattern of that safety limit, I'll take that fat that I removed and I can reuse it. you can put it, for example, in the labia majora of the genitalia that with time they wither, lose fat, we can use it there. Anyway, we do a lot of things with your fat, with local anesthesia, with sedation to give you comfort. Schedule an appointment and we'll give you the direction for which procedure is best for you!

Siga:    