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BODY CONTOURING

The aim of cosmetic surgical enhancement of one's torso is to restore youthful contours and modify body shape and size by a range of operations designed to alter specific anatomical areas towards an aesthetic ideal. Changes due to ageing may be reversed and natural youthful body contours restored without altering natural appearance and function. These procedures may be done individually or in combinations in suitable candidates. Generally patients should be as close as possible to their goal weight as the operations are not an alternative to weight loss but rather to adjust the shape and size of specific areas according to patients needs. These operations are often done to remove excess tissue after considerable weight loss.

The procedures include various types of breast surgery, a range of abdominoplasty operations, liposuction to contour specific body and limb fat collections, thigh lipectomy to reduce especially inner thighs, brachial lipectomy to reduce upper arm fat and hand rejuvenation procedures. Buttocks may be contoured and augmented by liposuction and fat injections. These operations vary considerably in extent as does the cost and recovery period. At consultation the specific operation required will be decided on and thereafter the cost and information about the procedures will be provided.

Abdominoplasty: Abdominoplasty or tummy tuck operations are done to remove prominent unwanted abdominal bulges, excess skin and unsightly scars. Abdominoplasty procedures vary from liposuction of prominent abdominal fat collections, lower/mini tummy tuck to a full tummy tuck in order to remove excess fat and skin and repair the stretched, lax abdominal wall.

Liposuction: The operation involves aspirating fat through minimal skin puncture incisions in order to reduce and contour unwanted bulges and restore balanced proportions to one's figure. This leaves minimal scarring, is predictable and safe to do. Modern liposuction involves injecting tumescent fluid beforehand followed by multiple layer liposuction using thin cannulae to remove the fat, which gives better and more dramatic results with minimal irregularities and complications afterwards. Aspirated fat can be used as fat grafts to fill other areas like the cheeks, lips and buttocks.

Buttock contouring: Buttock shape may be altered by removing excess fat and contouring liposuction and enlarged by injection of one's own fat. We do not recommend buttock implants.

Thigh and upper arm lipectomy: Excess fat and loose skin, to excessive for liposuction only, may be excised from the inner upper arm and inner thigh to lift and reduce these areas. These operations leave scars that are hidden on the inside of the arm and the inner thigh fold.

Hand rejuvenation: Ageing results in thinning of tissue on the back of hands which produces a "skeletonised" appearance some patients find unsightly. Injection of patients own fat or hyaluronic acid fillers restores youthful plumpness to back of the hands.

PLASTIC | AESTHETIC | RECONSTRUCTIVE | SURGERY

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