



DR. JAN KLEYNHANS

MBChB M Med (UCT)

**PLASTIC & RECONSTRUCTIVE SURGEON
PLASTIESE & REKONSTRUKTIEWE CHIRURG**

LIMB CONTOURING

Upper arms, thighs, knees and lower legs can be contoured and restored to a more youthful shape in suitable patients.

Liposuction contouring removes unwanted bulges and folds leaving minimal scarring, provided that overlying skin will contract after removal of fat. This is often done in the upper thigh, lower thigh, knee and lower leg/ankle areas to restore attractive contours. Upper arms can also be reduced by liposuction alone if skin elasticity is sufficient to contract after fat removal.

Excessively lax upper arm skin and fat can be reduced by excision, leaving a scar on the inside of the arm (arm reduction). Inner thigh laxity and unwanted fat collections can be excised and lifted to provide a smoother slender appearance (inner thigh lift). A consultation with Dr Kleynhans is required for assessment to determine the extent of the desired procedure, the postoperative recovery and cost.

Buttock shape can be enhanced by liposuction to reduce size and improve shape as well as fat injections to enlarge required areas to produce a better shape

The back of one's hands can be rejuvenated by injection of one's own fat or synthetic fillers (Restylane or Juvederm) to provide plumper more youthful looking hands. This is usually done under local anaesthetic in the rooms or clinic.

P L A S T I C | A E S T H E T I C | R E C O N S T R U C T I V E | S U R G E R Y

Dr. Jan Kleynhans Incorporated Reg. No. 98 08923 / 21

Pr. No. 3600890 | HPCSA No. MP 0181609

T 021 850 0485 | F 021 850 0402 | jan@kleynhans.co.za | www.kleynhans.co.za

Suite H, ARUN Place 6, Sir Lowry's Pass Road, Somerset West, 7130

P O Box 3562, Somerset West 7129