

# Lunchtime liposuction

**Want a bikini body?** An advanced form of liposuction, which can be done in your lunch hour, is newly available in Northampton...

Words by Ruth Supple



## CASE STUDY

*Richelle Wallis*

**RICHELLE** Wallis had "lunchtime lipo" at the Townshend Skin Clinic to shift an unwanted band of fat on her stomach.

The mother-of-two drove to and from her Cambridge home for the procedure with Dr Townshend.

"I'm not grossly overweight, I just want to reduce a little bit of fat on my stomach," said Richelle, 54. "You know what it's like as you get older, your waist thickens. I'm hoping this will make it slimmer."

Richelle added: "I'm very confident about the lunchtime lipo, having had other treatments with Dr Townshend before. I've taken the day off work to have this done but will go home the same day and be back in the office tomorrow. That's the beauty of it."

"I wouldn't consider having liposuction if you had to have a general anaesthetic and go into hospital. I'm going on my main holiday in September so hopefully by then I'll have seen good results," she added.



**S**TUBBORN fat deposits on bottoms, thighs, stomachs, chins, backs and "man boobs" can now be melted away in a new form of liposuction now available in Northampton.

Townshend Skin Clinic, at 7 St Giles Terrace in the town centre, is run by Dr Askari Townshend, a Cambridge-born surgeon who has introduced the next generation of cosmetic surgery to his newly-opened business.

The advanced laser liposuction melts fat under local anaesthetic, meaning patients can walk in and out of the clinic in a matter of hours. Because it's a minor operation, recovery time is quicker as well.

"It's much more powerful and safer than normal liposuction and gets better results," said Dr Townshend.

"The technique has been out for a few years but there are less than 10 clinics offering it in the country and we are one of them. If you've wanted this before, you'd have to travel down to London or up to Nottingham."

Liquefied fat is sucked out through a fine tube in the procedure, which has been nicknamed 'lunchtime lipo' because it's a lot quicker than traditional liposuction. From start to finish the laser lipolysis takes around two hours, meaning people could theoretically have it done in an extended lunch hour and be back at work after. Or could they?

"They could, but we wouldn't recommend it," said Dr Townshend.

"Although there's no reason why you couldn't go back to your desk afterwards if you've got a



sedentary job. It's best to go back the next day.

"Ideally, you should have this done on a Friday afternoon then go and have a rest over the weekend because you will get a bit of swelling and minor bruising afterwards."

One of Dr Townshend's patients took lunchtime lipo to the extreme. After having it done she went to a theme park!

"She had it done at the weekend and went off to Alton Towers that same day because she hadn't told her husband she was having it done," he said. "She was fine but you have to wear a corset afterwards so I can't imagine it was very pleasant for her going up and down on all those rides."

Local anaesthetic is injected into the area where the patient wants the fat budging.

"I can treat stomachs, love handles, double chins, bingo wings, buttocks, thighs, man boobs . . . all those areas where fat is stubborn," said Dr Townshend.

"Once the chosen area has been numbed I make a number of cuts in it and insert the laser probe, which is about 2mm in width and rather like a bendy knitting needle.

"Then the laser moves backwards and forwards underneath the skin inside the fat layer and the heat melts it down so it turns to mush. When that's finished, I squeeze out the molten fat."

As general anaesthetic is not used, the patient is awake throughout the procedure.

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This is not an excuse for  
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"The patient will be chatting to me and music will be playing," added Dr Townshend. "Women who've had a Caesarean under local anaesthetic often say they don't feel pain but are aware of a tugging and pushing sensation and this seems to feel like that . . . a bit uncomfortable, but not painful."

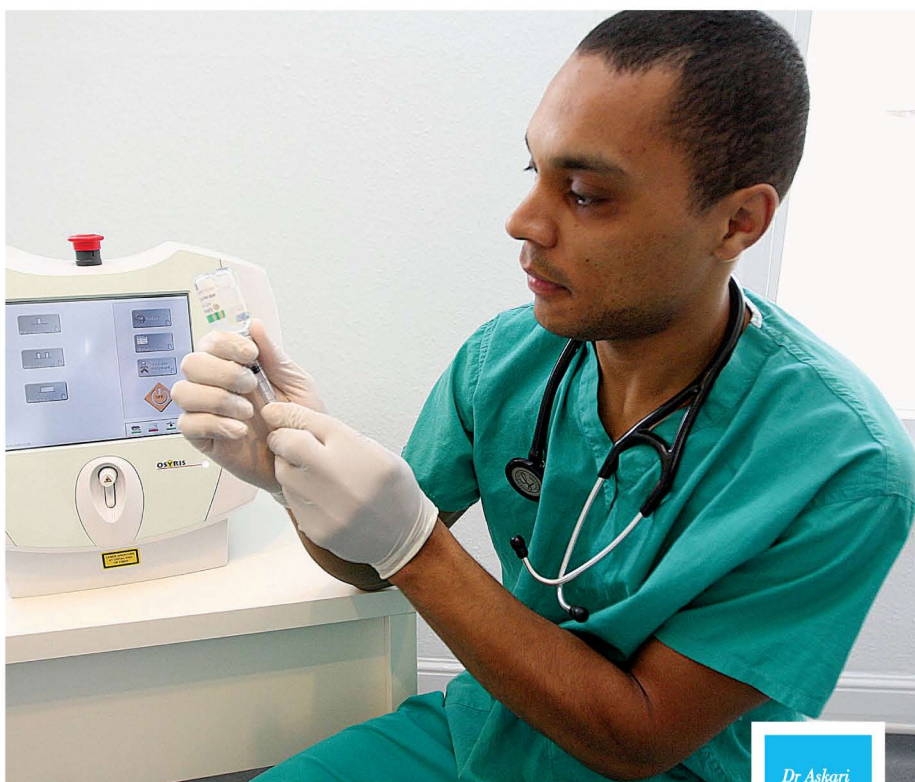
Along with shifting fat, laser liposuction has a skin tightening effect, improving its texture and look.

"The heat from the laser tightens the collagen in the skin," explained Dr Townshend. "As well as tightening the skin, it can help improve the appearance of cellulite."

Liposuction performed under general anaesthetic can remove up to seven litres of fat but this procedure removes less.

"I ask people to make the shape of a fist with their hand and tell them that's about the area of fat I'll be removing," said Dr Townshend. "It's about the size of a can of Coke."

Not everyone can have lunchtime lipo. Laser



Dr Askari  
Townshend

## DOCTOR-LED PROCEDURES

**FREE** skin consultations and procedures like botox, dermal fillers and micro-dermabrasion, are performed in a separate room from the advanced laser liposuction at Townshend Skin Clinic.

"All our procedures are doctor-led, which is good for the bonding experience and helps build trust between doctor and patient," said Dr Townshend, who spent 12 years at medical school and surgeon training school in Nottingham before setting up his practice in Northampton.

"I chose Northampton because of its location," he said. "And the fact that this is in the town centre right by a car park makes it even more perfect. I fell in love with this building," he said, about the

Victorian town house clinic. "It looks discreet. You can nip out at lunchtime for some botox, micro-dermabrasion or liposuction and people think you're visiting an accountant.

"It's not a salon, drop-in place but very much a bespoke doctor service which is appointment based.

"It's very different running your own business to working for the NHS," he added. "People are paying money and are really happy with what we can do for them; it's a choice, whereas in the NHS it's a very different type of medicine," he said. "Both are very satisfying."

lipolysis is aimed at people with a small amount of fat to shift rather than anyone obese. Anyone with a body mass index (BMI) of 30 and above is not allowed to have it done. (Work out your BMI by dividing your weight in kilos by your height in metres squared).

"This is not for obese people looking to drop several dress sizes in an instant," said Dr Townshend. "It's for certain, localised areas of fat that are difficult to get rid of. If someone has a BMI of over 30 I'll tell them to go away and lose weight first."

A maximum of two areas can be treated in one go, at a cost of £1,750 for one area and £3,000 for two.

"Abs, which are split into two areas, are a pleasure to do and they are a very popular area where we see great results," he added.

After the fat has been removed, the area is dressed and a tourniquet applied to heal it and minimise bruising and swelling. This has to be kept on for one week to 10 days, although results won't be seen instantly.

"This is not an instant fix; it can take between six to 10 months to see best results," explained Dr Townshend. "Some people get results very quickly, but we never promise that. The body carries on sucking up and clearing the melted fat out naturally over the next few weeks and months. The body can clear melted fat out much quicker than it can shift solid fat, so you'll need to exercise and follow a low fat diet so you don't put weight back on.

"It's quite a big load of fat to shift; after all it will have taken you years to put it on. The fat cells are gone, but that doesn't mean other fat cells can't get bigger. This treatment is not an excuse for eating all the pies again!"



■ Townshend Skin Clinic is open on weekdays until 6pm and until 8pm on Tuesdays and Thursdays. For more information contact on 01604 637934 or visit [www.townshendskinclinic.co.uk](http://www.townshendskinclinic.co.uk)