

Auralia - providing your
complete Body Sculpture solution.

Bring out the real you with
Lipo body contouring.



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Minimally-invasive Lipo Sculpture by Auralia, including a full range of Body Contour procedures, is a great choice for people who have areas of fat on their body that won't disappear even with diet or exercise.



At Auralia we offer a range of Body Contour options to give you the body shape and sculptor that can help you enjoy better self confidence and achieve your body goals.

Almost every person, male and female, above the age of 30 struggles with hard-core fat deposits on certain body parts – those could be strong, on belly, flanks, saddlebags, bra-rolls, arms, butts, thick thighs, round face, or neck. Or simply you may want a ‘mummy makeover’. Oftentimes no matter how many diets we try and how regularly we exercise, those fat deposits just won’t go away.

Auralia can now offer you VASER Lipo - the most modern technology in the world of minimally invasive lipo sculpture which has set the gold standard in Body Contouring.

We recognise that opting for a cosmetic surgery or treatment is a very personal and significant decision for most people and a great deal of trust is placed in your chosen provider. At Auralia, we are here to help our patients make informed choices, provide them with specialist care, tailored to their individual needs, and guide them through their journey every step of the way – as a companion for change.

Shape your body with maximum safety

At Auralia we provide unparalleled after-treatment support for all our patients. And most importantly, Auralia is Ireland’s only internationally accredited private hospital dedicated to cosmetic and weight loss surgery.

It’s all about You



At your consultation, your surgeon will advise as to what is the best procedure to meet your needs.

VASER LipoSculpture is one of the cutting-edge procedures that we offer to remove the fat effectively whether you are in require a major body transformation or simply a minor sculpture.

What is VASER Lipo and how does it work?

VASER Lipo (Vibration Amplification of Sound Energy at Resonance) is basically the use of sound waves to emulsify and remove fat. A tumescent saline solution is injected into the area to be treated to numb the site and shrink the blood vessels. The sound energy is transmitted through small probes; the energy disrupts the adipose cells, which are then suctioned out.

Since the sound energy targets only the selected fat cells, the surrounding blood vessels and connective tissues are left undamaged.

VASER Lipo is the right procedure to remove the fat effectively whether you are in require a major body transformation or simply a minor adjustment to a particular part of your body. Ultrasonic energy is used in this procedure to disrupt the fat cells without harming any essential tissues. This procedure can be carried out under local anesthesia, sedation or general anesthesia. It involves only minimal amount of downtime after the procedure.

VASER Lipo is a safe and effective way to remove fat. It has been used for used years, and is FDA approved. VASER Lipo can help you achieve the perfect figure and high definition you want by removing small/large amounts of fat. Beyond simply removing excess fat, VASER Lipo can also help sculpt the underlying muscles creating a more toned and defined look, and due to the unique Ultrasound Waves, can lead to a smoother firmer skin, with a more uniform appearance.

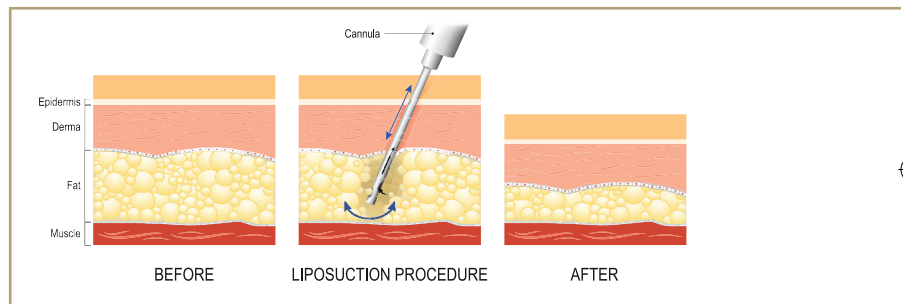


With the Auralia range of leading Body Contour procedures, any pocket of fat can be treated.

With Auralia Body Contouring any pocket of fat that is resistant to exercise and diet can be treated. These include areas such as the, saddlebag, flanks, belly, inner thighs, arms. Multiple areas can be treated during a single session. At Auralia, this procedure is performed in a clean and sterile surgical environment under local anesthesia, general anesthesia or IV sedation.

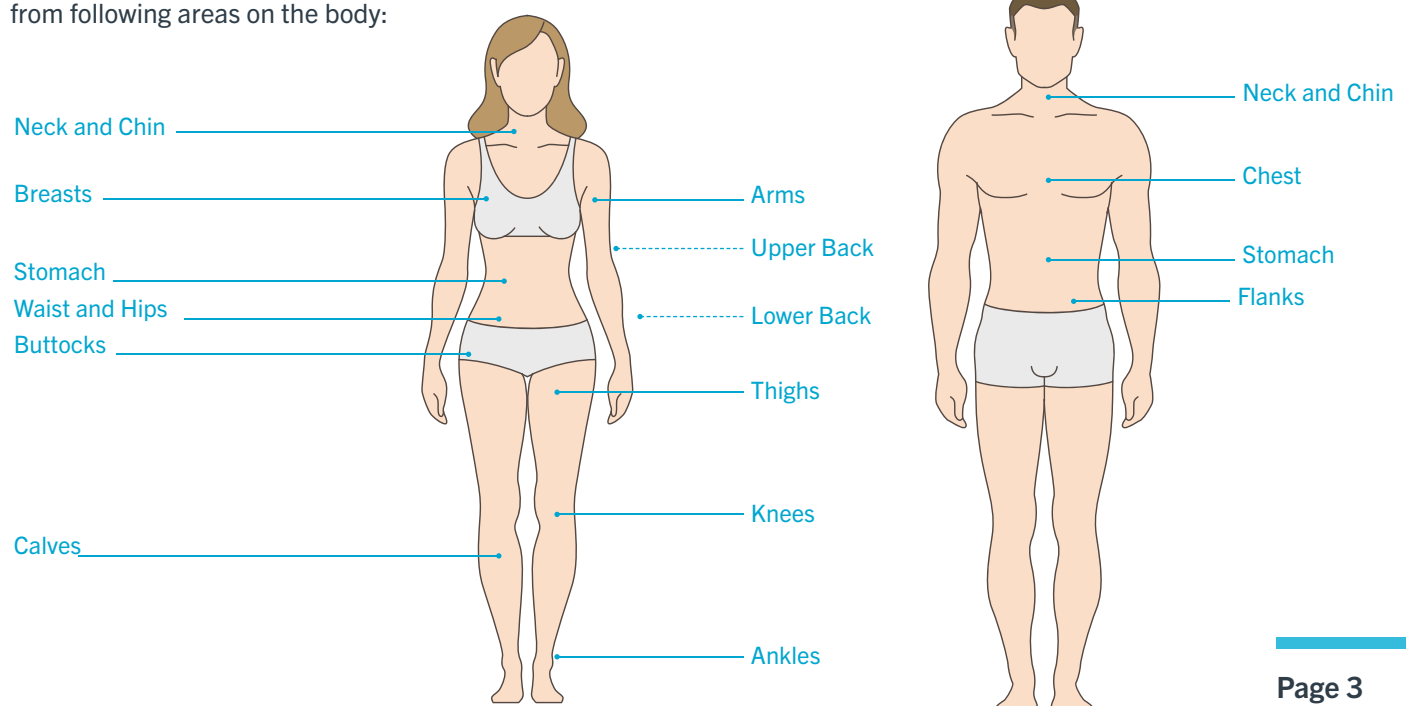
The results of the procedure would depend on the surgeon. The experience of the surgeon and his or her skills play an important role in deciding the outcome. Auralia Medical Group is staffed by the most highly qualified and trained Cosmetic Surgeons in Ireland.

Following the procedure, patients will need to wear a compression garment to minimize swelling and support the healing process. Recovery usually takes a few weeks and patients should avoid strenuous activities during this period, whilst adhering to the Surgeon's post operative instructions. This will be decided with you and the surgeon to agree what is best for you.



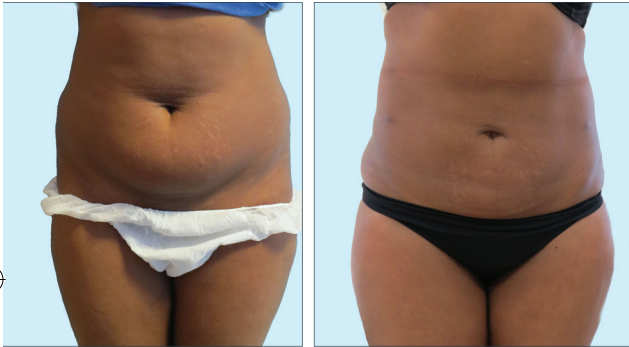
What areas can be treated?

This unique and contemporary procedure can be used for successful elimination of fat from following areas on the body:





Who is suitable for Auralia Body Contouring?



It is very important to have realistic expectations and to be positive. Even though this procedure can enhance your looks and confidence, the perfect look may not necessarily be achieved. The end result will always depend on your individual circumstances such as your overall health, age, body shape, current condition and state of the body. However, you can feel absolutely confident in the skills of our surgical team and secure in the knowledge that you are in the hands of the best there is in Ireland.

It is important to note that remaining fat cells can still increase in size and volume, and gaining weight can cause the body to store new fat in different areas, therefore maintaining a healthy lifestyle and avoiding weight fluctuations is crucial for maintaining the results of Auralia Body Contouring. The procedure is not intended as a substitute for Weight Loss or treatment of Obesity.

Furthermore, optimal skin elasticity is necessary for successful outcomes, as severe skin laxity can limit the effectiveness of the procedure.

Auralia Body Contouring should not be considered by patients who suffer with chronic medical conditions. Likewise those with conditions such as obesity, diabetes, blood clotting disorders, heart, lung, or circulatory system disease, or vascular problems, including common circulation problems and coagulation problems associated with certain medications. Patients with significant skin flaccidity also can not expect good results.

The following conditions may also affect the effectiveness of Auralia Body Contouring:

- Collagen, scarring, or connective tissue disorders;
- Presence of stretch marks;
- Endocrine disorders; and
- Pregnancy, or the possibility of pregnancy.

Good candidates for Auralia Body Contouring are people with active lifestyles who can't lose fat deposits in certain areas.



The types of Body Sculpturing procedures that we provide.

Traditional Liposuction:

Liposuction is a fat-removal procedure used in cosmetic surgery. It uses suction to remove fat from specific areas of the body, such as the stomach, hips, thighs, buttocks, arms or neck. Liposuction can also be used to shape these specific body areas in a process that is called contouring.

PAL (Power Assisted Liposuction)

Compared to traditional liposuction, which requires manual back and forth movement of a cannula to break up and suction out fat tissue, PAL utilises a power-assisted cannula that automatically creates a vibration on the cannula tip to produce a more uniform result.

HVL (High-Volume Liposuction)

High-volume lipo is a plus-size cosmetic surgery procedure performed on patients who require a greater than average amount of fat removal in order to contour their bodies. HVL can be added to other clinical procedures.

HD (High Definition) Liposuction

High-definition liposuction uses very similar techniques to those used in traditional liposuction. Various cannulas are still used to suction fat. The procedure can be performed with manual cannulas or power-assist devices in combination with energy-based devices to create the high definition result.

Liposuction for Lipedema

Lipedema is an abnormal build-up of fat in your legs and arms. It can sometimes be painful and affect your daily life, VASER Lipo is an effective way to relieve this disorder. Other clinical conditions could be Lipo-Lymphedema, Dercum Disease and others. Each clinical situation requires a personalised evaluation.

VASER:

VASER Lipo is a refinement on liposuction that utilises ultrasound to break apart fat cells and facilitate their removal from the body. Unlike traditional liposuction, VASER Lipo is considered a more controlled and gentle approach to fat removal to be done on small areas or even larger procedures. The technique is simple, however, it is recommended to consult with a skilled and experienced consultant to determine individual needs and goals.

At Auralia we have a procedure to meet any and all of your needs.



The importance of Post-Operative Care.

Post-Operative care is as important as the rest of the change process and is a key part of the treatment to ensure the result is top class and as expected. In this phase, it is important to choose the garment that best suits the particular treatment you are receiving. Sizing, comfort and adaptability are essential to avoid scratches or unwanted folds.

If the care is carried out correctly, the recovery time will actually be shortened. Auralia prides itself on the quality, level and professionalism of their Post-Operative Care procedures.

The recovery period

It is of utmost importance you adhere to all instructions regarding recovery given to you by your surgeon. That includes information on wearing a compression band, taking antibiotics (if prescribed) and maintaining a safe level of activity. Your doctor will also give you detailed instructions on the usual symptoms and all potential signs of complications. It is important to realise that the recovery period greatly varies among individuals.

Since the recovery process is gradual, the end result can be expected after 3 - 6 months. The small incisions will almost disappear within a few months, becoming barely visible.

It is very important to attend check-ups.

Don't dos

Avoid driving a car for at least 2-3 days after the procedure.

Do not consume alcoholic while you are taking medications.

Do not use tobacco products.

Avoid stretching and lifting things shortly after the operation.

Sunbed tanning is not permitted for at least 3 months after the procedure.



Your nutritional wellbeing
plays an important part in any
Body Contouring procedure

Nutritional consultations and body composition analysis

Healthy and nutritious diet is a very important factor in achieving the best results after the liposuction. It is essential to make a good plan and to ensure your body receives the right optimal calorie, vitamin, mineral and liquid intake. An optimal balance between proteins and carbohydrates is also important to ensure you benefit from the procedure and maintain your health.

Medical body composition analysis

After consultations with the surgeon, we can recommend consultations with an external Nutritionist, who will advise you on a recovery diet before the procedure. This will be in conjunction with a medical body composition analysis, by using a sophisticated body scan. This will provide us with an insight into your current body condition and assist us in developing a post-operative nutritional plan.

With the detailed medical body composition analysis, at Auralia, we can determine:

- Percentage of fat tissue
- Muscle mass
- Percentage of water
- BMI - Body Mass Index
- BMR - Basal Metabolic Rate





Some comments from recent patients

“Auralia was the start of my journey of positive change. I am absolutely delighted with my results. I had my procedure yesterday & straight away I could feel & see a difference. From the moment I spoke with the Auralia team & from my consultation & then to my surgery, I felt so comfortable, calm & excited about my whole experience. I felt this hospital was extremely clinical. I received first class treatment from all of the team there, from the surgeons, nurses & coordinators. You definitely get what you pay for here. I will 100% recommend Auralia to anyone. I will definitely consider this clinic for further treatments. I felt every step of my journey was treated with the upmost respect & care. I thank you all so much for my positive change”.

“After a lot of research to get a particular skin related surgery done, I chose Auralia for the procedure. I was very impressed with their reactivity, attention to details, attention to care, knowledge and advice for the surgeons as well as the good communication from the coordinating team. As a summary, I'm delighted with the result and truly recommend Auralia”.

Google reviews.



By sculpting and contouring, Auralia can help create a more defined and aesthetically pleasing body shape.

The top 5 benefits of Auralia Body Contouring.

- 1** Fat reduction and body contouring: Liposuction and liposculpture can effectively remove stubborn fat deposits that are resistant to diet and exercise. The procedure can sculpt and reshape various body areas, providing a more toned and balanced appearance.
- 2** Boosts self-confidence: Many individuals are self-conscious about certain areas of their body with unwanted fat pockets. By achieving a more aesthetically pleasing physique, patients often experience a significant increase in self-esteem and body confidence.
- 3** Minimal scarring: The procedure involves small incisions through which a cannula (a thin tube) is inserted to suction out the fat. These incisions are typically small and heal with minimal scarring compared to more invasive surgeries.
- 4** Quick recovery: Liposuction and liposculpture are usually performed as outpatient procedures, meaning patients can go home the same day. While some soreness and swelling are expected, the recovery time is generally quicker compared to more extensive surgeries.
- 5** Long-lasting results: The fat cells removed during the procedure do not return. However, maintaining a healthy lifestyle with proper diet and regular exercise is essential to prevent the remaining fat cells from expanding and affecting the results.

It's essential to keep in mind that while liposuction and liposculpture can offer significant benefits, they are not meant to be weight loss solutions or alternatives to a healthy lifestyle. These procedures are most effective when used to contour specific areas of the body where diet and exercise alone haven't been successful. If you're considering liposuction or liposculpture, it's crucial to consult with a qualified plastic surgeon to discuss your goals, expectations, and any potential risks associated with the procedure.

It is important to only consult with a qualified cosmetic surgeon to determine if Body Contouring is suitable for your specific situation and to understand the potential risks and limitations associated with the procedure.



FAQ's

Some Frequently Asked Questions.

Q What is Body Contouring?

A Body Contouring uses several technologies to selectively remove unwanted fat whilst preserving important tissues such as nerves and blood vessels. The results are determined by the skill and training of the operator more than the technique used. Body Contouring is suitable for both men and women who aim to improve their body shape and definition.

Q What are the benefits of Body Contouring?

A Body Contouring is performed to remove excess fat that does not reduce following exercise and diet. Body Contouring aims to improve body shape and definition, and self-image enabling you to wear the clothes you want. Body Contouring is carried out to correct abnormal fat deposits, male chest (Gynaecomastia), and lower body (Lipodystrophy), as well as define the abdominal muscles arms and thighs.

Q Am I the ideal patient for Body Contouring?

A If you are on a good diet, are able to exercise and your weight is stable or reducing, but are concerned about stubborn fat around the abdomen, hips, thighs, knees, or arms then Body Contouring can improve your body shape and self-image. In some cases, with a very high level of loose skin, a combination of procedures may be required. Smoking must be avoided before and after treatment to avoid complications such as infection or poor healing. You should also avoid any blood thinning medication or supplements.

Q Do I need to lose weight before my Body Contouring?

A We recommend that you should be as close to your ideal body weight as possible before you undergo Body Contouring treatment. Many patients find it very difficult to exercise effectively, so it is important that you eat a healthy diet and try and achieve your optimum weight.

Q How long is the recovery time?

A The recovery time will depend on the amount of Body Contouring performed. Frequently, patients can return to their normal activities after 1 - 2 days, but we recommend gentle walking the day after your treatment. You should avoid vigorous activity, hot baths or saunas for 4 – 6 weeks.

Q What about the results?

A The results are first and foremost natural. The goals of Body Contouring are to restore your body proportions, define the body silhouette, to achieve a natural aesthetic and sculptured appearance. The results will boost your self-esteem, allow you to wear the clothes you want to wear and feel more confident.



Some comments from recent patients

“ *Couldn't fault the team at Auralia, the whole experience from start to finish is outstanding. They are all such a lovely bunch of people and genuinely care about you. Would like to especially thank the nurses the care was excellent and put me right at ease. I'm over the moon with my results and highly highly recommend Auralia. Thanks to the surgeons too for keeping me in good hands. Thanks again to you all!!!*

Google reviews

“ *I had two surgeries with the clinic. And everything from consultation ,pre-op and post –op care was amazing . Not only life –changing and has given me a new found confidence in myself . All the staff are amazingly professional .”*

“ *I couldn't have dreamed of a better experience! Made me feel so comfortable and at ease . Couldn't recommend Auralia enough . I have never been happier !”*

Whatclinic





How do I begin my Body Contour journey at Auralia?

So take the first step towards a more confident you by simply calling Auralia on **01 612 0551** for your free complimentary consultation or visit us at **www.auralia.ie**

We will arrange a free complimentary consultation with you to learn how our range of Lipo Sculpturing solutions can transform your body and boost your self esteem. You can also visit our local clinics in Limerick and Kilkenny if that is more convenient.

Auralia Cosmetic Surgery is an excellent choice for your Liposuction and Body Contouring solutions. Simply because they are committed to providing the best possible care. At Auralia we use only the latest techniques, and we operate from a best-in-class, internationally recognised facilities and the most experienced surgeons.

At Auralia we believe in absolute and dedicated patient care - before, during and after all procedures.

You are in very safe hands with Auralia.



 **Auralia**
MEDICAL GROUP



Alternatively you can scan this
code to book your consultation.



Our team of world-class healthcare specialists and surgeons create change through partnership and trust.

If you have any questions regarding any of our treatments at Auralia, please don't hesitate to contact the cosmetic coordinators.

For more information visit us on Auralia's dedicated website: www.auralia.ie or call us Tel: 01 612 0551

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