

HANDSOME ■

# SUMMER, LIPOSUCTION,



# SUN & YOU

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## a small touch up can assure the perfect silhouette

■ THE TEMPERATURES ARE RISING, the days on the beach are getting longer and the first tan is on your skin - summer is just rushing in. Every woman wants to put on those short, airy summer dresses, the gorgeous bikinis and the short skirts, but in spite of all the efforts in the gym during winter and spring there is still that tiny but nasty bit on the hips and legs which keeps you from showing off a perfect summer silhouette.

■ A SMALL, SUPERFICIAL LIPOSUCTION can help you to get rid of this problem quickly and with perfect results. Performed on an outpatient base, healing is fast providing a quick recovery from the procedure; the scars are minimal and nearly invisible. Depending on the area treated most patients can join daily life without problems after 2-3 days.

A compression garment must be worn for 3 weeks to insure an even and smooth aspect of the area treated but can be hidden easily under normal clothes.

■ AFTER THREE WEEKS the results are nicely visible; sunbathing, swimming and putting on all the clothes you always wanted to wear is the perfect thing to do during the summer. As mentioned above, the scars are barely perceptible but must be protected with a high sun protection factor during the whole summer to prevent any pigmentation. And if you use this chance to start with a workout on a regular base while you are already feeling perfect in shape, chances are high that you will bring your perfect silhouette over the winter and be ready when the next summer comes.




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## PATIENT INTERVIEW WITH TERRY CHILKOTT

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### TRANSFORM MAGAZINE

Hello Terry thanks for giving Transform Magazine this interview and sharing your experience with our readers. At this point in your life you decided to fix a part of your body. Please tell us more about it.

### TERRY CHILKOTT

>>> I am 41 years old and 3 weeks ago I had a liposuction of my inner and outer thighs, my knees and my hips and as well a breast augmentation.

#### ***Why did you choose to have this operation done?***

>>> I wanted to have liposuction for a long time because I was always working out hard in the gym and over 6 years it didn't seem to have any result on my legs. To have a breast augmentation was a more recent decision because my breasts sagged a lot during the last year, so I decided to do both at one time.

#### ***Was it your first aesthetic operation?***

>>> No, it was actually my second. I already had a bottom lift in the United States which left me with two nasty scars after a long and painful recovery, so I was very reluctant to undergo aesthetic surgery again, especially having two procedures at once.

#### ***How did you overcome those worries?***

>>> Dr. Albrecht explained the procedure in every detail to me and ensured me that with the techniques he uses the recovery would be fast and nearly painless. And now I can say that he was absolutely right about this, I had no pain at all in the liposuction area and only minimum bruising. In the breast I had slightly uncomfortable tension because the implants were placed underneath the muscle, but this was totally tolerable with the pain medication prescribed for me.



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***Are you pleased with the aesthetic result of the liposuction?***

>>> Yes, I am very pleased; I really did not expect such good results in such a short time. It really did change the shape of my legs totally since I don't have this nasty layer anymore on my legs and the texture is much smoother too. Besides, today it is only 3 weeks after the surgery and all the liposuction scars are already nearly invisible.

***How did you experience the day of the surgery?***

>>> Well, I came in a little nervous in the morning and was greeted by Dr. Albrecht's assistant and the chief nurse, both of them speaking perfect English. Later I was welcomed by Dr. Albrecht when he did the preoperative markings and once again explained me everything that was going to happen, so afterwards I really felt relaxed and ready to go for it. The nurse walked me into theatre and the next thing I can remember is Dr. Albrecht coming into my room and telling me that everything went fine.

***Did you have any pain during the operation?***

>>> I did not have any pain at all, even from the anaesthesia. I don't remember anything after I was given the pre medication pill.

***Are you happy with the results of your breast augmentation?***

>>> Yes, I am extremely happy with the results; they look very natural, just like I always wanted them to look.

***What do you think about the scars, do they bother you?***

>>> I would ask: What scars? There aren't any to see because Dr. Albrecht chose to approach via the areola and on the border of the pigmented area the short scars are barely identifiable.

***After your experience could you imagine yourself having another procedure performed?***

>>> Yes, definitely. I will have eyelid surgery performed in wintertime, because my eyelids are starting to get a little heavy and hooded.

***How did you find out about Dr. Albrecht and Marbella Clinic?***

>>> Dr. Albrecht has a very good reputation here on the coast and when I asked around I did get to see some very nice results which made me come to Marbella Clinic, initially for some non-surgical treatments like Botox and Endermology.

***What would you recommend to any other friend who wants to have a liposuction performed?***

>>> I would definitely tell them to have the procedure done by Dr. Albrecht at the Marbella Clinic, because I felt perfectly cared for and recovered quickly with excellent aesthetic results which made me forget a bit about the bad experience I had with my previous operation in the United States.

***Thank you very much for this interview, Terry.***



LIPOSUCTION