

CHIN LIPOSUCTION (DOUBLE CHIN REMOVAL) PATIENT INFORMATION GUIDE

(Educational material - not a replacement for personalised medical advice.)



Information For Patients

This booklet provides information to help you decide whether to have chin liposuction (double chin removal). It explains how the procedure is performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with a relative, partner or carer before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, you may find it helpful to write them down so that you can discuss them with your surgeon or a member of the clinical team.

This document is intended for educational purposes and does not replace a personalised consultation with a qualified medical professional.

Contents

- Information for Patients
- What is Chin Liposuction?
- Why Consider This Procedure?
- Preparing for Surgery
- Your Treatment Journey (International Patients)
- The Procedure
- After the Operation
- Recovery and Expected Results
- Aftercare Instructions
- Potential Benefits
- Risks and Complications
- Procedure-Specific Considerations
- When to Seek Medical Advice
- Questions to Ask Your Surgeon
- Further Information and Consent
- Contact Information
- Document Information



What is Chin Liposuction?

Chin liposuction is a cosmetic procedure designed to remove excess fat beneath the chin and along the upper neck.

The procedure helps improve the definition of the jawline and neck contour, reducing the appearance of a double chin.

It is commonly performed on patients whose skin still has good elasticity, allowing the skin to tighten naturally after fat removal.

Why Consider This Procedure?

You may consider chin liposuction if you:

- Have excess fat under the chin
- Notice reduced jawline definition
- Have a double chin that does not improve with weight loss
- Wish to improve facial profile and neck contour

The procedure is designed to improve contour rather than significantly change facial structure.

Preparing for Surgery

Before surgery you may be advised to:

- Stop smoking several weeks before surgery
- Avoid blood-thinning medications unless approved by your doctor
- Disclose all medications, supplements and medical conditions
- Maintain a stable weight prior to surgery
- Follow any fasting instructions provided

Your surgeon will review your medical history and discuss the surgical plan during consultation.

Your Treatment Journey (International Patients)

Initial Assessment

Your medical history and photographs of the chin and neck area are reviewed.

Travel Arrangements

Airport pickup and accommodation are arranged through the treating hospital.

Pre-Operative Appointment

You will attend a consultation for examination, surgical planning and consent confirmation.

Surgery Day

The procedure is typically performed in a clinic or hospital environment.

Post-Operative Stay

Most patients return to their accommodation on the same day.

Return Travel

Patients are generally advised to remain abroad for several days before travelling home to allow for early follow-up.

The Procedure

During chin liposuction, a small incision is made beneath the chin or behind the ears.

A thin surgical tube is inserted to gently remove excess fat from the area. The goal is to improve the contour of the neck and jawline.

The procedure is usually performed under local anaesthesia with sedation, although the anaesthesia plan may vary depending on the patient and surgical plan.

The procedure typically takes 30 to 60 minutes.

After the Operation

After surgery you may experience:

- Mild swelling
- Bruising under the chin
- Temporary tightness
- Minor discomfort

A compression garment or chin strap may be recommended to support healing.

Recovery and Expected Results

First Week

Swelling and mild bruising are common.

Weeks 2–3

Most swelling gradually improves and many patients return to normal activities.

Weeks 4–6

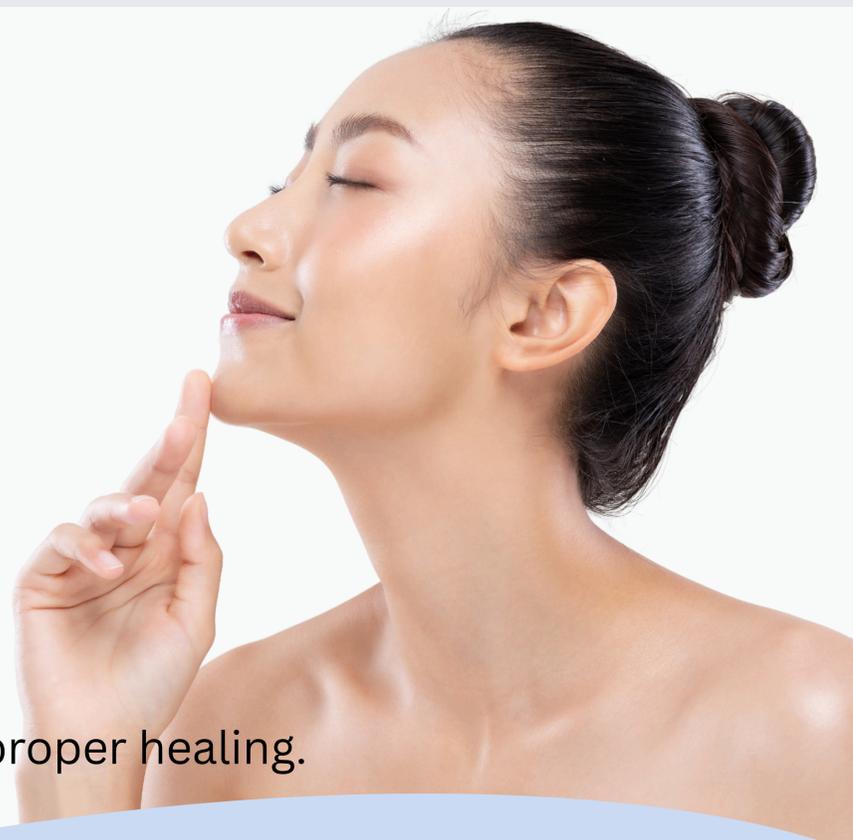
Final contour begins to become more visible as swelling continues to settle. Results improve gradually as the skin adapts to the new contour.

Aftercare Instructions

You may be advised to:

- Wear a compression garment as instructed
- Avoid strenuous activity for several weeks
- Keep the treated area clean and dry
- Sleep with the head elevated
- Attend follow-up appointments

Following aftercare instructions helps support proper healing.



WORLD
MEDI-GROUP

Potential Benefits

Chin liposuction may:

- Improve jawline definition
- Reduce the appearance of a double chin
- Improve facial profile
- Enhance overall facial balance

Results vary between individuals.

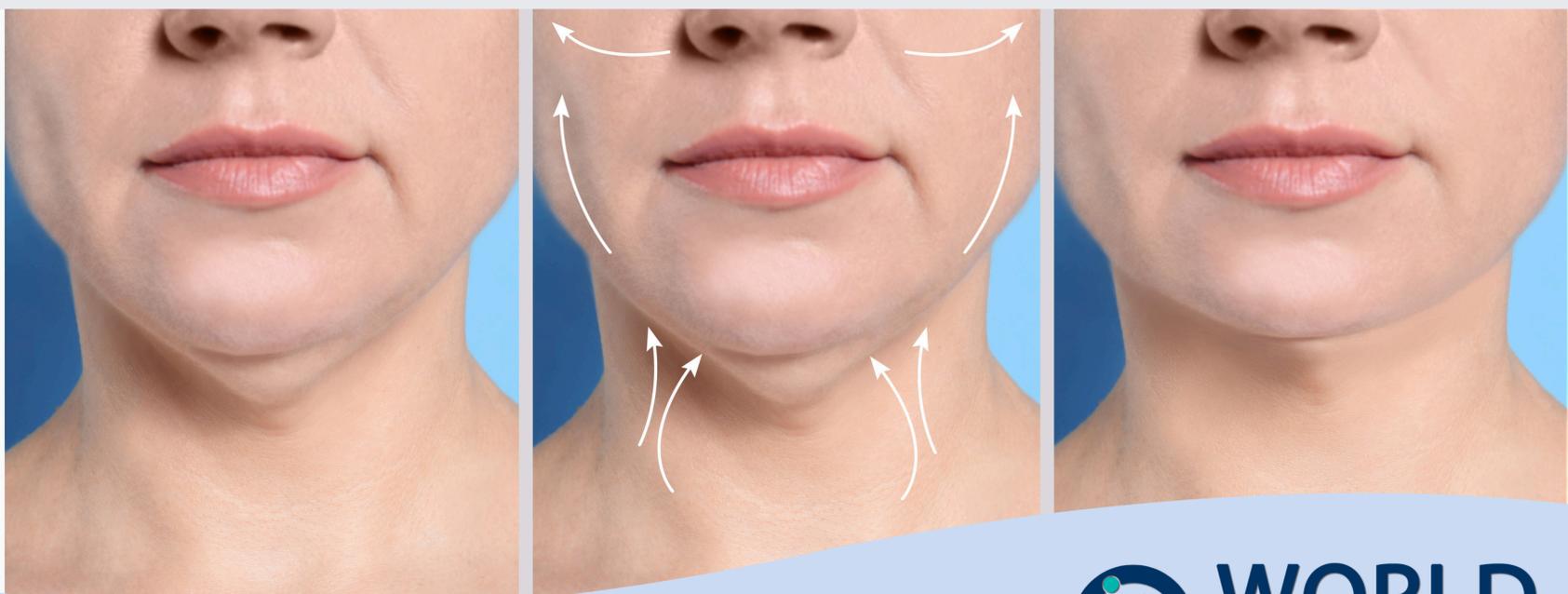
Risks and Complications

All surgical procedures carry some degree of risk. Outcomes and recovery times vary between individuals.

Possible complications may include:

- Infection
- Bleeding
- Temporary numbness
- Contour irregularities
- Skin looseness
- Asymmetry
- Need for revision surgery

Your surgeon will discuss potential risks during consultation.



WORLD
MEDI-GROUP

Procedure-Specific Considerations

Skin Elasticity

Good skin elasticity helps achieve better contour after fat removal.

Combination Procedures

Chin liposuction may be combined with neck lift or other facial procedures.

Weight Stability

Maintaining a stable weight helps preserve results.

Jawline Definition

The procedure improves contour but does not change bone structure.

When to Seek Medical Advice

Seek medical attention if you experience:

- Increasing swelling or redness
- Fever
- Severe pain
- Excessive discharge from the incision site
- Sudden shortness of breath

Questions to Ask Your Surgeon

You may wish to ask:

- Am I a suitable candidate for chin liposuction?
- Will additional procedures be required?
- What type of anaesthesia will be used?
- What results are realistic for my case?
- What is the expected recovery timeline?



Further Information and Consent

Before proceeding with surgery you will be asked to sign a consent form confirming that:

- You understand the nature of the procedure
- The potential risks and benefits have been explained
- You have had the opportunity to ask questions
- You understand that results may vary between individuals

The final decision regarding suitability for surgery is made by the treating surgeon following medical assessment.

Contact Information

If you require further clarification before your consultation or treatment, please contact:

World Medi Group
contact@worldmedigroup.com
Phone/WhatsApp: +44 7464085948
www.worldmedigroup.com

Document Information

Procedure: Chin Liposuction (Double Chin Removal)

Series: World Medi Group – Patient Information Series

Version: 1.0

Date of Issue: 2016

This document is provided for educational purposes and does not replace a personalised medical consultation.