



Dr. Mustafa Aydinol

Edition: September 2026

PATIENT GUIDE

The Liposuction and BBL Guide

What I explain to every patient before liposuction or a BBL in Istanbul: what fat removal can and cannot change, how VASER, MicroAire and Renuvion work together, how a BBL is made safe, and what your recovery really looks like.

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Before you start

Liposuction is a contouring tool, not a weight-loss operation. It removes stubborn fat that diet and exercise do not shift, and it cannot remove loose skin. An ethical clinic will sometimes recommend against it. That is a sign of good judgement, not a lost sale.

A BBL is liposuction first and a fat transfer second. In most patients the liposuction changes the silhouette more, and the way the fat is placed decides whether the operation is safe.

Read this guide at your own pace. When you are ready, send me a few photographs and I will tell you honestly whether liposuction is the right tool for your body.

Dr. Mustafa Aydinol

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What liposuction can do, and what it cannot

Liposuction removes fat from under the skin through incisions of a few millimetres. The fat cells removed do not grow back, but the ones that remain can still enlarge if you gain significant weight.

I assess every area in three layers

Skin

Whether it will contract once the fat is gone. Pinch it: if releasing it leaves a fold that stays, the skin needs to be removed, not only the fat.

Fat

The fat under the skin, which liposuction treats: how much there is, where it sits, and whether it can be transferred elsewhere.

Beneath

Fat inside the abdomen, around the organs. Liposuction cannot reach it, so a firm, rounded abdomen stays.

What liposuction will not do

- It is not a weight-loss operation, and it cannot replace a healthy diet and regular exercise.
- It does not treat cellulite, and it does not remove loose, hanging skin.
- It does not reach the fat inside the abdomen.

Loose skin as well as fat?

Skin tightening

Renuvion or Endolift help mildly to moderately loose skin contract after liposuction.

Skin removal

When the skin hangs, a tummy tuck, arm lift or thigh lift removes it. After major weight loss, liposuction alone is rarely the right answer.

The honest boundary: if a pinch of skin leaves a fold that stays, no device will take it up. That tissue has to be removed surgically. mustafaaydinol.com/renuvion-or-tummy-tuck/

VASER, MicroAire and Renuvion

Technique names are often used as marketing. Most of my plans involve two to four areas and several tools, each doing one job.

VASER and MicroAire

VASER uses ultrasound to loosen the fat, with less bruising and better skin retraction; it is the technique of choice for detailed, sculpted work. MicroAire then removes the fat evenly.

Renuvion at the end

Helium plasma under the skin, through the same small incisions, helps mildly to moderately loose skin contract. I rarely use it on its own, and its result is judged at six months.

What about lipo 360 and HD liposuction?

Lipo 360 is not a separate technology; it is an approach that treats the abdomen, flanks and back together, so the waist is shaped from every angle. High definition liposuction is the most artistically demanding and least forgiving of error, and an honest surgeon will sometimes recommend against it.

The technique itself is rarely the problem. The decision-making around it is.

Which areas, and which approach

Most requested

Abdomen and waist

Fat of the abdomen and waist, usually with the flanks. If the skin is loose or the muscles have separated, a tummy tuck is the better tool.

All around the waist

Lipo 360

The abdomen, flanks, upper and lower back and bra line in one plan, so the waist is shaped from every angle, not only from the front.

Pinch test first

Arms and back

Skin that snaps back is a liposuction problem. Skin that stays where you put it needs a lift instead.

Inner and outer

Thighs and knees

Hips, outer and inner thighs and knees. In thin, loose skin, liposuction can make sagging worse, and I will tell you so.

Local anaesthesia

Chin and neck

A double chin treated under local anaesthesia with light sedation, with about three days in Istanbul.

Fat or gland

Male chest

Fat is treated with liposuction; where gland is the problem, it is removed as well. High definition work is possible where the anatomy allows.

Often planned in the same operation

- A BBL, with your own fat transferred to the buttocks
- A tummy tuck, when skin or muscle needs repair
- Breast surgery, including fat transfer to the breasts
- Renuvion or Endolift where the skin needs help to tighten

Combinations are planned in advance, as one operation and one recovery. That is a consultation decision, not a menu choice.

BBL: shape, made safely

The fat is taken from the waist, flanks, back and often the abdomen, processed, and placed in fine layers. How it is placed is the part you cannot see in a before and after photo, and it is the part that should decide who you let operate on you.

Above the muscle only

All of the fat goes into the layer under the skin, above the gluteal muscle. None goes into or beneath the muscle, where the veins that can carry fat to the lungs sit.

Ultrasound guidance

Ultrasound shows where the cannula is. Blunt cannulas of at least 4 mm are never angled downward, with low pressure and constant movement.

Volume set by tissue

The volume is decided by your tissue, not by a target number. Overfilling is the most common reason transferred fat dies.

Who a BBL suits, and who it does not

- You need enough donor fat, reasonable skin over the buttocks and a stable weight.
- If you are very lean, I will say so rather than harvest aggressively. Implants may then be the better answer.
- If the buttock skin is loose, a lift is better. Adding volume beneath loose skin makes the skin looser.
- Smoking lowers how much of the fat survives, so it matters even more before a BBL.

How much of the fat stays?

A meaningful part is reabsorbed over the first three months: roughly 40 to 60 percent of the transferred fat survives, and the exact figure differs from person to person, so no one can promise it. The shape you have at three to six months is the one that lasts, provided your weight stays stable, and some patients choose a second session.

Results from my practice

These are my own patients. Some give permission for after photos only, and I say so under each one.

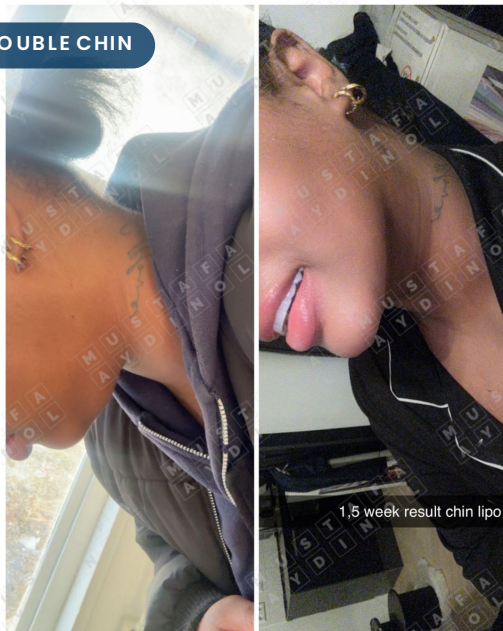
MALE HD LIPOSUCTION



LIPO AND CHEST



DOUBLE CHIN



Three patients

Three different areas

High definition liposuction of a male abdomen; liposuction with correction of the male chest; and double chin liposuction one and a half weeks after surgery. Before on the left, after on the right.

More results



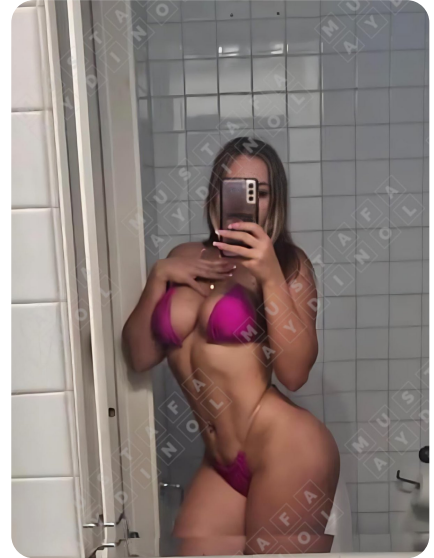
360 liposuction and BBL

With a tummy tuck and breast lift, age 60. Before (left) and one week after (right).



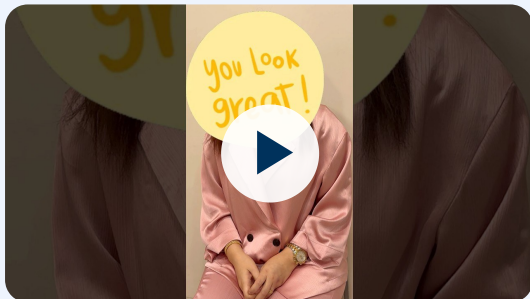
Liposuction and Renuvion

After surgery. This patient gave permission for the after photo only.



Liposuction, VASER and Renuvion

After surgery. After photo only, at the patient's request.



PATIENT STORY

A revision after multiple liposuction procedures: VASER and Renuvion, with fat grafting of the depressions.



Scan to watch

More results: mustafaaydinol.com/before-and-after-gallery/

Are you a good candidate?

The best candidates are close to a stable weight, with reasonable skin and stubborn fat that diet and exercise have not changed.

Most of my liposuction patients fall into three groups

Stubborn areas

Fat that stays in specific areas at a stable weight: the abdomen, flanks, thighs, arms or chin.

Shape and curves

Lipo 360 with a BBL, to shape the waist and move volume to where you want it.

Men

Abdomen, flanks and chest, with high definition work where the skin and anatomy allow it.

When I will say no, or not yet

- You want to lose weight. Liposuction is a contouring tool, and I will tell you so.
- Your skin is significantly loose, for example after major weight loss. Liposuction alone would leave it looser.
- Your weight is still changing, including on weight-loss medication. I usually want it stable for four to six months.
- Your BMI is 30 or higher. Liposuction and BBL then usually wait, although some other operations may still be possible.

The operation

ANAESTHESIA

General anaesthesia; local for small areas such as the chin

OPERATING TIME

About 1 to 4 hours; a BBL about 3 to 4

HOSPITAL

One night; two when combined with a tummy tuck or lifts

DRAINS

Usually out within two to three days, rarely later, depending on the fluid they collect in 24 hours. You never fly home with drains in.

Removing excessive volumes in one operation is one of the causes of poor outcomes. I plan the donor areas as carefully as the recipient site, rather than treating them as a source of raw material.

Incisions and compression

The incisions are a few millimetres long, placed in skin creases and areas covered by underwear, and they fade significantly over twelve months.

You wear a compression garment day and night. Overnight wear remains mandatory for the whole period, because your body cannot be monitored while you sleep.

Your days in Istanbul

Plan five to seven days in Istanbul, and about a week after a BBL.



Recovery planner

Use the recovery planner on my website to turn your surgery date into a day by day calendar for your trip. mustafaaydinol.com/recovery-planner/

After you fly home

1 to 2 weeks

Desk work from around one week after liposuction, two weeks after a BBL. Your first shower around day ten. Driving from around day ten, on a cushion after a BBL.

3 to 6 weeks

Compression for at least six weeks, many patients until eight; from around week three daytime wear becomes optional, nights stay mandatory. Massage continues at home, two to three times a week. Light cardio from around week three after liposuction alone.

6 to 8 weeks

Full training from around week six after liposuction alone. After a BBL, light cardio from week six, normal sitting from around week six and full training from week eight.

3 to 6 months

Most swelling has settled by three months, and the final result shows at three to six. The result you see at month three is shaped by what you do in the first six weeks.

Normal in the early weeks

- Swelling and bruising in the treated areas
- Firm or uneven areas early on: massage is like ironing the skin
- A BBL that looks larger now than it will at three months

Contact my team straight away if you notice

- An area that swells quickly or painfully
- A painful or swollen calf
- Breathlessness or chest pain
- Fever

Risks and honest limits

The risks of liposuction are bruising, swelling, contour irregularities, asymmetry, seromas, infection and blood clots. Poor outcomes usually come from decisions: unqualified operators, wrong case selection, unsafe facilities and excessive volumes.

Uneven contour

Waviness, dents or asymmetry. Even removal, massage and compression all matter, and so does an honest limit on volume.

Seroma

Fluid collecting under the skin. An area that swells quickly or painfully needs to be seen, not waited out.

Burns with devices

Renuvion and Endolift can cause burns or irregularity. The risk is related to technique and settings.

Fat embolism after BBL

Fat reaching the lungs, the most serious BBL risk. Placing fat only above the muscle, under ultrasound, prevents it; the published risk fell roughly six-fold.

Two honest limits

Liposuction does not protect you from weight gain. The fat cells removed do not return, but the remaining ones can enlarge.

Transferred fat is partly reabsorbed, so a BBL is judged at three to six months, and a second session is sometimes needed.

How to read before and after photos

Almost any body looks slimmer from a high angle, with a turn of the hips, a held breath or a filter. A fair comparison shows you the whole picture.

What to look for

- ✓ The same posture, distance and light in both photos.
- ✓ The skin, not only the outline: waviness or dents show in side light.
- ✓ After a BBL, the side and back views, and whether the waist and hips flow naturally.
- ✓ Time stamps. At one week the body is still swollen and held by compression. Ask to see three to six months.

Quality of placement beats litres claimed. In a BBL, what matters most is the part the photo cannot show: where the fat was placed.

Questions to ask any surgeon

The surgeon matters more than the technique, and the structure around the surgery matters as much as the surgery itself.

- 1 Are you certified in plastic, reconstructive and aesthetic surgery, and which societies are you a member of?
- 2 Is liposuction the right tool for me, or do I need skin removal?
- 3 Which technique will you use for my areas, and why?
- 4 In a BBL, exactly where is the fat placed, and do you use ultrasound?
- 5 How much volume do you plan, and how is it decided?
- 6 How long will I wear compression, and how many massages are included?
- 7 Who checks me in Istanbul after surgery, and who do I contact once I am home?
- 8 What exactly is included in the price?

Red flags

- A promised number of litres or cc
- A guaranteed fat survival percentage
- No clear answer on where BBL fat goes
- A package priced far below the market

Cost and how to get a quote

Liposuction and BBL in Istanbul cost considerably less than in the United Kingdom, Germany or the wider EU. Be cautious of suspiciously low packages: the costs clinics cut are anaesthesia cover, operating time and imaging guidance.

What shapes your quote

- The number of areas
- The techniques used, such as VASER and Renuvion
- Whether fat is transferred, as in a BBL
- Combined procedures and the hospital stay

How to get your quote

1

Send your photographs

Front, side and back views of the areas that bother you, standing relaxed, with your height and weight.

2

Video call

We talk through what you want, what your body allows, and your questions.

3

Written quote

Your plan and your quote in writing, covering the hospital, anaesthesia, follow-up in Istanbul and the massage sessions there.

About Dr. Aydinol



I completed my specialist training in plastic, reconstructive and aesthetic surgery at Dicle University (2012 to 2017) and have run my own practice in Istanbul since 2020. My work covers facial rejuvenation, rhinoplasty, breast surgery and body contouring, always with the same rule: the right procedure at the right time, or an honest no.

Patients from Germany, Italy, the United Kingdom, the Middle East and many other countries travel to Istanbul for surgery with me. My team and I plan the whole trip around the operation.

10,000+ procedures

ISAPS member

Turkish Society of Plastic Reconstructive and Aesthetic Surgeons

Rhinoplasty Society of Europe

Health Tourism Authorization, Turkish Ministry of Health

Your next step

Send a few photographs on WhatsApp. Tell me what bothers you most, and I will tell you honestly what I would recommend.

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Message us on WhatsApp



Plan your recovery



Liposuction

This guide is general information and does not replace a personal medical consultation. Your plan, the operation and your recovery depend on your own examination.