



ALL ABOUT LIPOSUCTION

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CONSIDERING LIPOSUCTION?

Many people eat healthy, exercise regularly, and maintain a stable weight, yet still struggle with stubborn pockets of fat that refuse to go away.

Liposuction is designed to address these areas and improve body contours. It is important to understand that liposuction is a body contouring procedure, not a weight loss treatment and not an obesity surgery.



COMMON TREATMENT AREAS INCLUDE:



Abdomen,
Waist and
Love Handles



Back and
Bra Rolls



Arms



Thighs



Male Chest
(Gynecomastia)



Double Chin

LIPOSUCTION IDEAL CANDIDATE



You may be a suitable candidate if you:

- ✓ Are close to your ideal body weight
- ✓ Have stubborn fat deposits that do not respond to diet and exercise
- ✓ Have realistic expectations
- ✓ Follow a healthy lifestyle
- ✓ Are a non-smoker or willing to stop smoking before surgery
- ✓ Have good skin elasticity



If your skin elasticity is poor, liposuction may need to be combined with skin tightening procedures or a tummy tuck to achieve the best outcome.



INITIAL CONSULTATION

During your appointment, Dr. Vikesh Vij will discuss:

- Your concerns and aesthetic goals
- Areas that bother you most
- Medical history and medications
- Previous surgeries
- Allergies and health conditions
- Lifestyle factors that may affect healing

Physical Examination

- Fat distribution
- Skin quality and elasticity
- Body proportions
- Suitability for liposuction

Personalized Plan

- Liposuction alone
- Liposuction with skin tightening (such as Renuvion)
- Liposuction combined with a tummy tuck
- Staged procedures if multiple areas need treatment

Realistic Expectations

Realistic expectations and expected outcomes are discussed in detail.

BEFORE & AFTER PHOTOS

During your consultation, you will be shown before and after cases of previous patients with similar body types and concerns. These examples help you understand realistic outcomes and visualize potential improvements.



Every patient's anatomy is unique, and results vary based on:

Skin quality

Fat distribution

Age

Lifestyle habits

Healing response

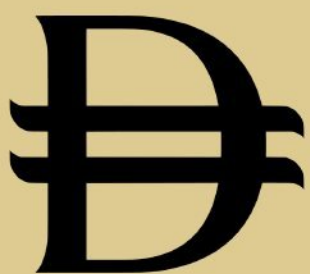
UNDERSTANDING THE COST



"How much does liposuction cost?"

The final cost depends on several factors:

- Number of treatment areas
- Complexity of the procedure
- Whether skin tightening is required
- Whether additional procedures are combined
- Operating room and hospital fees
- Anaesthesia fees



A detailed quotation is provided after your assessment because every treatment plan is customized.

2

PRE-OPERATIVE PREPARATION

Once the treatment plan is finalized:



Measurements are taken for your compression garment



Preoperative photographs are taken



Blood tests are performed



Consent forms are reviewed and signed

Following review of your laboratory results, you will have an assessment with the anaesthesia team to ensure you are medically fit for surgery.

On surgery day:

- Arrive at the hospital on time
- Wear loose and comfortable clothing
- Bring your compression garment
- Avoid makeup, lotions, and jewelry



ANESTHESIA: WHAT PATIENTS WANT TO KNOW



"Will I be awake during liposuction?"

Most larger liposuction procedures are performed under general anaesthesia, allowing you to sleep comfortably throughout the procedure.

Your anaesthetist will:

- Review your medical history
- Explain the anaesthesia process
- Discuss potential risks and safety measures
- Monitor you continuously during surgery



Patient safety remains the highest priority throughout the procedure.

WHAT HAPPENS DURING LIPOSUCTION?

1

SURGICAL MARKING

Before surgery, the treatment areas are carefully marked while you are standing.

2

ANESTHESIA

Anesthesia is administered to ensure comfort throughout the procedure.

3

TUMESCENT INFILTRATION

A specialized solution called tumescent fluid is introduced into the treatment area.

4

VASER LIPOSUCTION

VASER technology uses ultrasound energy to selectively soften and emulsify fat.

5

FAT EXTRACTION

The softened fat is removed using thin cannulas through tiny incisions.

6

SKIN TIGHTENING *(IF NEEDED)*

When indicated, skin tightening procedures may be performed immediately after liposuction to improve skin retraction.

7

RECOVERY ROOM

Your compression garment is applied, and you are transferred to recovery for monitoring.

4

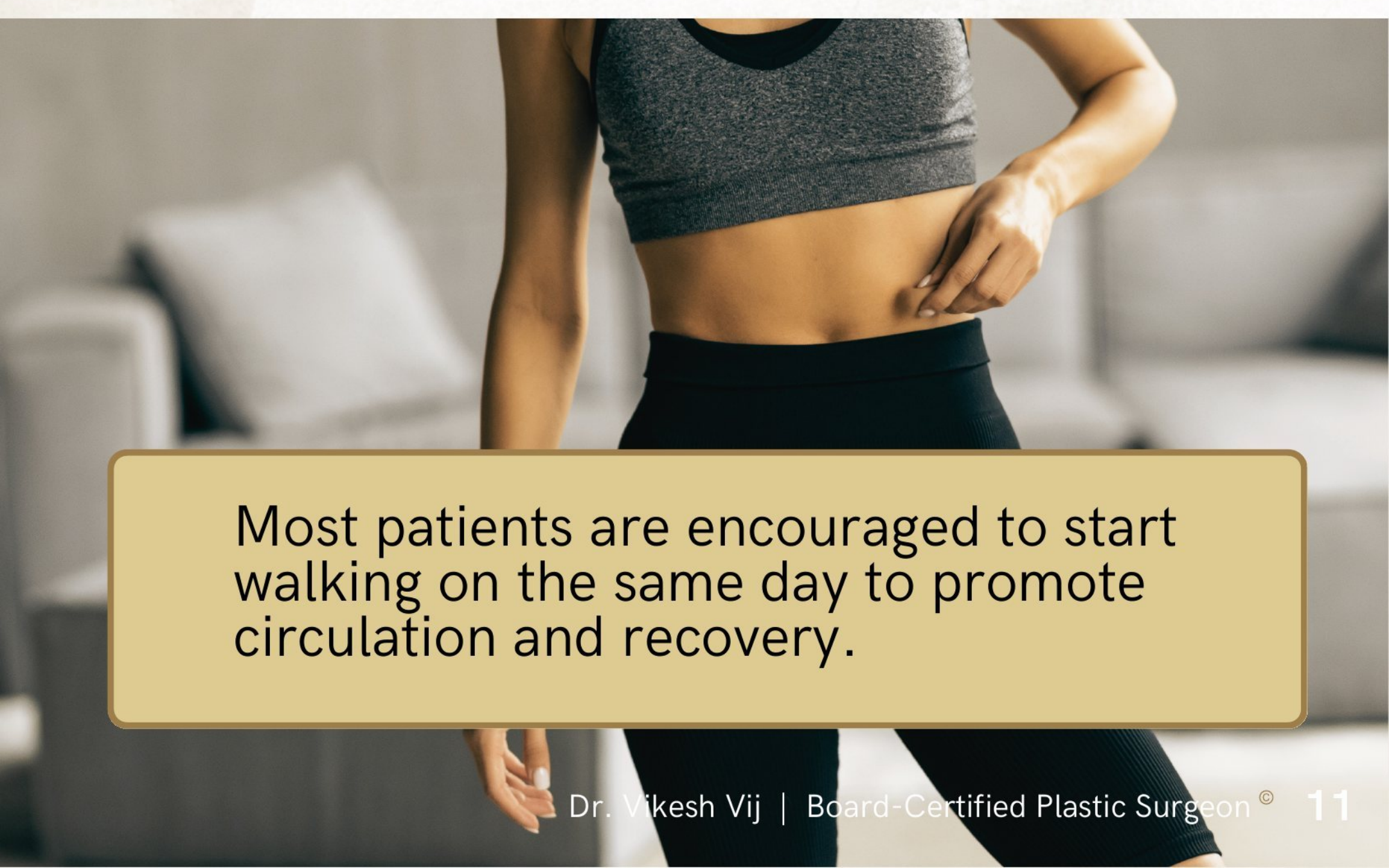
RECOVERY & AFTERCARE

IMMEDIATE RECOVERY

After surgery, patients can expect:

- Swelling
- Bruising
- Mild discomfort or soreness
- Temporary tightness

These are normal parts of the healing process.

A woman is shown from the waist up, wearing a grey sports bra and black leggings. She is standing in a living room with a white sofa and pillows in the background. She is holding her right side with her left hand, possibly indicating a surgical site or area of discomfort.

Most patients are encouraged to start walking on the same day to promote circulation and recovery.

POST-OPERATIVE CARE

Regular follow-up appointments are essential.

Your postoperative care plan may include:

- Compression garment usage
- Wound care instructions
- Activity restrictions
- Lymphatic drainage massage recommendations
- Follow-up assessments and photographs



These visits allow your surgeon to monitor healing and ensure optimal results.



HOW MUCH FAT CAN BE REMOVED?

The safe amount varies from patient to patient and depends on your anatomy, health status, and treatment goals.

WILL THE FAT COME BACK?

Removed fat cells do not return. However, remaining fat cells can enlarge if significant weight gain occurs.

HOW LONG BEFORE I SEE RESULTS?

You will notice changes immediately, but swelling can take several months to fully resolve. Final results typically continue improving over 3 to 6 months.

WILL I HAVE SCARS?

Liposuction uses very small incisions that usually heal well and become less noticeable over time.

DO I NEED A TUMMY TUCK INSTEAD?

Some patients benefit more from a tummy tuck if they have significant loose skin or muscle separation. This is determined during your consultation.



THE GOAL OF LIPOSUCTION

Liposuction is not about becoming lighter on the scale.

It is about creating better proportions, improving body contours, enhancing confidence, and helping you achieve a shape that diet and exercise alone may not be able to provide.

A personalized assessment with Dr. Vikesh Vij will help determine the safest and most effective treatment plan for your unique goals.





Transform Your Body,
Boost Your Confidence

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