

## WHAT WILL MY RECOVERY BE LIKE?

Usually people go home after liposuction or tummytuck. Most patients experience some numbness in the area of their abdomen, which may last for a few months. Any pain or discomfort that follows surgery can be controlled with oral medication. If drains are used, they may remain in place for a few days until the discharge fluids decrease. Sutures need not be removed and your bandages will remain for about 2 weeks. A special abdominal support garment is often necessary for several weeks. There will be some incision marks which will fade significantly over time

During your recovery, you must refrain from any strenuous activity or lifting. Most patients are back to work within one to three weeks, depending on the degree of surgery. Results are quite dramatic, and patients love their slimmer, trimmer figures and flatter abdomens!

## BODY CONTOURING AFTER MASSIVE WEIGHT LOSS

This refers to a series of procedures that eliminate and/or reduce excess skin and fat that remains after previously obese individuals have lost a significant amount of weight, in a variety of places including the torso, upper arms, chest, and thighs.

**ARM LIFT** or brachioplasty. The extra flesh on the arms of bariatric patients virtually always appears on the underside of the upper arm and is sometimes referred to as "bat wings". Surgeons make incisions from the armpit to the elbow to remove the skin and create a more pleasing contour usually on its underside so that the resulting scar is fairly well hidden.

**THIGH LIFT** The thighs and hips are the largest and most powerful muscles in the body. Muscular, athletic legs are not only pleasing to look at but are also a necessity. These muscles carry us through life and keep us younger and stronger if we develop and keep them strong and fit. A thigh lift is a surgical procedure, which reshapes the thighs by reducing excess skin, and in some cases even fat, resulting in smoother skin and better contours of thighs and the lower body.



## BUTTOCK LIFT AND LOWER BODY LIFT

A shapely lower body gives an attractive male and a female figure. Buttock and lower body lifts are procedures carried out in the buttocks and thighs as one ages or loses weight. A well-toned body with smooth contours is a sign of fitness achieved by healthy diet and exercise. Ageing, sun damage, pregnancy and significant fluctuations in weight, as well as genetic factors, may contribute to poor tissue elasticity that results in sagging of the abdomen, buttocks and thighs. Buttock lift is aimed at lifting up the buttocks and the posterior thighs, whereas body lift is a procedure of lifting up of the abdomen, buttocks and thighs.

## BRAZILIAN BUTT LIFT

This is a type of buttock augmentation procedure which uses your own fat to naturally create a youthful, prominent, perky buttock and a more sensual body profile.

The technique involves fat extraction by liposuction, processing of the fat and micro injection of the fat droplets which are indeed live fat cells with stem cells. This develops a blood supply and hence the result achieved is permanent.



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His column in "Femina", for over a decade has over 6.5 lakh fans.

Dr. Mohan Thomas also has an 'Expert Column' in Bombay Times.

His book " Picture Perfect" launched by Bollywood Actor Tisca Chopra is very comprehensive and covers all aspects of Cosmetic Surgery and Medicine and is available at all leading book stores and online.

He is a Leading Academic Contributor to the World's Best Scientific Journals.

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# BODY RESHAPING

# INDIA'S BEST is also the WORLD'S BEST



You have dieted and exercised but there are still stubborn areas of fat bulges that will not go away. Your reasons for choosing liposuction may be as simple as just wanting to look better in your clothes or there might be a need to have a great body shape due to your profession. There are a whole array of cosmetic surgical procedures that tackle these appearance

issues to make you look the very best and beat the age and lifestyle impact on your health.

Liposuction is the most common Aesthetic procedure performed world wide and in India as well. The popularity of liposuction is on the rise because of many factors, importantly peer pressure to look good, increasing lifestyle problems and improved safety and outcomes from the procedure. Need to look good may be Bollywood centric.

While liposuction is not a replacement for a healthy lifestyle, it can make you look and feel better.

## WHAT IS LIPOSUCTION

Liposuction surgery is performed to actually remove unwanted localized deposition of fat cells in the body. The procedure is meant for body contouring. It is not a treatment for Obesity. A suction tube is inserted through a tiny incision placed in an inconspicuous location on the skin. With a high pressure vacuum, fat cells are extracted through this tube. The result is a resculpting of the bulging area into a more attractive contour.

## WHAT IS THE TUMESCENT TECHNIQUE?

With the Tumescent Technique, large volumes of saline solution, local anaesthetic, and adrenaline are infused into the fatty area being treated to cause the fat cells to swell. This enables your surgeon to manoeuvre a small instrument called a cannula, connected to a vacuum machine, superficially under the skin through a tiny incision. The doctor gently moves it around under your skin and suctions away the unwanted fatty deposits to reveal more attractive contours. The most important part of this procedure is the analysis of your fat deposits and an assessment of the areas to be done pre operatively.

## WHO ARE THE BEST CANDIDATES?

The best candidates for body sculpting:

Have firm, elastic skin and are in good health.

Have tried to eliminate the bulges through diet, exercise and weight loss.

Have distinct areas of localized fat which are disproportionate to the rest of their bodies

Have realistic expectations and are only slightly overweight.

Understand that liposuction is not a substitute for weight loss.

## IS THE FAT REMOVAL PERMANENT?

Yes! It is known that after puberty we do not create any new fat cells. When you gain weight, you expand the fat cells that you have. Tumescent liposuction permanently removes fat cells to improve your body's contour. Should you gain weight after liposuction, it goes to the fat cells that remain in your body. The localized fatty deposits that existed prior to liposuction can no longer balloon up out of proportion to the surrounding areas.

Hence even though the fat cells in the operated areas have been removed permanently, it is important to have a calorie restricted diet so as to prevent fat deposits in other areas and continue to have a fabulous body.

## WHAT ARE THE VARIOUS TECHNIQUES OF LIPOSUCTION?

Suction Assisted Lipectomy(SAL): traditional and time tested method of liposuction. Finer cannulas and better techniques have resulted in vastly improved results. SAL is the gold standard in liposuction techniques even now. This form of liposuction is done under tumescent local anaesthesia, sedation or general anaesthesia.

Ultrasound Assisted Liposuction(UAL): Ultrasound is internally applied and utilizes ultrasound energy to break the fat cells before suctioning them out. There are two such devices that are available, Lysonix 3000 and VASER of which the VASER is the latest and the next gen using this technology. Advantages include increased chances of skin contraction, decreased effort for the surgeon and probably less amount of blood loss. However a slightly increased chance of fluid collection and skin damage does exist.

The VASER technology with a frequency of 36000 Hz is like a "smart bomb", targeting only the fat cells at this specific frequency without any collateral damage. There are many additional safety features built into it making a safe machine even safer.

Power Assisted Liposuction(PAL): uses a cannula which moves in an oscillating mode as well as a reciprocating mode depending on the model of the machine. This machine has some value in secondary cases where there is a lot of scar tissue or in addressing the male breast as in gynaecomastia.

Laser Assisted Liposuction: uses a Nd-Yag fibre through which laser energy is delivered. It is a blind procedure with no great advantage and claims to tighten skin which occurs in almost all of the different modalities to various degrees. This may appeal to people with a romance for technology with some benefit like skin tightening when used in the arms and chin region.

Radio Frequency Assisted Liposuction(RFAL): uses Radio Frequency to achieve tightening of skin. This is very good for areas where the skin is moderately loose like on the abdomen, arms and thighs. This technology achieves a significant lift without the very obvious cuts made in a surgical lift.

Non-surgical fat busting devices includes a HIFU. The HIFU is a High Intensity Focused ultrasound which causes limited fat loss in the abdomen and saddle bag areas. This is very good for people who are seeking non-surgical methods to address fat deposits.

No machine or technology can replace the skill and experience of the surgeon and all of these adjuncts are not a panacea!

## HOW WILL MY SKIN LOOK AFTER SURGERY?

Dimples, ripples and stretch marks remain unchanged following liposuction. Your new figure will be similar to what you would expect if you could lose an equal amount of localised fat through diet and exercise alone. The use of smaller cannulas allows the fibrous connections between your skin and body to remain.

These skin connections will contract over time. As a result, excessive skin folds are so rare that many patients avoid the necessity for surgical skin excision as they have excellent results with liposuction alone.



## TUMMY TUCK (ABDOMINOPLASTY)

A protuberant abdomen can be a cause of distress for men and women alike. Prolonged deposition of excess fat in the anterior abdominal wall makes the skin and underlying soft tissue to become loose and droopy. Males and females with excess of abdominal skin as well as fat need a special surgical procedure to remove both fat as well as the skin. This procedure is known as abdominoplasty.

If the skin excess is minimal we can get away with a mini abdominoplasty or a mini tummy tuck. The patients in whom the hang of extra skin and fat is too much will need a complete abdominoplasty where in the umbilicus is repositioned as well as the excess tissue removed. Depending on whether the abdominal muscles are stretched or separated, the doctor will decide to tighten it as well..

First, a thorough liposuction of the abdominal skin is carried out. The excess skin then moves more easily and the skin is marked. The incision is marked within the bikini line and the excess skin is removed, and the belly button is then cored out. The muscles are tightened in the midline as well as in the lower abdomen. If there is hernia in the region, then it is addressed during the procedure. The belly button is brought out through good skin and the incision closed in layers over a drain. Contrary to popular belief, the belly button is not excised during the operation.

## COULD YOU BENEFIT FROM A TUMMY TUCK?

Keep in mind that while a Tummy Tuck will enhance your figure and your self Confidence, it's not likely to change your life or the way people treat you. During your private consultation you should discuss your goal and expectation so that the Doctor can explain the probable outcome of your procedure.

You will be shown several before and after treatment photographs of patients having similar abdomens, and your surgeon will explain the treatment and the results you can expect to receive.

