



Dr Mansi Dhende
Aesthetics

The only guide you need

Liposuction

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General Disclaimer: Outcomes vary based on individual patient conditions and can be influenced by several factors including lifestyle, weight, diet, and overall health. Please consult your Consultant Plastic Surgeon for specific details. This information is intended for general purposes only and does not constitute medical advice or establish a doctor-patient relationship. Potential risks and complications of surgery will be thoroughly discussed during a consultation with your Plastic Surgeon. Photography Disclaimer: Unless marked with a copyright notice and the Surgeon's or Clinic's name, our photographs or images are licensed stock photography and not of actual patients. Dr. Mansi Dhende Aesthetics disclaims any liability for any consequential damages arising directly or indirectly from this multimedia content. © Copyright 2021.

What is Liposuction ?

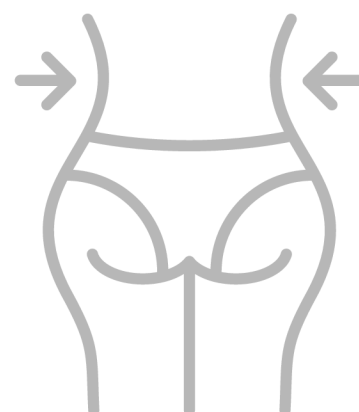
Liposuction is a cosmetic surgical procedure designed to remove excess fat deposits from specific areas of the body, improving contour and proportion. It is one of the most commonly performed plastic surgeries worldwide.

Liposuction involves the use of a suction cannula to remove fat from various parts of the body, such as the abdomen, hips, thighs, buttocks, arms, and neck. This procedure helps to sculpt and reshape these areas, resulting in a slimmer, more defined appearance.



Liposuction Can Help To:

- Reduce stubborn fat deposits that do not respond to diet and exercise
- Improve body contour and proportion
- Enhance body image



When to Consider Liposuction ?

You may be a good candidate for liposuction if you:

- Have localized fat deposits that are resistant to diet and exercise
- Are within 30% of your ideal body weight
- Have firm, elastic skin and good muscle tone
- Are in good general health
- Have realistic expectations about the results



Common Reasons for Wanting Liposuction

You may consider Liposuction if you:

- Are bothered by excess fat deposits located anywhere on your body. You want to eliminate stubborn fat that does not respond to diet and exercise.
- Have tried diet and exercise but have not achieved your desired results
- Want to improve your body contour and proportions



Areas of the Body Which Can Be Treated with Liposuction

- Abdomen and waist
- Thighs
- Hips and buttocks
- Upper arms
- Back
- Inner knee
- Chest area
- Neck
- Calves and ankles

Surgery Checklist

Before deciding on your surgeon or proceeding with Liposuction, consider these important questions:

- Is my plastic surgeon highly skilled, with an MCh or DNB (Plastic and Reconstructive Surgery) qualification recognized by the National Medical Commission (previously Medical Council of India), respective State Medical Council and board-certified by IAAPS/ APSI ?
- Will my Liposuction be performed in a fully accredited hospital?
- Am I in good health and do I maintain a nutritionally healthy lifestyle?
- Do I have realistic expectations about what Liposuction can achieve?
- Am I choosing to have surgery for the right reasons and at the right time?
- Am I willing and able to undergo an initial recovery period of approximately 4-6 weeks?
- Do I have someone (a friend, partner, or relative) who can assist me during my recovery, and am I patient enough to wait until all the swelling subsides before seeing my final results?

Customized for You:

Individual Surgical Journey: Everyone's surgical journey is different, and your exact process may vary from the general details provided.

Customized Approach: Your plastic surgeon will tailor the Liposuction procedure to suit your specific aesthetic need, desired outcomes, and the approach that will yield a natural, long-lasting result.

For more information on the process of a Liposuction or any other questions, please contact us at +91-9958513448.

Surgical Process

Anaesthesia

- Administered based on the chosen surgical approach (local or general anaesthetic).

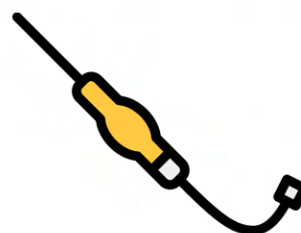
Small incisions for Cannula Entry

- Small incisions are made in the treatment area in superficial layer.



Fat Harvesting through **Liposuction**

- A thin tube (cannula) is inserted through the incisions to loosen and remove excess fat using a controlled back-and-forth motion.



Incision Closure

- The incisions are closed with sutures.

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Post-Operative Recovery

- **Initial Recovery:** The initial recovery period typically lasts 1-2 weeks. You may experience swelling, bruising, and discomfort during this time. Take adequate rest.
- **Activity Restrictions:** Avoid strenuous activities for at least 2-3 weeks.
- **Compression Garments:** Wear compression garments as instructed by your surgeon to minimize swelling and support healing.
- **Follow-Up Appointments:** Attend all scheduled follow-up appointments to monitor your progress and address any concerns.



Maintaining Results

Individual Variability:

Every patient is unique, and surgery results can vary.

It is important to work collaboratively with your surgeon and maintain realistic expectations.

Factors Impacting Results:

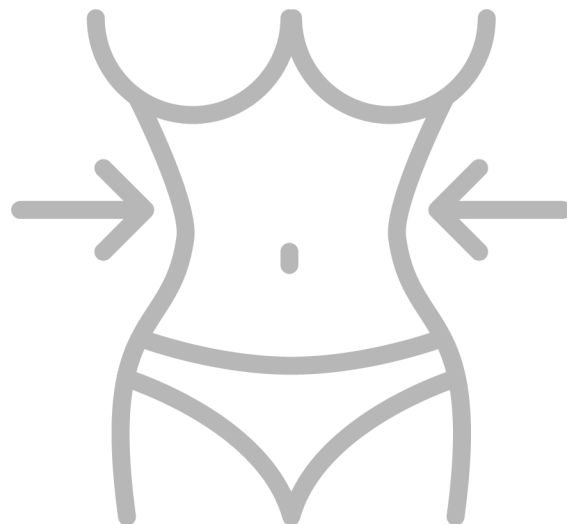
Your results from Liposuction may be affected by fluctuations in weight, or Body Mass Index (BMI).

Longevity of Results:

To maximize the longevity of your Liposuction results, maintain a healthy, nutritious lifestyle.

Benefits of Liposuction

- Improved body contour and proportion.
- Removes stubborn fat that doesn't respond to diet and exercise.
- Improves waist - butt contour ratio.
- Quick and effective results.



Does Liposuction Hurt?

Expected Discomfort: Most surgeries involve some discomfort and pain during the initial post-surgery healing periods. Discomfort levels vary for each patient due to several factors, including individual pain perception and sensitivity.

Managing Pain: Pain during the healing period, particularly in the days immediately following surgery, is generally manageable by following your surgeon's recommendations and post-operative instructions precisely.



What Steps Can Be Taken to Minimize Pain?

Our approach to recovery focuses on getting you back to your normal life as soon as possible. We are dedicated to keeping you as comfortable as possible during your pre-operative sessions, surgical procedure, and healing and recovery period following surgery.

When Can I Return to Work After Surgery?

Recovery time before returning to work or daily activities like driving varies based on the procedure and the nature of your job. Generally, patients can return to work within 1-2 weeks following surgery. Those with physically demanding jobs may need more time. It is advisable to allow 4-6 weeks for adequate healing before resuming activities like heavy lifting or strenuous exercise.



Do I Need to Avoid Exercise?

Recommended Waiting Period: Your plastic surgeon typically advises waiting at least 6-8 weeks before resuming strenuous exercise.

Consult Your Surgeon: Always consult your surgeon before returning to any form of exercise or similar activities to ensure a safe recovery.

Will I Need to Stay in the Hospital Overnight After Surgery?

An overnight hospital stay may be required for this procedure to ensure patients are properly monitored and receive high-quality care. Your plastic surgeon will provide specific advice regarding the length of your hospital stay and your post-surgery care requirements.

Will Pregnancy Affect My Liposuction Results?

Yes, pregnancy can affect your Liposuction results. Pregnancy often leads to weight fluctuations and changes in body shape, which can impact the appearance of your body. It is generally recommended to undergo a Liposuction procedure after you have completed your family planning to ensure long-lasting results.

How soon after surgery can I expect to see results?

While each patient is unique, results are typically visible after sometime. However, it generally takes 4-6 weeks for swelling to subside, providing a clearer view of the final outcome once the healing and recovery period is complete.

Any advice on my smoking habit?

Stop Smoking Prior to Surgery and After Surgery.

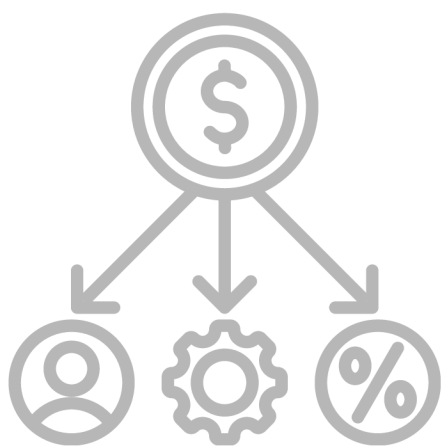
Impact on Healing: Smoking decreases oxygen delivery to skin, impacting healing. Patients must stop smoking at least 6 weeks before surgery and after surgery.

How long will my Liposuction results last?

Liposuction is a body contouring solution. To maintain these results, it is crucial to follow a healthy diet and exercise regimen to avoid significant fluctuations in BMI and health.

How Much Will My Liposuction Cost?

The cost of your surgery will vary based on the type of procedure, the hospital, and the length of your hospital stay. During your initial consultation, you will receive an approximate price range for your surgery.



Do You Still Have Unanswered Questions?

For more information about your Liposuction journey, talk to our expert plastic surgeon at +91-9958513448. We are happy to answer any questions you may have.



What Can I Expect at My Initial Consultation?

During your initial appointment with your plastic surgeon, you will typically:

- Undergo a physical examination.
- Have your photos taken.
- Review Before and After photos from past patients.
- Learn more about your surgical options.
- Receive detailed information about your selected surgery options.
- Discuss the possible risks and complications associated with surgery.
- Get information about surgery pricing and available dates.
- Have the opportunity to ask questions; feel free to bring a friend or family member for support.

About Dr. Mansi Dhende

Dr. Mansi Dhende

MCh Plastic & Reconstructive Surgery,
MS General Surgery,
MBBS

Dr. Mansi Dhende (MBBS, MS General Surgery and MCh Plastic Surgery) is a Board-Certified Female Plastic Surgeon in Delhi. Her first talk in the field of plastic surgery was on the “applications of tissue expanders”. She is an active Life member of Indian Association of Aesthetic Plastic Surgeons (IAAPS), only representative organisation of qualified Plastic Surgeons practicing Aesthetic Plastic Surgery (Cosmetic Surgery).

She has been trained by the reputed faculties in the field of General Surgery (MS) & experts in plastic, aesthetic and reconstructive surgery (MCh).

After completing her formal education as a plastic surgeon, she joined various fellowship programs to refine her skill set in Plastic and Aesthetic Surgery.



Area of Expertise

Dr. Mansi Dhende is a trusted professional in the plastic & aesthetic surgery field, offering a comprehensive range of surgical and non-surgical procedures tailored to meet the unique needs of each patient.

Dr. Mansi Dhende specializes in aesthetic transformative procedures, including breast augmentation, breast reduction, mommy makeovers, liposuction (male & female), tummy tucks, hair transplants, brow lifts, facelifts, body contouring, gynecomastia, buccal fat removal, buttocks augmentation, as well as non-surgical treatments such as neurotoxins, dermal fillers, and thread lifts.

Visit us to see the results



Schedule a confidential consultation with Dr. Mansi Dhende (Plastic Surgeon) by phone or by sending us an enquiry via our website.



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Schedule Your Consultation

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Follow our online community

Follow @drmansidhendeplasticsurgeon on Instagram for more information, insightful updates and real patient before and after images.

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