

# Liposuction

*Reshape, Redefine, Rejuvenate!*

## LIPOSUCTION OVERVIEW

Liposuction is a surgical body contouring procedure that removes excess fat from specific areas of the body to enhance overall shape and proportions. It is not a weight loss method, nor is it a treatment for obesity. Instead, liposuction is performed to refine body contours in individuals who have localized fat deposits and maintain a stable body weight.

# COMMON AREAS TREATED WITH LIPOSUCTION

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**Abdomen & Sides** - Eliminate stubborn belly fat and love handles to achieve a slimmer, more defined waistline.

**Hips & Flanks** - Shape and contour the hips and flanks to balance your natural curves.

**Back (Upper & Lower)** - Smooth out back bulges and rolls to create a sleeker silhouette under any outfit.

**Inner Thighs** - Sculpt and slim your inner thighs for enhanced leg definition and improved body proportions.

**Arms** - Reduce excess fat in the upper arms for a leaner, more toned appearance.

**Chest (Male Gynecomastia Surgery)** - Effectively reduce excess chest fat in men for a flatter, more masculine chest contour.

**Double Chin** - Remove excess fat beneath the chin to enhance your profile and define the jawline.

# TYPES OF LIPOSUCTION TECHNIQUES

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## **Classic Liposuction**

The traditional method where fat is physically removed using suction. Effective for large areas but may involve more bruising and a longer recovery time.

## **VASER Liposuction**

Uses ultrasound technology to liquefy fat, allowing for more precise and less traumatic fat removal. Ideal for dense or fibrous areas like the back, chest, and flanks.

## **Argon Plasma**

Delivers argon gas combined with radiofrequency energy under the skin to promote skin tightening. Commonly used after liposuction to enhance skin retraction.

## **J-Plasma (Renuvion)**

Combines helium gas and radiofrequency to tighten and firm the skin beneath the surface. Often used post-liposuction to reduce sagging and improve contour.

# STEP-BY-STEP OPERATION GUIDE



## OPERATION PROCESS

			
<b>Total Stay</b> 5-7 Nights	<b>Operation Duration</b> 2-4 Hours	<b>Anesthesia Type</b> Local / General	<b>Techniques</b> Classic, Vaser, J-Plasma, Argon Plasma

# STEP-BY-STEP TREATMENT GUIDE

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## **Medical Consultant Contact**

- › Our medical team reaches out to discuss your needs and explain the process.

## **Doctor Consultation**

- › Virtual or phone consultation with the surgeon to evaluate suitability and goals.

## **Operation Plan & Offer**

- › You receive a personalized proposal with details, timeline, and cost.

## **Agreement & Booking**

- › Once you confirm, we proceed with scheduling and arrangements.

## **Flight Ticket**

- › We help with flight planning and coordinate your arrival.

## **Hotel Reservation**

- › 4 or 5-star accommodation is booked for your stay.

## **VIP Airport Transfer**

- › Private vehicle picks you up from the airport and transfers you to your hotel or clinic.

## **In-Person Consultation**

- › Final face-to-face meeting with the surgeon and medical team before surgery.

## **Surgery Procedure**

- › The surgery is performed at an accredited hospital or clinic.

## **Follow-Up Appointment**

- › A post-op check is done by your surgeon before you're cleared to travel.

## **Optional Aftercare**

- › Post-surgery lymphatic massage, medical garment fitting, or skincare if desired.

## **VIP Return Transfer**

- › Private vehicle transports you back to the airport.

## **24/7 Aftercare Support**

- › Ongoing remote support is available after your return home.

# LIPOSUCTION PROCEDURE: STEP-BY-STEP GUIDE

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**Liposuction is a cosmetic surgery that removes stubborn fat to improve body contours. It is not a weight loss method but helps shape areas resistant to diet and exercise.**

## **Consultation & Preparation**

Goals are discussed, medical history is reviewed, and necessary pre-op tests are completed.

## **Marking the Areas**

The surgeon marks the fat removal zones to guide symmetrical and precise contouring.

## **Anesthesia**

Local or general anesthesia is administered based on the size and location of the treatment area.

## **Incisions & Fat Preparation**

Small incisions are made, and tumescent fluid is injected to loosen fat and reduce bleeding.

## **Fat Removal & Sculpting**

A cannula is used to suction out fat while shaping the body for natural-looking results.

## **Drain Placement (If Needed)**

Drains may be inserted to prevent fluid buildup and are typically removed after a few days.

## **Closure & Compression**

Incisions are either closed or left open for drainage, and a compression garment is applied to reduce swelling and support healing.

## **Recovery & Discharge**

The patient is monitored post-op and discharged the same day or the next. Detailed aftercare instructions are provided.

# LIPOSUCTION BEFORE / AFTER

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