

Patient information sheet – Liposuction

Why is Liposuction done?

Liposuction is done to remove any excess fat collection in any particular area of the body. Importantly it is not a treatment for obesity. Lifestyle changes, Dietary changes, Bariatric surgery are options for obesity management. Liposuction can help in getting rid of excess, resistant fat from specific areas of the body after obesity treatment.

What are the types of Liposuction?

Liposuction can be done by manual method, Power assisted method, VASER assisted method. Dr Vybhav Deraje uses Power assisted liposuction (PAL) using highly advanced MICROAIRE Liposuction system.

How many days of hospital admission is required?

It is a daycare procedure and you will be discharged from the hospital on the same day of surgery.

What does the surgery involve?

You will be seen by our anaesthetist before surgery and then admitted on the day of surgery. The surgery is conducted under general anaesthesia and takes about 1-2 hours depending upon the extent of the liposuction. Liposuction is done through tiny stab incisions which are not noticeable. You will have waterproof dressings over these stab wounds. You will be given some pain killers and antibiotics and discharged on the same day evening. You will be advised to wear compression garments after surgery.

What happens after surgery?

There will be a follow up appointment after 1 week to check the wound. Most of the swelling goes down in a week, but final results can be usually seen after 6 weeks of surgery when the swelling and bruising completely recedes.

What is the downtime after surgery?

You will be able to go back to normal activities from the next day. Strenuous activity like jogging, gym and sports can be resumed after 3 weeks.

What complications can I expect?

Infection, bleeding, swelling, bruising and pain are common complications that can happen. The pain will be managed by our acute pain service team while in the hospital. Some asymmetry can still persist and you might require multiple sittings to correct these occasionally.

I have a few more questions. What do I do?

Kindly write to us at contact@drvybhavderaje.com. We will be happy to reply to any of your questions and concerns.

Disclaimer: This information sheet is for you to get a general idea about the condition and surgery. This is in no way a substitute for a formal consultation with your doctor.

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