


9 FREQUENTLY ASKED QUESTIONS ABOUT LIPOSUCTION.



TAMIRA
Cosmetic Surgery | Skin | Hair





*A cosmetic procedure is not merely a choice.
It needs to be a well-informed decision.
If you are planning to undergo liposuction, we are
here to help and guide you through every step.
It is important to understand the pros and
cons of liposuction. Read on to learn more.*



How do I determine if liposuction is the right choice for me?

Every patient has a unique problem that needs to be treated through the appropriate procedure. If you have stubborn fat that is not responding to diet or exercise, liposuction may be suitable for you. Liposuction is an aesthetic procedure designed to remove excess fat and change your body's shape, but it doesn't aim at weight loss. This procedure is recommended for overweight people, or those with near-normal weight but stubborn excess body fat. The first step is to assess your Body Mass Index (BMI).

BMI = Weight in Kilograms / (Height in Metres)²

BMI Level

Underweight: <18.5

Normal Weight: 18.5 - 24.99

Overweight: >= 25

Obese: >=30

Class 1: 30 - 34.99

Class 2: 35 - 39.99

Class 3: >= 40

People with near-normal weight, overweight or Class 1 obesity should consider dieting, exercise and liposuction as weight loss options. Those with a BMI higher than 34 should consider bariatric surgery followed by dieting and exercise.



What should I know about the liposuction procedure?

Liposuction is a body contouring procedure performed under general anaesthesia. During the procedure, fat is removed by inserting a small, hollow tube, called a cannula, through one or more tiny incisions near the area where fat deposits are located. The fat is dislodged by injecting a liquid that is a blend of saline solution, a mild local anaesthetic and a drug that contracts blood vessels to reduce blood loss (tumescent solution). Then, the excess fat along with the injected fluid is sucked out through a suction pump connected to the cannula.

The liposuction procedure creates an enhanced body contour. Skin tightening occurs due to the elastic nature of skin, but some patients may require additional surgical procedures to tighten loose skin. The anaesthesia and the duration of hospital stay may vary, depending on the number of areas in which liposuction is performed.

If you wish to undergo liposuction in a single area of your body, the procedure can be performed under local anaesthesia, as a daycare procedure. If you wish to undergo liposuction in multiple areas, or if the procedure is combined with other aesthetic surgeries (such as face lift, breast reduction or tummy tuck), it is usually done under general anaesthesia and would require 3 to 5 days of hospital stay.

Areas in which liposuction is commonly performed include the chin, cheeks, upper arms, breasts (including male breast reduction), the back, abdomen, thighs, knees, calves, ankles, love handles, and saddlebags.



The MicroAire Power-assisted Liposculptor used at Tamira is the only US-patented liposuction instrument that doesn't use heat, thereby eliminating the risk of accidental burns.



Are there any risks involved in the procedure?

It is important to understand that surgical procedures may involve some degree of risk, but these are minimized when the surgery is performed by a specially trained board-certified plastic surgeon. We at Tamira bring together the most-reputed plastic surgeons in Chennai to offer you world-class treatment in adherence with the highest safety standards.

It is in your best interest to analyze the risks and benefits of liposuction before undergoing the procedure. As with any surgery, there is a small risk of complications like infection, contour irregularities, skin discolouration, numbness, fluid accumulation, internal organ puncture, and fat embolisms. Fortunately, significant complications from liposuction are not frequent.

After the procedure, there may be minimal to moderate pain. Pain medication may be given. Your doctor will discuss the risks during the initial consultation.

There are potential complications in any kind of surgery:

• Adverse reaction to anaesthesia • Hematoma or seroma (accumulation of blood or fluid under the skin that may require removal) • Infection and bleeding • Changes in sensation Scarring • Allergic reactions • Damage to underlying structures

Below are risks specific to liposuction.

• Indentations • Contour irregularities

You can help to minimize certain risks by following the instructions of the board-certified plastic surgeon, both before and after liposuction.



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What would be the outcome of liposuction surgery?

You can see results as early as 10 days post liposuction, but improvement continues for 4-6 months. There might be post-operative discomfort, depending on the number of areas treated. There could be generalized soreness, numbness and some stiffness due to swelling. Pain is usually well-controlled with medication. A compression garment is given to be worn for 4 to 6 weeks to limit the swelling and help it to reduce sooner.

Most patients can return to work after a week and resume their routine fitness regimen after a month. Your surgeon will explain how long it will be before you can resume normal activity. After surgery, you and your caregiver will receive detailed instructions about post-surgical care, including information about:

- **Drains, if they have been placed**
- **The typical side-effects you will experience**
- **Signs of potential complications**

It is important to follow all instructions provided with regard to wearing compression garments, taking an antibiotic, if prescribed, and the level of activity that is risk-free. It is also important to realize that the recovery period varies among individuals. Since the healing process is gradual, you can expect to wait for several months to experience the complete result of your surgery. The small incisions will fade over a few months.

It is important to visit your doctor as per the schedule. Follow-up visits will continue for several weeks and then after several months at prescribed intervals.



Is liposuction a permanent solution to my problem?

Liposuction is a way to permanently eliminate particular fat deposits, but you need to maintain ideal weight through exercise and dietary changes. If you don't follow these practices, you may gain fat in other areas where liposuction wasn't performed. This is because your natural body shape and weight gaining pattern are influenced by multiple factors, including age, gender, lifestyle and genes, which cannot be controlled.



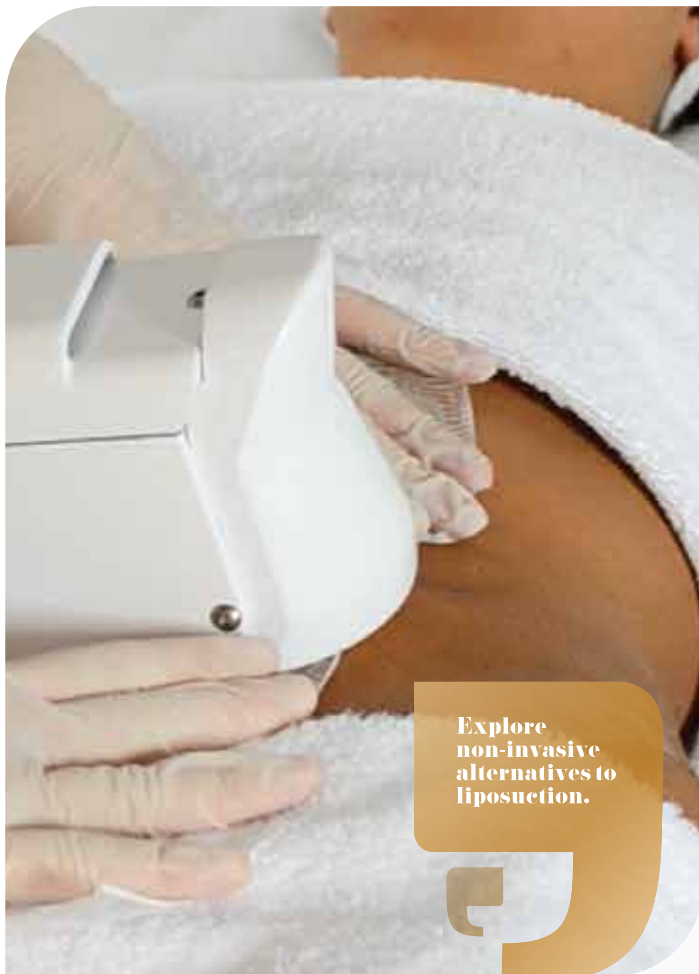
How can I stay in good shape after liposuction?

It is important to understand that liposuction is not a standalone fat loss method. It needs to be complemented by diet and exercise. For liposuction to be effective, you need to have good skin elasticity; otherwise, your skin will not shrink to conform to the new shape of your body. You may have to undergo further procedures to tighten your skin. However, a protein-rich dietary regimen and increased fluid intake along with regular exercise will help you to stay in shape.



What additional procedures would enhance the results?

Liposuction can be combined with cosmetic procedures such as abdominoplasty (tummy tuck), face lift and breast augmentation or reduction to refine overall body contours.



What are the alternatives to liposuction?

We would recommend alternative procedures if you have a condition that could possibly complicate surgery. These procedures include non-surgical methods such as:

Exposure to Cold (Cryolipolysis)

Cryolipolysis is a procedure that removes fat by freezing it (cryogenic method). Fatty deposits are more reactive to cold sensations, than the surrounding tissue. Cryolipolysis induces fat cells to die, without affecting nearby structures.

Cryolipolysis is highly effective in reducing the volume of subcutaneous fat. This procedure is ideal for patients who have fat that can be pinched and drawn into paddles that cool the fat. During each sitting, which typically lasts an hour, the body fat is chilled through controlled frostbite. Research shows that frostbite freezes fat before it freezes the skin.

The frozen fat dies and is absorbed by your body over time. Cryolipolysis ensures lower risk of skin injury and no alteration in the level of fat in the blood. It is a safe and effective procedure for removing localized fat.

High-intensity Focused Ultrasound

This procedure uses high-frequency ultrasound waves to create vibration in fat cells and break them down. The fat is then absorbed and burned by the body. There are no risks from infection, scarring or anaesthesia.



We perform liposuction in internationally accredited surgical facilities. We also ensure personalized pre & post-operative care.

Radiofrequency Waves

Radiofrequency energy allows deep, controlled heating of the targeted fat deposits while also tightening the tissue, increasing collagen synthesis and improving blood circulation. This procedure simultaneously provides three benefits – inch loss, cellulite reduction and tightening of saggy skin. The effectiveness of radiofrequency has been proven through multiple large-scale studies. This procedure is ideal for people struggling with obesity.



Why should I get fat loss treatment at Tamira?

Your choice of cosmetic surgeon is a choice you will live with for years, if not your entire life. Finding well-experienced board-certified cosmetic surgeons is critical to getting the results you desire. We at Tamira bring together an expert team of aestheticians and doctors, cutting-edge medical technology, supported by personalized care and a commitment to deliver the best results.

Your safety is our highest priority. We ensure that every procedure is performed in adherence with stringent quality and safety measures. We create realistic expectations and strive to bring complete satisfaction to each of our clients. Our vision is to enable the greatest degree of confidence and happiness in every individual.



Care meets expertise

Tamira is the brainchild of Dr. Jayanthy Ravindran, a board-certified and trained plastic surgeon specializing in cosmetic & aesthetic surgery. She started her career by training under acclaimed plastic surgeons at India's most-renowned medical establishments. Dr. Jayanthy went on to gain global exposure, through an Advanced Fellowship in Belgium, Germany and Singapore under the respective guidance of Dr. Tonnard, Dr. Gubisch and Dr. Woffles Wu, all renowned specialists in their domains.

Dr. Jayanthy's 16 years of surgical expertise with 6 years of dedicated aesthetic practice is backed by her training and experience at premier medical institutes like AIIMS, Apollo and Cleveland Hospital, Australia. She is also a member of the Association of Plastic Surgeons of India & the Royal College of Surgeons of Edinburgh.

Dr. Jayanthy is one of the few aesthetic surgeons in India to have undergone special training in hair restoration, both medically and surgically. She is certified by Darling Buds, Chandigarh, and Hair Sciences Centre, Colorado for training in the FUE hair transplantation technique.

"I only focus on two things – what my patients need, and delivering the highest standard of care to each and every one of them."

- Dr. Jayanthy Ravindran
MD & Chief Cosmetic Surgeon, Tamira



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