

INSTANT THIN

You think liposuction can magically fix the damage that your bad lifestyle has done? Fat chance! It's smarter to just go to the gym, says **Parita Patel**

Why Liposuction is the removal of fat from a certain area of the body through surgery. People who, despite having balanced meals and exercising regularly, are still unable to lose the 10 kg to 15 kg that they want to lose usually opt for this as a faster way out. Fat is generally removed from the abdomen, thighs, buttocks, neck and the back of the arms.

Why not Liposuction is not a weight loss procedure; it's meant for body re-contouring. It's not for morbidly obese people. If the result of your weight gain is diabetes, PCOD, thyroid, etc, liposuction won't help. Also, if your family carries the fat gene, it doesn't make sense to go for this surgery, because you'll most likely put on the weight again.

If you must Make sure you go to a skilled and experienced surgeon. The hospital you pick should be fully equipped to handle any fallout of the surgery. Don't go to a nursing home. If you're taking birth control pills or undergoing hormone replacement therapy, wait for two to three months

Expert speak

Mumbai-based cosmetic surgeon Dr Mohan Thomas believes that if people lead a healthy lifestyle, they won't need to go in for liposuction.

"People get fascinated by technological terms like laser liposuction, but you have to be very, very careful before you choose surgery, because every surgery involves some amount of risk," he says. Meera Doshi, who runs Exercise Science Academy in Mumbai, does not believe in liposuction at all. "Anyone can lose any amount of weight they want to lose through exercise and the right diet," she says.



Liposuction lovers

Demi Moore is the most well-known liposuction fan after she got her thighs, hips and stomach done.

Cher, Naomi Campbell, Tara Reid and Britney Spears are also among those rumoured to have got it done.



after stopping the medication before getting liposuction done. Don't be driven by prices. If you think you're getting a great bargain, someone is cutting corners somewhere. And that is not good for you.

Aftercare Patients have to wear a pressure garment for about four weeks. It reduces swelling when the body is healing. You should not exercise for at least a month after surgery. But walking around helps the body heal. Since sex involves weight on the body, you'll have to keep off it for some time.

Cost Around ₹30,000 to ₹50,000 per area.

Worst case scenario Deep vein thrombosis, where a blood clot is formed after surgery, can occur. The clot can get lodged in your lungs or brain and even cause death. Infections, though rare, can also occur. Not all patients heal in the same way, so the skin may look bumpy because of uneven fat removal. Some people also complain of poor skin elasticity post surgery. ●