

# Cosmetic Surgery Solutions



Permanent  
**Fat**  
Reduction

## IMPLANTS FOR BODY CONTOURING

Body contour can be improved with the use of implants.

Calf, chest and arms are areas where implants are most beneficial. This is of benefit to people who are unable to achieve desired muscle bulk in these areas even after regular exercises.

Implants are made of silicone and do not affect function in any way.

Incisions are placed in natural creases where they become imperceptible over time. Normal activity can be resumed in a few days time. Full physical activity will be restricted for 6 weeks.

Pectoral and bicep implants are meant for enhancing male body contour whereas calf implants are used in men and women.

Swapnil Nanda / 38yrs / M

Dear Dr,

I am considering liposuction for fat on my sides which is not going off with exercises. But I have only limited time away from work. What is the minimum time required to get back to work? How many days of hospitalization is required?

Dear Mr Swapnil,

Liposuction of the fat deposits that you have mentioned can be done as a day care surgery without hospitalization. You can be back to work in 2-3 days if work does not involve heavy physical activity. Long distance travel should be avoided for about a week. You can and should go for long walks 24-48 hours after the procedure. You can start regular exercises at the gym in a month's time. In short, liposuction has a short recovery time, results are predictable and the change is significant.

Rajashree Sawant / 25yrs / F

Dear Dr,

Does breast augmentation leave big scars? I am unmarried and badly want to have implants. But I am worried about the scars.

Dear Rajashree,

Your concern is very valid. Fortunately the scar of breast augmentation is either well hidden and small.

Breast implants can be placed through different incisions or cuts. The most commonly used one is placed in the crease below the breast. Here the mark is hidden and in a natural crease. Breast implant can also be placed through a small cut in the armpit, which fades in a few months. The third option is to make the cut along the lower half of the areola, where it blends with the darker areola. All the above mentioned access routes are good and leave small or well hidden scars.

Neha Shastri / 36 yrs / F

Dear Dr,

I have had breast enlargement using saline implants done about 4 years back. I was happy with the results for the initial few years, but now I feel like having bigger breasts. Can the implants be changed? Are there any bad effects of redoing the surgery?

Dear Neha,

There are no ill effects specific to change of implants. In fact, since you already have a pocket for the implant inside the breast, the recovery could be faster than last time.

Now that silicone implants have also got clearance from the USFDA, you may do better with bigger silicon implants, as the look and feel is much better compared to saline implants.

(Names have been changed in this issue for confidentiality purpose)

If you have any query please feel free to mail us at [cosmeticsurgery4u@gmail.com](mailto:cosmeticsurgery4u@gmail.com), without revealing the identity we will answer it in the next issue.



THE COSMETIC SURGERY INSTITUTE<sup>®</sup>

Unmatched class and confidentially yours

ISO 9001 : 2000 CERTIFIED COMPANY

Bandra(W) & Breach Candy, MUMBAI. Tel.: 91-22-2642 7382, 6452 6000, 3290 4352, Clinical Co-ordinator: 98210 09038

Panjim, GOA, Call: 98197 76707, DELHI - 098210 09038, E-mail: [cosmodoc1@yahoo.co.in](mailto:cosmodoc1@yahoo.co.in) [www.csisite.com](http://www.csisite.com)

Caution: Cosmetic Surgery Institute, has its registered office at 169, Lily Villa, Bandra(W), Mumbai & offices at Breach Candy (MUMBAI), Panjim(GOA) & New Delhi only.