



Advanced Aesthetics

Plastic Cosmetic Surgery & Laser Centre

Dr. Dilip Gahankari

BODY LIFT

1300 007 300 ■ iplasticsurgeon.com.au

What's **Inside**

The decision to undergo any surgical procedure is never one to be taken lightly.

Dr. Gahankari has the skill, experience and proven record to ensure you are in the best, most capable hands. Dr. Dilip's commitment is to provide outstanding care to his patients with assurance of safety and quality in all aspects of their Plastic Surgery management. It is with this sincere philosophy that he performs every procedure.



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The Procedure

What is the procedure & am I a candidate?

Extreme weight loss can result in sagging skin and fat deposits in areas such as the mid-section, lower torso and upper legs including the abdomen, waist, inner and outer thighs, buttocks, hips, and in some instances the upper arms. This procedure will remove the excess skin and fat.



The Surgery

How is the procedure performed?

The precise procedure varies with each patient, depending on the body type and desired outcome.

- Generally, it entails making an incision that follows the upper and/or inner thigh, to the waistline.
- In more extensive surgeries, the incision goes around the waist and lower back. Adjustments to the buttocks and thighs require an incision at the crease of the buttocks.
- Excess skin is removed, followed by the underlying fat deposits.
- Finally, the skin is pulled taught and sutured into the new configuration.
- A body lift may also include an Arm Reduction (Brachioplasty).
- Liposuction may also be completed in conjunction with a body lift.



Prepare your **Mind & Body**

Surgery is a major event for anyone, and for a short time it will have a great impact on your life.

Thorough planning and preparation will ensure your experience is a positive one and your outcome meets your expectations.





- Have a thorough knowledge of the procedure. Ensure you have asked Dr. Gahankari any questions you have so you feel completely informed and comfortable.
- Understand that you will need time to recover and for a short time you will be incapacitated to some degree and unable to live your life the way you normally do. Allowing your body time to heal and recover will ensure your surgery is successful and you are back to your normal routine in as short a time as possible.
- Maintain a positive attitude. This surgery is something you are doing for your wellbeing and it is important to stay focused and positive.

Your **Mind**
Knowledge is power



Your Body

Prepare your body

- Quit smoking at least four weeks before your scheduled surgery. Smoking and nicotine make complications more likely and also slow the healing process.
- Ensure your body is as healthy as possible by eating well and exercising regularly prior to your surgery. Don't undertake any crash or fad dieting, or begin an unusually rigorous exercise program.
- Do not take any aspirin, ibuprofen or similar drugs for two weeks prior your procedure.
- Do not consume any alcohol for at least 48 hours prior your procedure.
- Remember that you should not eat or drink anything for 8 hours before the surgery.

Prepare your Nest

Prior to your surgery take some time to prepare your home for your return.

- Ensure your bedroom has easy access for you post-surgery. If your bedroom is upstairs, consider moving to a downstairs room for the first week after your recovery.
- Ensure that your bedroom is set up for you to be comfortable. Have a table beside your bed with items you will need such as phones, phone chargers, books, diaries and remote controls. Make sure there are plenty of pillows so you can get comfortable.
- Check that your bathroom is suitably set up, preferably with a hand held shower so you can bathe without wetting any dressings. You may also want to invest in a shower chair or sturdy plastic chair to use in the shower.
- You will not be able to do any heavy lifting immediately after your surgery, nor will you be able to drive. Ensure you have planned for this.

Continued on next page



Your **nest** (continued)

- Organise for your groceries to be home delivered for a week or so after your surgery.
- Have some healthy meals prepared and in the fridge or freezer for the first few days after surgery when you may not feel like cooking. Also have some snacks such as protein bars in the pantry.
- Consider your pets. If you have cats or dogs that jump up on you or climb on you, it may be easier for you to have a friend mind them immediately after surgery.

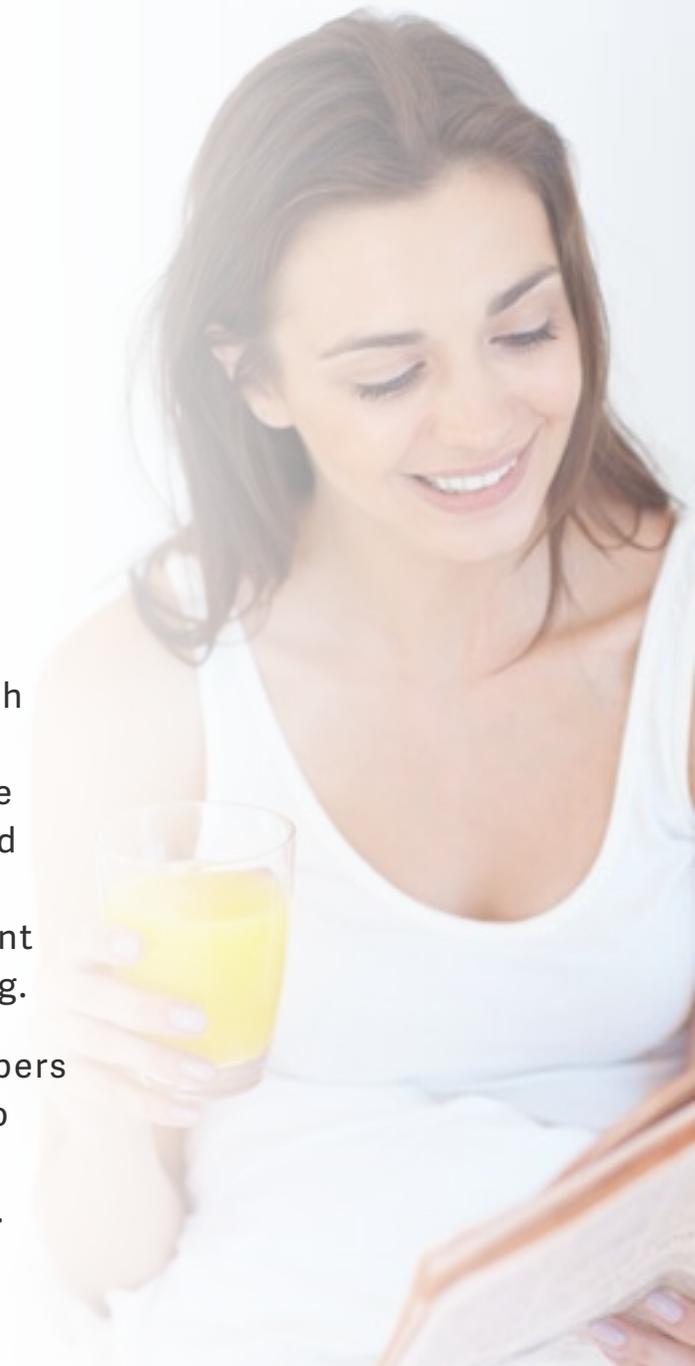
Make sure you have:

- Ice packs
- Loose, comfortable clothing that is easy to put on and take off.
- Over the counter pain medications recommended by Dr. Gahankari.
- Antibacterial soap or body wash. Dr. Gahankari can advise the best options.
- Prune juice. Pain medication may cause constipation and prune juice is a natural way to relieve this.

Your Support

Organise in advance for a more positive outcome

- Ensure the family and friends you have chosen to tell your surgery about know that you may need their help in the first days and weeks after your surgery. Allow them to assist you with some of your regular duties and commitments. Make sure they know what to expect on your return with regard to your capabilities.
- You'll need a friend or family member to drive you home after your surgery. If you live alone you will need someone to stay with you for a night or two. Organise this well in advance.
- Consider your schedule carefully prior to surgery and make alternative arrangements for things like driving kids to school or other commitments.
- Choose a trusted friend or family member who can help you care for any stitches and bandaging you may have. Dr. Gahankari will provide you with specific instructions on how to care for the bandages in the days following the surgery, and it is important that you follow them closely in order to prevent infection or excessive bleeding.
- Check that all the phone numbers you need are programmed into your phone or written in an address book beside your bed.





Procedure Day

On the day of your procedure ensure you:

- Have not had anything to eat or drink for 8 hours prior to surgery
- Arrive in plenty of time
- Have any paperwork you need with you
- Wear loose comfortable clothing
- Do not wear contact lenses
- Do not wear jewellery
- Do not wear make-up
- Do not wear nail polish
- Have organised your travel home after surgery.

After the procedure, you will be monitored to ensure that you have no residual effects from the anaesthesia and verify that there is no excess bleeding. You may have drainage tubes placed in the incision areas. Pain will be controlled with over the counter pain relievers unless Dr. Gahankari prescribes a stronger prescription. Generally the pain is minimal and easily controlled.

After Surgery

What can you expect immediately after surgery?

- Body Lift is a major surgical procedure and requires significant time to recover.
- You can expect to stay in hospital for two to three days after your surgery.
- Most people require four to six weeks of recovery time before returning to normal activities, and generally, Dr Gahankari advises waiting six to eight weeks before exercising.
- Pain and discomfort will be managed with pain medication as prescribed by Dr Gahankari.
- There will be some bruising and swelling. Approximately 75% will subside by week six after surgery, with almost all swelling and bruising gone at three months.
- Immediately following your Body Lift surgery, dressings or bandages will be applied to the incisions. Dr Gahankari

RELAX AND RECOVER

Remember, you have just had surgery so don't do anything stressful or undertake any strenuous physical activity.

may use a small tube, placed under the skin to drain any excess blood or fluid that may collect after the surgery. Surgical dressings are generally removed two days after surgery with showering allowed at that time.

- Dr Gahankari will also advise you to wear a medical compression garment at all times except while bathing.
- There cannot be any pressure placed on the treated area.

Scars

What kind of scarring can you expect?

- The scars resulting from a Body Lift are permanent but are carefully placed so as to minimize visibility.
- The extent and type of scarring will depend on the specific surgery Dr Gahankari performs.
- Generally, there will be a scar that is circumferential; running completely around your body at bikini line level (from the pubic area to the upper buttocks).
- There may also be a scar in the crease of the buttocks.
- Dr Gahankari will discuss your individual surgery and its associated scarring with you at your consultation.



Risks

All surgery involves risk.

Specific risks with a Body Lift include:

- Bleeding
- Infection
- Abnormal scar formation
- Formation of a seroma (a mass or lump caused by fluid buildup in a tissue or organ)
- Asymmetry (unbalanced appearance)



Concerns

Surgery is a major event for anyone, and it is natural that you may have concerns.

We are here to help.

Call our clinic on **1300 007 300** at any time if you have any questions.

This number can also be used to contact Dr Gahankari's after hours service.

If you feel you need urgent medical attention, we advise that you visit the Accident and Emergency Department at your nearest hospital.



That's **about it!**

We hope that you've enjoyed reading our information guide, and that it's been helpful.

We love to hear from you! Please consider sharing your experience with us via [Google Plus Review](#) or [Social media](#).

Contact Us

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Other Services

FACE

- Brow Lift
- Prominent Ears
- Eyelid Surgery
- Facelift
- Platelet Rich Plasma Injections

BODY

- Hand Surgery
- Skin Cancer Treatment
- Arm Lift
- Body Lift
- Tummy Tuck
- (SlimLipo) Laser Liposuction
- Labiaplasty
- Post Pregnancy Surgery

BREAST SURGERY

- Asymmetric Breasts
- Breast Enhancement
- Breast Lift
- Breast Reconstruction
- Breast Reduction
- Male Breast Reduction

MEN

- Brow Lift
- Prominent Ears
- Eyelid Surgery
- Facelift
- Nose Reshaping
- Male Breast Reduction
- Body Lift
- Platelet Rich Plasma Injections

NON-SURGICAL

- BBL Photo Rejuvenation
- Wrinkles & Finesline Reduction
- Lip Enhancement
- Excessive Sweating
- Permanent Hair Reduction
- Laser Resurfacing
- MicroLaserpeel
- ProFractional™ Laser
- Skin Photo Rejuvenation
- Sunspots & Skin cancer
- Birthmark & Vascular
- Veins, Redness & Capillaries
- Microdermabrasion
- Peels

TATTOO REMOVAL

- Picosure Laser Tattoo Removal