



Panache Aesthetics

Body
Contouring

LIPOSUCTION

Creating a beautiful you!

WHAT IS **LIPOSUCTION**

Liposuction is a surgical procedure aimed at contouring and reshaping the body by removing excess fat deposits. It involves the use of a small, hollow tube called a cannula, which is inserted through tiny incisions to suction out unwanted fat cells.

Liposuction can effectively target specific areas such as the abdomen, thighs, hips, and arms, resulting in improved body proportions and a more sculpted appearance.



SOME FAQs

Is Liposuction a weightloss procedure?

Liposuction is not intended as a weight loss method but rather as a means to refine body proportions. It is preferred to remove up to 10% of your current body fat.

How does Liposuction work?

Liposuction involves the insertion of a thin tube called a cannula into the targeted area. The cannula is moved back and forth to break up and suction out excess fat cells.

Is Liposuction a painful surgery?

Liposuction surgery is done under local or general anaesthesia, and the patient will not feel any pain.

What areas of body can I target?

Liposuction can target areas like abdomen, flanks, lower back, waist, thighs, saddlebags, legs, hips, buttocks, arms, chin and neck for fat removal.

How big will be the scars?

We use 3 - 5mm incisions in hidden areas called stealth incisions. These are usually in inguinal crease, or axilla or umbilicus.

Is Liposuction safe?

Liposuction is a surgery, and as such every surgery has its risks. However, under a skilled Plastic Surgeon, it is a safe procedure.

Restrict
heavy
work till
2-3 weeks
of the
procedure



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BACK TO JOB IN 2-5 DAYS

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Pressure
Garment
needs to
be worn
after
surgery

DOUBLE CHIN LIPOSUCTION



ARMS

LIPOSUCTION



THIGH AND LEGS LIPOSUCTION



ABDOMEN/FRONT LIPOSUCTION



BACK & FLANKS LIPOSUCTION



SADDLEBAGS LIPO



CHEST LIPO



PANACHE

What about Recovery?

After the surgery, We recommend you to start walking from the day of the surgery itself.

However, it is advisable to restrict heavy work till 2-3 weeks of procedure.

Most people can go back to desk job in 2-3 days depending on the areas treated.

After the procedure, you will be provided with a pressure garment as per your dimensions and you will have to wear it for a minimum of 3 weeks.

It is advisable to wear such garments for upto 3 months for better results.

Heavy sport activity is advisable after 3 months only.

Talking about the results, Some changes are there immediately after surgery.



Who is an ideal candidate for the surgery?

Unless you are suffering from a major illness, You are an ideal candidate for the surgery if you:

- want targeted fat removed
- have realistic expectations
- Non-smoking, non-alcoholic
- are not seeking Liposuction as a weight loss treatment

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● STAY IN HOSPITAL
DAYCARE/OVERNIGHT ●

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Recovery: 1-5 days depending on area of liposuction

AFTER SURGERY

- Follow all post-operative instructions provided by Dr. Ankit Gupta.
- Wear compression garments as recommended to reduce swelling and support the healing process.
- Take prescribed medications, such as painkillers or antibiotics, as directed.
- Avoid strenuous activities, heavy lifting, and exercise for the period advised by Dr. Ankit Gupta.
- Keep the incision areas clean and dry to minimize the risk of infection.
- Attend all scheduled follow-up appointments with your surgeon for proper monitoring and care.
- Maintain a healthy diet and lifestyle to support your body's healing and prevent weight gain.
- Stay hydrated and consume plenty of fluids to aid in recovery.
- Gradually introduce light physical activity and gradually increase intensity as approved by Dr. Ankit.
- Be patient with the healing process, as swelling and bruising will gradually subside over time.

ABOUT US



Who is **Dr. Ankit Gupta?**

Dr Ankit Gupta is a Gold Medallist in Plastic Surgery, awarded by the Honorary Vice President of India, Shri Venkaiah Naidu.

- MBBS, MS, M.Ch.
- 12+ Years Experience
- 8750+ Surgeries performed

He has also worked at BLK Hospital, RGCI, Max Hospital, RML Hospital, GTB Hospital and Maharaja Agrasen Hospital as a Plastic Surgeon.

Where is **Panache Aesthetics** located? **Contact Details?**

Address: 19, Samrat Enclave, Pitampura, New Delhi

Timings: 11AM to 7PM

Nearest Metro Station: Shakurpur (Pink Line)

Distance from Airport: 45 minutes

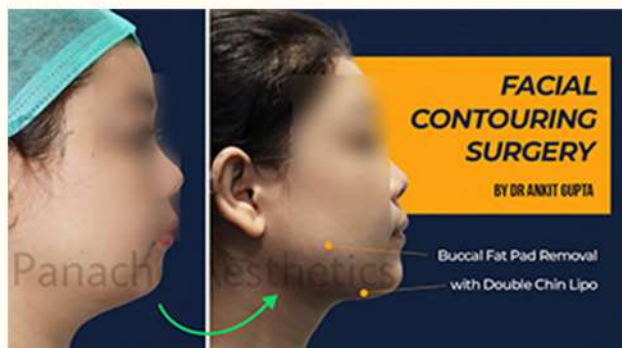
Distance from Railway Station: 30 minutes



Google Maps

**[CLICK TO VIEW
LOCATION]**

• VIDEO LINKS •



Double Chin Liposuction:
Facial Contouring Surgery

[\[CLICK TO VIEW\]](#)



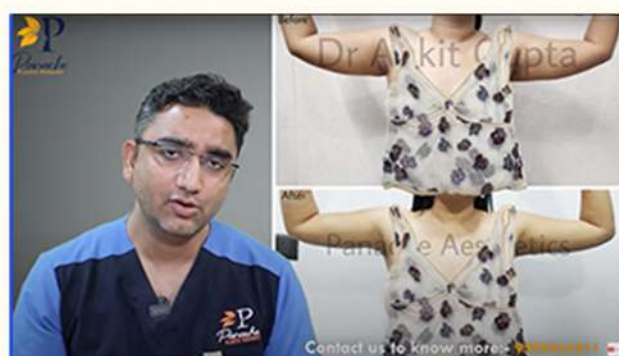
Discussing 3 cases of
Thigh Liposuction

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Saddlebags Liposuction
with before after results!

[\[CLICK TO VIEW\]](#)



Arms Liposuction - All you need to
know + Before After results

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Back and Sides Liposuction
for Females

[\[CLICK TO VIEW\]](#)



Panache Aesthetics
Clinic Montage


[\[CLICK TO VIEW\]](#)

PATIENT REVIEWS

←  **Anamika Barman**
1 review

★★★★★ a year ago

I did liposuction last month Dr. Ankit is an amazing person I really liked his behaviour and his response both before and after surgery, his staffs are also cooperative I travelled such a long way from Assam was little tensed Doc made me comfortable really liked the professional part my result was quick and I am really very happy thank you 😊

←  **Rekha Solanki**
1 review


★★★★★ 11 months ago

Hi, I had done my thighs liposuction surgery 6 weeks ago by Dr. Ankit Gupta and the results are absolutely amazing. I have been very disappointed to my fatty thighs and saddle bags. I had done coolsculpting, gym and workout but never got the desirable results. Now I loose 4 inches from thighs and also my saddle bags gone. And getting better results week by week. Thanks to Dr. Ankit Gupta and the team of Panache Aesthetic. Dr. Ankit is very nice as a person and a good surgeon who explains about the procedures of surgery very well. Thanks again Dr. Ankit Gupta and team of Panache Aesthetic.

←  **Richa Srivastava**
4 reviews

★★★★★ 7 months ago

I came here by myself for my double chin surgery, and everything went very well. It's been one week, and the results are fantastic. In addition, the doctor's and staff's behaviour has been excellent. Dr. Ankit Gupta will explain each step of the procedure and keep you calm during the procedure. The entire procedure went very smoothly. Dr. Ankit Gupta, thank you so much.

←  **Ratikanta Palai**
Local Guide · 6 reviews · 17 photos

★★★★★ a year ago

I had my liposuction surgery on 9/5/2022. I am really thankful to Dr. Ankit, for changing my life. I have been frustrated with my tummy fat for a long time tried reducing it by gym and workout, but never got the results. Dr. Ankit is very helpful and explains every thing nice. They really have nice and very friendly staff. After the surgery I have to stay at the clinic for the night. Sister at the clinic took a good care of me and helped me. With in two days of surgery I was walking and doing my normal routine work at home. But you need a proper rest for a week. Now I can wear all my old shirts and results are impressive. Thank you sir and the team. Really recommend it if anyone is looking a liposuction. 🙌

←  **Bhawna**
Local Guide · 14 reviews · 5 photos

★★★★★ 2 months ago

One of the most amazing doctors I've ever seen in my entire career till now, as a paramedic. The most genuine one, not the money minded or greedy types. I went there for chin liposuction, Dr. Ankit helped me extracting extra fat from my double chin & grafting my own fat back on my chin just to give it a more define shape. Thanks to Him that I have a better and sharp jawline now. I must say he is not only a doctor but a magician...

Thanks Dr. Ankit & his team for giving me my confidence back...

CONTACT :

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Facebook : @panacheaesthetics

Instagram : @panacheaesthetics

For Queries, Write to us at panacheaesthetics@gmail.com



SCAN ME

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