

## What is Body Sculpting ?

Body sculpting is a broad term that refers to any medical or surgical procedure intended to reshape a part of the body. The goal of body sculpting is to improve the overall aesthetic of the body by creating a more toned, shapely, and proportionate appearance.

It may involve Liposuction to get rid of excess fat or skin excision to eliminate excess / loose / overhanging skin e.g., Tummy Tuck / Body lift / Arm lift / Butt lift / Thigh lift.

While Body lifts procedures and Liposuction assist in removing extra body tissue, other procedures such as fat grafting, fillers, and implants add volume to the body in order to create contours.

## Where all in the body is liposuction performed ?

- Abdomen
- Thighs / Arms / Calf
- Buttocks
- Bra Rolls (Upper Back)
- Axilla (Bra Bulge)
- Chest (Men-boob)
- Flanks (Love handles)
- Neck and chin



## Why choose ZHEN ?

At Zhen, Body sculpting is more than just a service; it's a personalized journey towards your ideal physique and overall well-being. We sculpt your dreams and aspiration into reality. Our highly skilled and experienced Plastic surgeons are committed to helping you achieve the body you've always dreamed of.

Here, we follow international standards of body sculpting, making sure our clients achieve the best results. We have a fully equipped modular operation theatre and state-of-the-art technologies that provide highest level of care for our client's safety.

## OTHER SERVICES WE PROVIDE

**Aesthetic Breast Solution**

**Aesthetic Face Solution**

**Hair Transplant**

**Medspa (Botox, Fillers, Chemical Peels)**

**Skin and Anti-ageing Solutions**

**Aesthetic Gynecology**

# BODY SCULPTING



**HD Liposuction**

**Tummy Tuck**

**Belt Lipectomy**

**BBL (Brazilian Butt Lift)**

**Body Lift (After Weight Loss)**

**Six Pack Abs (Lipo Ab Etching)**

**Gynecomastia Surgery (Men Boob Removal)**



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## What is Liposuction ?

Liposuction is the removal of unwanted body fat by suction, using a surgical vacuum.

## When should it be done ?

Liposuction is a cosmetic procedure and is carried out to improve a person's appearance. It is usually performed with the objective of slimming and smoothing the contours of your body. It is not recommended as a tool for weight reduction.

## Who is an ideal candidate?

If you are considering liposuction, it is important that you have realistic expectations.

As with all plastic surgery, the success of liposuction will depend on a number of individual factors, such as age, skin elasticity, weight, and overall health. People with BMI falling in range of 20-30, who have less visceral fat (internal fat) and more subcutaneous fat (fat under the skin) and people with firm elastic skin who have localised deposits of stubborn fat in certain areas.

## What happens after the procedure ?

After surgery, you will likely experience some fluid drainage from the incisions. To control swelling and to help your skin better fit its new contours, you may be fitted with a snug elastic garment to wear over the treated area for a few weeks. You may also be prescribed antibiotics to prevent infection. You may experience pain at operation site which will be managed with painkillers.

Healing is a gradual process. You will begin to feel better after about a week or two and you should be back at work within a few days following your surgery.

## What are the expectations from the surgery ?

You will see a noticeable difference in the shape of your body quite soon after surgery. However, improvement will become even more apparent after about 4 to 6 weeks, when most of the swelling has subsided.

If your expectations are realistic, you will probably be very pleased with the results of your surgery. You may find that you are more comfortable in a wide variety of clothes and more at ease with your body. And, by eating a healthy diet and getting regular exercise, you can help to maintain your new shape.

Are you tired of your stubborn lovehandles/ bra- rolls/double chin/saddle bags/tummy?

Do Men-boobs make you feel self-conscious about being shirtless in public?

## OTHER POPULAR USES OF LIPOSUCTION

**Axillary / Bra bulge**

**Neck and Jawline Sculpting**

**Mommy / Men Makover**

**Fat grafting for Facial and Hand Rejuvenation**

**Nano-fat Transfer / Stem Cell Therapy**