

Lipposuction

Purpose: To improve the contour of trunk, arms and legs.

Procedure: Exercise resistant pockets of fat are suctioned from the body with a tube and a vacuum device.

Recovery: Most people are back to work within 2 weeks but need to avoid strenuous activity for about a month. The final result is visible once swelling subsides completely.

Abdominoplasty

Purpose: To flatten the abdomen by removal of excess fat and skin with tightening of muscles of abdominal wall.

Procedure: Excess skin and fat of lower abdomen is completely removed and muscles are tightened. The scar is similar to a caesarian scar.

Recovery: 4 - 6 weeks. Avoid strenuous activity for 3 months.

Longevity: Permanent.

Hair Transplantation

Purpose: Carried out in areas of baldness due to androgenic alopecia.

Procedure: Caried out by follicular unit transplantation by strip/FUE method.

Recovery: Patients are back to work within a day. Results are apparant after 3 - 6 months.

Longevity: Permanent.



NABH, NABL Accredited

Sector - C, Vasant Kunj, New Delhi 110070, India
Tel: +91 (11) 42255225,
Email: info@isiconline.org

Department of Plastic Surgery |



| Beauty

www.isiconline.org

Plastic Surgery

Plastic surgery is a specialized branch of surgery dedicated to correction of deformities resulting from trauma, burns, cancer and birth defects. Also it is the only surgical specialty that covers all the visible soft tissues from top to toe.

Cosmetic surgery is an integral part of the speciality. It deals with surgical correction of disproportions in the body and also rejuvenation of the effects of ageing.

Some of the common procedures performed by plastic surgeons are:

Cosmetic surgery

- ♦ Face lift
- ♦ Facial rejuvenation (wrinkle reduction)
- ♦ Aesthetic removal of birth marks and moles
- ♦ Revision of scars (surgical and ancillary techniques)
- ♦ Nose reshaping (rhinoplasty)
- ♦ Eyelid bags removal (blepharoplasty)
- ♦ Prominent ear correction
- ♦ Lip augmentation
- ♦ Breast augmentation
- ♦ Breast reduction
- ♦ Liposuction and body sculpting
- ♦ Tummy tuck (abdominoplasty)

Reconstructive surgery

- ♦ Repair of cleft lip and palate
- ♦ Reconstruction of external ear
- ♦ Head and neck reconstruction after ablative cancer surgery
- ♦ Breast reconstruction after cancer surgery
- ♦ Correction of deformities resulting from burns
- ♦ Repair of facial soft tissue injuries
- ♦ Facial reconstructing after complex facial fractures
- ♦ Reconstruction of compound leg fractures
- ♦ Management of bedsores and diabetic foot
- ♦ Management of fingertips and hand injuries
- ♦ Finger and hand re-plantation
- ♦ Reconstructive microsurgery

Plastic and cosmetic surgery procedures

Reconstructive facial surgery

Purpose: To create normal appearance for patients having facial cuts, disfiguring due to scars, accidental wounds, skin cancer or other defects.

Procedure: A variety of methods are used depending on the patient's needs. Plastic surgeons take special care to ensure that resulting scars are small, thin and concealed in natural creases of the face.

Recovery: This depends on the extent of the procedure, usually between 1 to 3 weeks.

Longevity: Permanent. Sometimes, surgery is completed in several stages with healing intervals in-between, to get best results.

Rhytidectomy (Facelift)

Purpose: To rejuvenate the appearance of the face by tightening the skin and muscles of the face, chin and neck.

Procedure: Working through incisions hidden behind the hairline and in front of the ear, excess facial soft tissue is removed and muscles are tightened.

Recovery: Most of the swelling and bruising subsides within 3 - 4 weeks.

Longevity: Facelifts may last upto 10 years

Blepharoplasty (Eyelid Surgery)

Purpose: To correct drooping eyelids or puffy bags below the lower lid of the eyes.

Procedure: Excess fat, skin and muscle are removed through small incisions hidden within the folds of eyelids.

Recovery: Patients usually return to work within 10 days. However swelling and bruising may take longer to subside completely.

Longevity: Results last for several years and may even be permanent.

Rhinoplasty (Nose Surgery)

Purpose: To reshape the nose so that it gels with other facial features.

Procedure: Is person dependent as there are many kinds:

- ♦ Changing the size of the nose
- ♦ Removing a hump
- ♦ Changing the shape of the tip or bridge
- ♦ Narrowing the span of the nostrils
- ♦ Changing the angle between the nose and the upper lip

Recovery: The majority of patients join work after 2 weeks. However the final result comes out after 3 months or more.

Longevity: Permanent

Breast augmentation (Mammoplasty)

Purpose: To enhance the size and shape of the breast.

Procedure: Imlants are inserted inside the breasts. Patient can choose between silicon gel implants or saline implants. The incisions are made either in the breast crease or in the nipple area.

Recovery: Women can return to work within one week but should be on self imposed celibacy for a month.

Breast reconstruction (Following breast removal)

Purpose: To create a natural looking breast to replace the one that has been removed due to breast cancer.

Procedure: The breast is rebuilt using skin, fat and muscle from other parts of the body such as the back or abdomen. The nipples are reconstructed in a later procedure. Implant reconstruction can also be done.

Recovery: May take between 4 - 6 weeks

Longevity: Permanent.