

# Liposuction Abdomen

Abdominoplasty, commonly known as a 'Tummy Tuck', is cosmetic surgery to remove excess skin and fat from the middle and lower abdomen and tighten the muscles of the abdomen, leading to a less protruding and shapelier figure.

Feel better. Look better turn back that clock!



## Liposuction Abdomen

Liposuction, is one of the most popular plastic surgery procedures because it offers safe, effective fat and cellulite removal. Some of the main liposuction benefits include improved health associated with fat loss, improved overall appearance, and the reduction in the appearance of cellulite.

**Improved Health-** Most doctors agree that weight loss is the best way to reduce your risk of heart disease, diabetes, and even certain types of cancer. Liposuction can be used for removal of stubborn pockets of fat of 10 pounds or less that resist dieting and exercise.

**Improved Appearance-** Make your clothes fit better with dramatic improvement to your problem areas. Liposuction can help smooth and contour your body, bringing back the confidence you've once lost. Other unexpected benefits include being able to partake in activities that patients had previously shied away from because they were unhappy with their appearance.

**Cellulite Removal-** Cellulite is caused by fat cells pushing through the collagen connective tissue directly beneath the skin's surface, causing a dimpled appearance. Cellulite is more

common in women because men have a tighter collagen mesh pattern beneath their skin. Liposuction can help aid cellulite removal in both men and women, but it is important to remember that there is no permanent "cure" for cellulite as the success of cellulite removal is dependent on many factors, including genetics.

### Length of the hospital stay:

One to two days but will depend on the area to be treated. Length of the recovery period and post-operative care:

- General soreness around the treated area for several days is a normal post operative condition that is only temporary.
- Removal of stitches about one week after surgery

Most people can return to work within a few days of the surgery although there may be significant bruising and swelling after surgery which may take several months to settle completely.

Remember to consult with your surgeon both before and after your procedure and follow the care as advised by your surgeon and your regular physician.

**Final treatment price depends on how many areas need to be treated**

**PLEASE VISIT OUR 3D LIBRARY TO SEE AN ANIMATED EXPLANATION OF THIS PROCEDURE [WWW.WELLNESSTRAVEL.COM/E-LIBRARY-COSMETIC](http://WWW.WELLNESSTRAVEL.COM/E-LIBRARY-COSMETIC)**

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The rooms at Raffles Hospital are outfitted to the standards of five-star hotels, with an array of suites, single, double, four and even six-bed rooms for patients to choose from.



## A hospital built around the needs of their patients

**Raffles Hospital** is a 380 bed, tertiary care hospital and the flagship facility of Raffles Medical Group, a leading private healthcare provider in Singapore and South East Asia since 1976.

Backed with 30 years of delivering quality medical care, the Raffles brand name is synonymous with quality and trust and offers a patient centric approach in delivering healthcare services.

All key specialist services are available and organized into 12 specialty clinics. Our team of specialists are organized as a Group Practice combining sub-specialty expertise and teamwork to ensure optimal, affordable, and high quality care for our patients.

As a Group Practice, we provide a holistic approach and an integrated team-based care for our patients. They benefit from

primary to specialist medical care which is all under one management and the multidisciplinary collaboration of our in-house specialists.

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**A Raffles Surgeon**  
**Dr. Baladas Haridas Ganesan**  
 MBBS (S'pore), FRCS (Edin),  
 FRCS (Glas)

### Clinical Interest

Laparoscopic procedures, eg: anti-reflux and obesity surgery, laparoscopic gastric banding for severe obesity

Dr Baladas is a General Surgeon. He qualified in 1988 from NUS and obtained his fellowship in surgery in 1994 from the Royal Colleges of Edinburgh and Glasgow. He was awarded MOH HMDP in Laparoscopic Surgery in Australia from 1999 to 2000.

Dr Baladas has since performed many specialised laparoscopic procedures and has experience in laparoscopic anti-reflux and obesity surgery. He is known for laparoscopic gastric banding for severe obesity, having performed a large series of operations and having been invited to preceptor surgeons locally and in the region.



*"The package price we will quote you are for a standard, non-complicated procedure. Complications and surgeon discretion may result in extra tests and surcharges levied by the hospital, the payment of which is the responsibility of the client and paid directly to the hospital. Thank you."*



ORCHARD HOTEL

PAN PACIFIC HOTEL

THE FULLERTON HOTEL

SOMERSET SERVICED APARTMENTS



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Airport transfers included



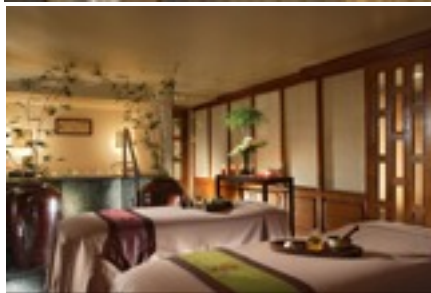
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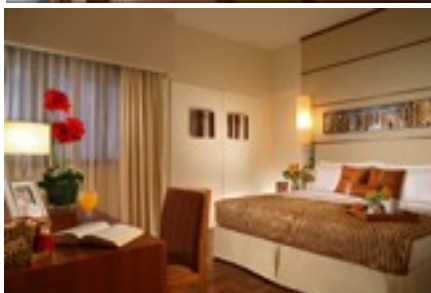
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**INCLUDED**

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- Pre-Operative consultation with Surgeon: ( ONE)
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- Surgeon's Fees
- Anesthesiologists Fees
- Anesthesia : Pre-Anesthetic Drugs, Anesthesia, Medical Gas (Oxygen, Nitrous Oxide)
- Operating Room Charges ; OR Room Use, Recovery Room, Scrub & Circulate Nurse
- Accommodation for 1 night in the surgical floor including: Room, Nursing Service Charges, Service Charges, Regular menu food charges
- Private single (1) bed with meals
- Post operative consultations/follow up appointment: (TWO)



- Standard Medications during recommended length of stay in the hospital
- GST/VAT & all taxes

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**Friendly, but essential advice: Be very careful if attempting to plan your own international medical travel program. There are many issues that are not apparent to the first time medical tourist. One small oversight can be the difference between a successful and unsuccessful surgery and experience abroad.**

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**NOT INCLUDED**

- Take home medications and supplies.
- Laboratory Testing necessary for the procedure if required by surgeon as CBC, PT & PTT, Urinalysis, Anti HIV
- Radiology Studies
- Other charges not related to the procedures
- Charges for other procedure or other plastic surgery.
- Charges for Out Patient Department incurred prior to the surgery.
- Charges for inpatient stays in excess of 1 night.
- Additional charges for these days including room and other charges will be added to the package price at normal hospital rates.
- Charges for intensive care, if necessary.
- Items of a personal nature such as in-room drinks, telephone charges and guest meals will be charged at the normal rates in effect.

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