

Liposuction

Lipoplasty — Your Friendly Guide to Slimmer, Smoother Body Contours

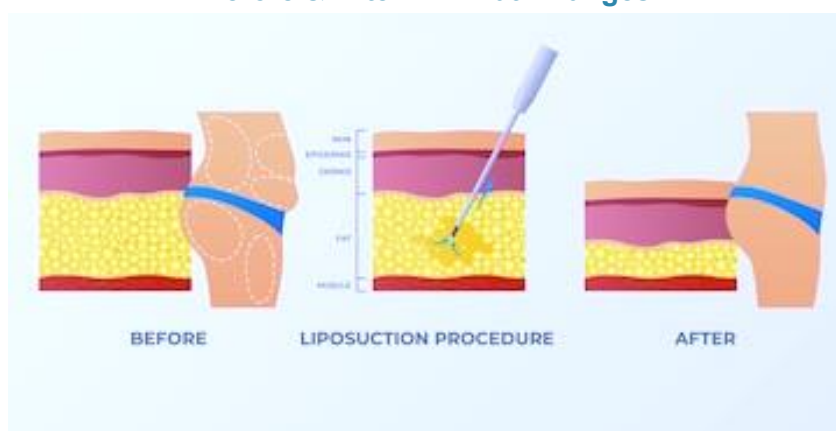
Your friendly, plain-English guide to what to expect — from start to finish.

What is Liposuction?

Liposuction (also called lipoplasty or suction lipectomy) surgically removes localised pockets of excess fat from specific areas of the body. It reshapes and slims those areas, improving your body's overall proportions.

This is not a weight loss treatment — it is a body contouring procedure for people who are near their ideal weight but have stubborn fat deposits that simply do not respond to diet or exercise. Those deposits are often genetic, not a failure of lifestyle.

Before & After — What Changes



Illustrations are for guidance only. Individual results vary.

Where Can Liposuction Be Performed?

✓	Abdomen and waist (love handles)
✓	Hips and buttocks
✓	Thighs (inner and outer)
✓	Upper arms
✓	Chin, cheeks and neck
✓	Back, chest and breast area
✓	Inner knee, calves and ankles

Liposuction can also be combined with other procedures — such as a tummy tuck, facelift or breast reduction — in the same surgical session.

Three Types of Liposuction — Which is Right for You?

A

Traditional Liposuction

The straightforward technique — a thin hollow tube (cannula) is inserted through tiny incisions, and excess fat is suctioned away using a surgical vacuum.

B

Tumescent / Super-Wet Technique

A saline solution with adrenaline (and sometimes local anaesthetic) is infused into the treatment area before suctioning. This reduces bleeding and allows more precise fat removal.

C

Ultrasound-Assisted (UAL)

Ultrasonic energy is used to liquefy the fat before it is suctioned out. This is particularly useful for areas of denser fat or larger volume removal.

Your surgeon will recommend the most appropriate technique based on the area being treated and the volume of fat involved.

Are You a Good Candidate?

✓	You are a healthy adult within approximately 30% of your ideal body weight
✓	You have firm, elastic skin and good muscle tone
✓	You are a non-smoker
✓	You have specific localised fat deposits that don't respond to diet and exercise
✓	You have realistic expectations — liposuction is not a cure for cellulite

Liposuction is not a treatment for cellulite

While liposuction removes fat deposits effectively, it does not improve cellulite — the dimpled skin texture that typically appears on thighs and buttocks. If cellulite is your primary concern, ask us about other options.

How the Surgery Works — Step by Step

1

Anaesthesia

Liposuction can be performed under local anaesthesia with sedation or general anaesthesia, depending on the areas being treated and the volume involved.

2

Tiny incisions made

Very small incisions — often so small that no stitches are needed — are made in or near the area to be treated. These are placed in natural body creases where possible.

3

Cannula inserted

A thin hollow tube (cannula) is inserted through the incisions. Using a controlled back-and-forth motion, the fat is loosened from the surrounding tissue.

4

Fat suctioned out

The dislodged fat is removed using a surgical vacuum or syringe attached to the cannula. The surgeon carefully shapes the area throughout this process.

5

Compression applied

A compression garment or elastic bandages are applied to the treated areas to control swelling and help the skin conform to the new contours as it heals.

Recovery Timeline

Timeline	What to Expect
Days 1–5	Swelling, bruising, soreness and numbness — all normal and managed with medication. Compression garment worn at all times.
Days 5–10	Sutures removed if necessary. Many people return to light work at this stage.
Weeks 2–4	Swelling reduces progressively. New contours begin to become visible. Continue wearing compression garment as instructed.
Months 2–6	Swelling fully resolves and final contours become clear. Maintain your weight — significant weight gain can reverse results.

Risks

!	Uneven contours, rippling or loose skin
!	Skin or nerve damage
!	Irregular skin pigmentation
!	Infection at the surgical site
!	Fat clots or blood clots
!	Excessive fluid loss or fluid accumulation
!	Thermal burn risk with UAL technique

Cost Comparison — India vs New Zealand

Cost Item	India (NZD approx.)	NZ (approx.)
Liposuction thighs	~ \$5,400 – \$6,00	~ \$8,000 – \$14,000
Liposuction (2–3 areas) thighs and abdomen	~ \$6,500 – \$7,500	~ \$14,000 – \$22,000
Liposuction (4+ areas)	~ price on application	~ \$18,000 – \$28,000
Pre-op tests & consultation	~ \$200 – \$400	~ \$400 – \$800

All surgical costs paid directly to the hospital. JBTG logistics, airfares and accommodation quoted separately.

Please note: GST of 18% is applicable on all cosmetic surgery procedures performed in India and will be added to your surgical quote by the hospital.

About JBTG Limited's Role

JBTG Limited (Bums, Tums & Gums) is your logistics organiser and tour escort — not a medical professional. Your surgical contract, all clinical decisions, and your medical records are between you and the hospital directly. Our job is to get you there safely, support you throughout, and bring you home.

Ready to Find Out More?

Getting started is simpler than you might think:

1

Get in touch

Call or email us for a no-obligation chat. Tell us a bit about what you're hoping to have done.

2

We connect you with our India brokers

Our trusted on-the-ground medical brokers identify the right surgeon and hospital for your specific needs.

3

You receive a personalised quote

The surgical team provides a detailed quote once your information has been reviewed.

4

We arrange everything

Flights, hotel, all transfers, and your full logistics package — all taken care of.

5

We travel with you

You're not going alone. Your JBTG escort accompanies you throughout the entire trip.

Insurance — What You Need to Know

Travel insurance is highly recommended for anyone travelling to India for surgery. Standard New Zealand travel insurance policies will not cover elective procedures — so it's important to arrange specialist medical travel cover before you go. We work with Global Protective Solutions, who offer insurance specifically designed for medical tourists. Their policy covers the procedure itself and any complications for up to six months after your procedure date, including care back home in New Zealand. Please note that this is not a standard travel insurance policy — it does not cover the other elements of your trip such as flights, luggage, or cancellations.

You can enroll directly through our dedicated link at www.globalprotectivesolutions.com/enroll/bumstumsgums. A visa is also required to enter India, and while we cannot apply on your behalf, we will guide you through the process and make sure you have everything you need well in advance of travel

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Liposuction patient guide | All surgical costs paid directly to the hospital | JBTG Limited provides logistics only