PATIENT GUIDE · BODY RESHAPING

Lipo 360 & liposuction, *a patient guide.*

What gets treated and what does not, who is suited, recovery in honest terms, the risks, and what a complete written quote should include. Prepared so you can arrive at a consultation already informed.

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01 · IN SHORT

Body reshaping, *not weight loss.*

Lipo 360 is body reshaping, not fat reduction for weight management. It addresses stubborn subcutaneous fat across the abdomen, flanks, lower back and hip region in one operation. It is most appropriate for patients within a healthy weight range with reasonable skin elasticity. It does not treat visceral fat, skin laxity, muscle separation, or significant excess skin. Those need different procedures, or a different plan entirely.

This guide is educational. It summarises the liposuction information published by RevAesthetic at revaesthetic.com.au/liposuction. Nothing in it replaces an individual consultation, and we encourage you to seek a second opinion from a qualified health professional before any procedure.

02 · WHAT LIPOSUCTION IS

Suction assisted lipectomy, *the tumescent technique.*

Liposuction (suction assisted lipectomy) is a surgical procedure that removes localised fat deposits from specific areas of the body using a thin hollow cannula and suction. At RevAesthetic it is performed by Dr Kishen Nara using the tumescent technique: a saline and local anaesthetic solution is infused into the treatment area before suction assisted fat removal. This approach allows many procedures to be performed under local anaesthesia, with general anaesthesia available when clinically appropriate.

If you have seen “VASER liposuction” or “PAL liposuction” advertised elsewhere, these are brand names for ultrasound-assisted and power-assisted variants. RevAesthetic does not use ultrasound-assisted or power-assisted devices; the tumescent technique with standard suction assisted lipectomy is the approach used for every patient, and it is discussed and demonstrated at consultation.

Small access incisions are made, typically in skin folds where they are difficult to see, and the fat is removed through gentle, controlled passes. Scars at the entry points are generally under 12mm, and everyone heals differently. The procedure is performed under sterile conditions in an accredited facility while you are carefully and safely monitored.

03 · WHAT "360" MEANS

Treating the trunk *as a single area.*

The "360" in lipo 360 refers to 360 degrees around the trunk. Traditional liposuction treats one zone at a time: the front of the abdomen, or just the flanks, or just the back. A 360 approach treats the trunk as one continuous area, with the goal of a balanced result viewed from any angle, including the side and back profiles that patients often miss when planning around the abdomen alone. It is not a different technique to standard liposuction; it is the same suction assisted lipectomy, planned across a wider treatment area.

The four zones treated in one operation:

01 The abdomen, both above and below the navel, with attention to the natural waist line.

02 The flanks: the soft tissue at the sides of the waist, often called "love handles".

03 The lower back, the area immediately above the buttocks, which is rarely addressed by single-zone lipo.

04 The upper hip region, where the trunk transitions into the hip area.

The aim is a smoother circumferential shape. For patients who have stubborn fat that has not responded to consistent diet and exercise, and who are at or near a stable, healthy weight, the result is usually a more proportioned silhouette rather than a dramatic change in size.

04 · WHAT IT DOES NOT TREAT

Where lipo 360 *is not the answer.*

This is where most consultations need careful conversation. Lipo 360 is genuinely not a solution for:

01 Visceral fat: the deep fat inside the abdominal cavity, surrounding the organs. Lipo cannot treat this; it responds to lifestyle, diet, and time.

02 Significant excess skin, particularly after large weight loss or multiple pregnancies. Lipo removes fat; it does not lift skin.

03 Muscle separation (diastasis recti), common after pregnancy. The abdominal wall muscles separate and form a midline gap that liposuction cannot address.

04 Weight loss as a goal. Lipo is for shape, not for kilograms. The volume of fat removed is small relative to total body fat.

Where the skin has lost elasticity, an abdominoplasty (tummy tuck) is usually the right conversation, or a combined approach. If you are unsure which procedure fits your presentation, the consultation includes a physical examination and an honest assessment. We say no to lipo 360 more often than people expect, because the wrong procedure produces a result that nobody is happy with.

The factors assessed *at consultation.*

Liposuction is a cosmetic surgical procedure under the framework introduced by the Medical Board of Australia in July 2023. These steps apply to every cosmetic surgery patient in Australia:

01 A referral from your usual GP, independent of the operating practice.

02 At least two consultations, with at least one face-to-face.

03 A psychological screening using a validated tool to look for body dysmorphic disorder or other underlying concerns.

04 A seven-day cooling-off period between the second consultation and the operation.

Within that framework, suitability for lipo 360 specifically depends on:

01 Weight stability: patients within a healthy BMI range, with weight stable for at least six months, see the most consistent results.

02 Skin elasticity: good elastic recoil is needed for the skin to redrape smoothly over the treated area.

03 General health: smoking, uncontrolled diabetes, and certain cardiovascular conditions raise the risk of complications.

04 Realistic expectations: a patient who has read carefully about the procedure and understands what it will not change is far more likely to feel satisfied with the result.

Age on its own is not a significant factor; each patient is assessed individually, since no patient is the same. The higher an individual's body mass index, the higher the risk of surgery, and there is a safe upper limit per session on the volume of fat that can be removed. Larger treatment goals are sometimes staged across more than one operation where that is the safer approach.

Recovery in *honest terms.*

Recovery from lipo 360 is more demanding than recovery from single-zone lipo, simply because more of the body has been treated. These are the points patients tell us they wish they had known upfront:

01 Compression garment for 6 weeks: medical-grade compression worn day and night for 4 weeks, then daytime to week 6. Not optional.

02 Bruising and swelling peak around day 5 to 7 and settle steadily over the following weeks.

03 Return to desk work is usually 7 to 10 days. Physically active jobs need 2 to 3 weeks.

04 Light cardio at 4 weeks. Higher-impact activity, including lifting, at 6 weeks.

05 The final result settles between 3 and 6 months as the swelling fully resolves.

Gentle mobilisation begins early: short, slow walks from the day of surgery or the day after are encouraged rather than prolonged bed rest, as advised for your procedure. Sleep can be uncomfortable for the first 1 to 2 weeks; most patients find a slightly reclined position with pillows works best. A box of tissues, water bottle, and your medications within arm's reach makes the first few nights easier.

Risks discussed *openly*.

All surgery carries inherent risks. Lipo 360 carries the standard liposuction risk profile plus additional considerations because of the larger treated area. The recognised risks include bleeding, infection, seroma (a build-up of fluid under the skin), haematoma (a collection of blood under the skin), contour irregularities (lumps, asymmetry), prolonged swelling, sensation changes that may be temporary or permanent, deep vein thrombosis (DVT) and fat embolism (rare but serious), and the possibility that the result does not meet expectations.

Skin laxity may become more apparent in patients whose skin elasticity was borderline at the time of surgery, which is one reason the assessment matters. Larger-volume liposuction also carries fluid-balance and anaesthetic considerations that are managed by your anaesthetist on the day. This list is not exhaustive; the risks specific to your circumstances are discussed in detail at consultation, and in full at revaesthetic.com.au/risks-of-surgery.

Contact the clinic promptly if you experience:

- Heavy or sudden bleeding from any incision site.
- Rapidly worsening pain not relieved by simple analgesia.
- Fever above 38°C.
- Significant calf swelling or pain (concern for clot).
- Significant shortness of breath.
- Any concern that does not feel right, even if it does not match this list.

Increasing pain, swelling, or shortness of breath after surgery should be treated as an emergency: call an ambulance.

A range, *not a quote.*

Liposuction costs in Melbourne generally range from AUD $1,500 to AUD $19,800 for the surgical fee alone. The range is wide because liposuction is not one operation: it spans a small flank treatment under local anaesthesia through to a full circumferential trunk procedure under general anaesthesia, with very different theatre time, consumables and follow-up demands. A single number out of context is usually meaningless.

Dr Nara is a cosmetic doctor: private health insurance and Medicare rebates do not apply to elective cosmetic liposuction. RevAesthetic does not run an in-house payment plan; independent third-party medical finance is available if you choose to use it.

A complete written quote generally itemises six things:

01 Doctor's fee: operating time, planning, and the standard follow-up review window.

02 Anaesthetist's fee: billed by the anaesthetist's practice; varies with anaesthetic type and duration.

03 Theatre and facility fee: accredited day-surgery or hospital fee covering nursing, sterile equipment, and recovery.

04 Compression garment: typically one stage-1 garment included; a stage-2 garment for weeks four onward may be additional.

05 Consumables: tumescent fluid, cannulas, dressings, post-operative analgesia where relevant.

06 Follow-up reviews: generally one week, six weeks, three months, and an additional review at six months for larger cases.

The written, itemised quote is provided at the end of the second consultation by Cate, the practice manager. There is no same-day pressure. A preliminary online estimate can be generated within 3 working days if photos are uploaded to our secure email admin@revaesthetic.com.au; formal quotes are always based on your comprehensive face-to-face assessment with Dr Nara. Surgery takes place at our accredited Melbourne theatre regardless of where you consult, and the quote is the same across all three locations.

Questions worth asking, *at any practice.*

Cost matters, but it comes after more essential questions. These apply to any practice you are considering, including ours. Always ask questions.

01 Has your practitioner received formal training in cosmetic medicine and surgery? You are allowed to ask this at your consult.

02 Has your practitioner received formal training in liposuction specifically?

03 Is the surgery performed in a fully accredited and licensed facility?

04 Is there a clear after-care and follow-up plan, in writing?

05 Do you feel comfortable with the practitioner, and not rushed into the surgery?

06 Did you understand the consent process, and were your questions answered?

07 Have your goals of surgery been analysed carefully?

It takes years of training to receive accreditation in liposuction. Has your doctor received formal training in liposuction? Can they show you certification? Does the consultation put your priorities first? Do they follow the Medical Board of Australia guidelines? Do they have your best interests at heart?

Consultations across *three states.*

The first step is a referral from your usual GP, followed by an in-person consultation with Dr Nara so your anatomy and goals can be reviewed properly. Take your time, ask questions, and seek a second opinion before you commit to anything.

RevAesthetic

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Begin a confidential enquiry:
revaesthetic.com.au/cosmetic-enquiries-assessments-and-consultations

Disclaimer: All cosmetic procedures have inherent potential risks and complications. We encourage you to seek a second opinion from a qualified medical professional before any procedure. Material in this guide is educational in nature and is not generalisable; outcomes vary significantly between patients depending on genetic composition, medical history and individual circumstances. Results vary from patient to patient as each case is unique with its intrinsic risks and expectations. Dr Kishen Nara, MBBS, FACCSM(Surg), AHPRA Registration MED0001201549. Prepared July 2026 from the practice information published at www.revaesthetic.com.au.