



Melting Away Fat

*Vaser
Liposuction*

Presented By

Your Name Here

VASER® Hi Def
Liposuction
Body Contouring for a
Sculpted Look

Presented By
Doctor/Presenter's Name Here

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Disclaimer

The information presented in this book is not intended to replace the medical advice of your personal physician or any surgeon performing cosmetic surgery. In addition, the information expressed by the author in this book is the opinion of the author based on experiences in performing these procedures.

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Part One

VASER Hi Def Lipo

Chapter One

Body Sculpting with VASER[®] Hi Def Lipo

The new High Definition Liposuction is spreading across the globe. It is a method to not only eliminate fat, but to chisel the body as if you had been working out for hours in the gym.

In spite of extensive workouts, it is difficult, if not impossible, to achieve the refined, carefully sculpted body that is so much in demand today. VASER is a safe method of transforming your body from an ill-defined appearance to an outstanding shape that shows well-defined muscles.

This patient had Vaser Hi Definition to create a naturally



sculpted high definition appearance. Areas included were around his chest, stomach & flanks.

Note: We can remove the background as you can see in the following photo or outline the body to position where there is no background.



Please note that for the before and after photos it will require captions explaining what the VDH has done for the person.



Remarkable results for women as well as for men.

There are literally millions of people working diligently in gyms, spas, and training camps to achieve the ideal athletic physique. However, things have changed in the past decade insofar

as achieving a well-toned body. Doctors can now use the new Hi Def Lipo to move the ideal body to a new notch by artistically creating the toned look. The method of VASER Hi Def Liposuction has highly skilled surgeons with the latest methods of liposuction defining the look that only a few obtained with several years' worth of training and discipline at the gym.

Hi Def Liposculpture is the remarkable new technique that is revolutionizing the art of sculpting the body. Michelangelo would be proud of this achievement, which is now surgically possible for the human body by removing fat and artistically reshaping the body to achieve an outstanding physical appearance.

The superficial fat hides the contours of the musculoskeletal frame. "It is the lack of body fat, not increased muscularity that gives clear definition to muscles seen through the skin." (Anatomy for the Artist, by Sarah Simlet) Therefore, it stands to reason that any technique or technology, or combination of the two that improves control of the fatty layers with respect to contouring, will improve your ability to control the results when contouring the male or female body.

VASER Hi Def Liposuction

VASER High Definition Liposuction—most commonly referred to as VASER Hi Def (VHD)—is an ingenious new liposuction procedure that allows plastic surgeons to literally sculpt the human form into a contoured and athletic work of art.

The Hi Def technique is a revolution to the plastic surgery industry because of its combined advancements in technology, science, and art. The unbelievable results achieved with VHD have never before been seen after such a minimally invasive procedure.

The VASER Hi Def technique was first reported by the *Aesthetic Surgery Journal* in 2007 and has been rising in popularity ever since. Today, thousands of procedures have been performed safely and with unbelievable results worldwide, despite the fact that there are very few surgeons who can perform it.

VASER HI DEF LIPO IS an alternative to conventional liposuction and is the latest in body sculpturing. If you want the best minimally invasive body sculpting, VHD is the most effective and rewarding surgery currently and it is a minimally invasive procedure for surgically contouring the body. VASER Hi Def Lipo employs directed ultrasound energy to break up body fat and suck out the liquid fat. It is state-of-the-art technology.

This innovative method spares blood vessels and nerves while amazingly leaving the surrounding connective tissue, for the most part, intact.

This latest minimally invasive surgery gives smooth, attractive results; faster healing; and minimal swelling, pain, and bruising. Overall, it lessens a great deal of the recovery time of traditional liposuction.

The word "VASER" is actually an acronym taken from the more scientific wording of *Vibration Amplification of Sound Energy at Resonance*. With VASER sound waves are delivered at the very high frequency of 36,000 Hz. This allows the structural body to literally be melted, causing the process, an innovative way of removing fat cells in order to literally be drained away. This is done by removing the area of fat with a thin surgical aspirating instrument, or cannula, which is about the size of a drinking straw.

The difference in VASER Lipo over traditional lipo is its method of removing selective adipose tissue (fat), which traditional liposuction fails to do. As a matter of fact, traditional liposuction is non-selective, whereas VASER is at times called VASER Liposelection.

For patients seeking a way to break up their fat and diffuse a targeted area of the body, the ultrasound energy does just that. It breaks up the bonds that normally hold the fat cells within the adipose tissue—tissue that is found in the subcutaneous space.

With VASER, energy is directed into the fat storage regions with solid, small, grooved probes with a small, straw-like metal object.

The beauty of VASER Lipo is that it can be done under local anesthesia. Even so, some surgeons prefer using general anesthesia, especially when doing the procedure where there are numerous or larger areas of fat treated. VASER is a fully FDA-cleared body contouring system, although it is usually not recommended for patients with excessive fat.

The VASER method, coupled with Hi Def Liposuction, is best done on patients who are concerned about a wide waist, unsatisfactory chests or hips, and love handles, yet it is effective in other regions of the body as well. Common areas include the abdomen, hips, flanks, arms, knees, and thighs. The procedure is also excellent for removing facial fat to redefine the jaw line and to get rid of a double chin, neck, arms, buttocks, and thighs. In addition, it is a very gentle process and is extremely well-tolerated by patients.

What Hi Def Does

VASER Hi Def Lipo is a procedure that sculpts the muscles with an emphasis on a buffed appearance, not only on the vertical muscles in the center of the abdomen or abs. It can be done on arms, buttock, legs, face, and almost anywhere you may wish to acquire the smooth, realistic form of a muscular body. It is amazing how patients look incredibly physically fit and toned after having the procedure.

The thickness of the layer of tissue over your muscles is usually accomplished by sculpting the overlying tissue to the shape of a healthy six-pack or to display well-trimmed legs, arms, or buttocks.

With a few patients, the layer of fat may be too thin. In this case, it's sometime necessary to do some micro fat grafting over each section of the six-pack. In this manner, the muscular area takes on the appearance of a super-toned body.

The procedure is often performed in less than an hour under local anesthesia when it is not coupled with VASER Lipo. While the patient is sedated, fat is selectively removed through a small hollow tube (cannula) inserted through one or more tiny incisions. During the surgery to create well-formed abs, the incisions are hidden in the pubic hair or in the natural creases of the body. They heal in a matter of days, leaving tiny scars that are not easily seen.

With this revolutionary procedure, the doctor can literally create the space necessary and define superficial fat and, where needed, add the patient's own fat to build the washboard look that is so desirable to men and that also gives definition to women patients. (See Chapter 12 for greater details of the latest procedure, called Fat Grafting).

One thing to keep in mind is the fact that the Hi Def procedure does not have an effect on the function of the muscles. Following the procedure, many patients return to work in ten days. During this time, there will be some swelling of the area sculpted, although it will gradually subside, and the result is a youthful, buffed appearance.

The latest VASER Hi Def ensures safe and uniform energy delivery. This is what to expect:

- A safe and quick procedure
- Can be done under local anesthesia
- Patient remains wide awake
- High definition body contouring
- Effective fat removal
- Tissue coagulation and skin tightening
- Minimal downtime and speedy recovery
- Body Beautiful with VASER Liposuction

VASER Hi Def Liposuction is the most advanced liposuction available today. Get sexy, sculpted curves and a tight waist and abs with Hi Def.

Chapter Two

Start with the Amazing Hi Def Liposuction

VASER liposuction is the latest procedure for removing fat, or the process that eliminates localized fat deposits by means of a specialized ultrasonic process that breaks it up.

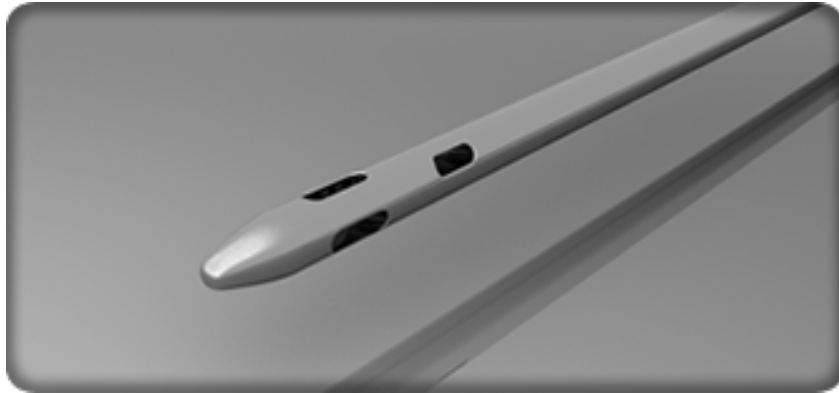
VASER is the name of the machine that surgeons use to perform Hi Def Liposuction. It is an acronym that stands for Vibration Amplification of Sound Energy at Resonance.

New techniques make it possible to reshape trouble spots that have failed to respond to diet and exercise. One of the latest techniques is LipoSelectionSM[®], offered by VASER[®], which achieves remarkable results and reduces the discomfort that is sometimes associated with traditional liposuction.

VASER LipoSelection[®] selectively breaks apart and gently removes unwanted fat. To begin the procedure, the targeted area is injected with a special saline solution known as “tumescent fluid.” It is a fluid that numbs the targeted area and shrinks the local blood vessels. It also temporarily expands the volume of the targeted area, allowing the fat cells to be much easier to remove.

Small-diameter probes are then inserted into the body through small incisions. By resonating at a high ultrasonic frequency, the probes literally shake loose fat cells while leaving blood vessels, nerves, and connective tissues unharmed.

A Type of Hi Def Cannula

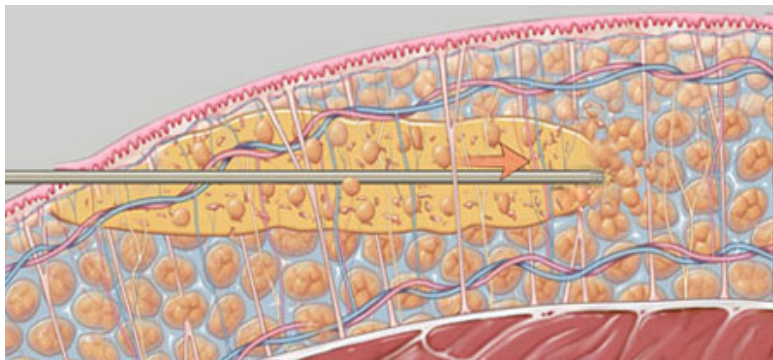


Small-diameter probes are then inserted into the body through small incisions. By resonating at a high ultrasonic frequency, the probes literally shake loose fat cells while leaving blood vessels, nerves, and connective tissues unharmed. This is a probe, or cannula, that is very small, unlike the cannula used with traditional liposuction. The VASER Lipo[®] System uses small-diameter, solid, multi-ringed probes to deliver a minimal level of ultrasonic energy to specifically target and emulsify the fatty component of the tissue matrix. There is a wide array of probe options. Patented, solid titanium probes come in four different diameters with various groove patterns to treat a wide array of body contouring volumes and applications.

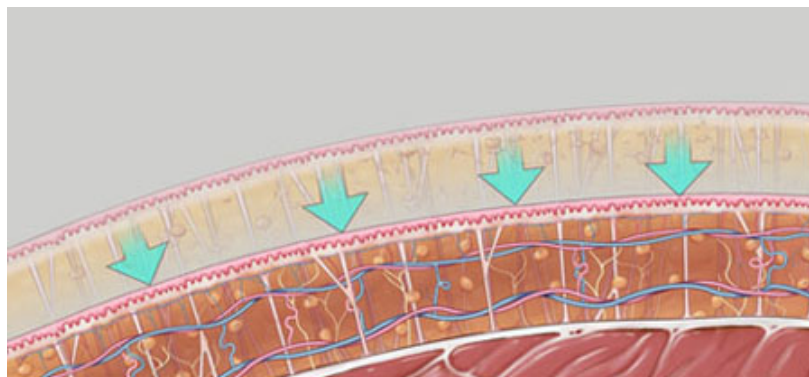


The Vaser Machine

The fatty subcutaneous layer is infused with tumescent fluid through a tiny incision using an infusion cannula. This lifts and separates the fat cells, as well as numbs the skin and shrinks blood vessels.



The high-frequency vibration of VASER ultrasonic probes causes the fat cells to break apart and emulsify into the infusion fluid. Emulsified fat is easily removed via a specially designed VASER suction cannula.



Remodeling and revascularization of the preserved tissue promotes skin retraction.

Fatty Tissue

Fatty tissue is comprised of large, loosely-bound fat cells that are dislodged from their supporting tissues by the Acoustic Streaming effect generated by the VASER[®] ultrasonic probes. This

process pries the fat cells apart and suspends them in the infiltration fluid, creating an emulsion. It also preserves the integrity of other important connective tissues.

By treating the fatty tissue prior to extraction, aspiration—or sucking out the fat—can be performed with less avulsion (tearing of the tissues), resulting in less trauma to the surrounding area.

The VASER Lipo procedure does not utilize standard suction-assisted liposuction to remove the emulsified tissues and fluids. Instead, specially designed atraumatic aspiration cannulas, shown above, are used to efficiently remove the emulsified fluids while preserving the tissue matrix, leaving the surrounding tissue - such as nerves, blood vessels, and connective tissue - relatively intact. The removal is a gentle suction.

The VASER Lipo System is a unique technology that maximizes fat extraction without compromising the comfort and safety of the patient. In addition, it is a more refined method of fat removal than traditional liposuction and is generally recommended for areas of the body for those who have bothersome fat deposits but who are not too overweight. While some people seeking VASER are extremely overweight, it is safer to perform body contouring on individuals with limited areas of fat to be removed.

The VASER Lipo System is a procedure that combines new patented technology with advanced surgical techniques to break up and remove fatty tissue. This procedure allows unwanted fat to be efficiently removed from the abdomen, breasts, arms, back, hips, knees, love handles, neck, chin, saddlebags, thighs, and any other place that has developed pockets of fat.

Skin Tightening

VASER is also indicated for skin tightening. For example, as you lose fat during the procedure, instead of having lax skin as you would with traditional liposuction, VASER will tighten your skin during the liposculpture procedure. This is due to the collagen deposition that results following the treatment. While some patients may still be candidates for a surgical skin reduction, many may avoid conventional surgery due to the skin retraction that results from the VASER.

Best Method

This current method rarely necessitates the use of general anesthesia. VASER is fast and gentler in separating fatty tissues, and it tightens skin by stimulating collagen growth.

Traditional liposuction is performed by sucking out fat with broad strokes for large amounts of fat removal using higher suction and larger cannulas. The result is traumatic to the tissue as well as physically demanding on the surgeon.

Chapter Three

Hi Def Technique

High Definition Liposuction is an incredible new liposuction procedure that allows plastic surgeons to sculpt the body into a contoured and athletic work of art. The sought-for look is possible to achieve without VASER Lipo, but many need the removal of pockets of fat through the more lengthy procedure of VASER liposuction in order to achieve the goal of a highly toned body.

The difference between traditional liposuction and the highly refined VASER Hi Def liposuction is the ability of the latter to offer high definition liposculpture. As mentioned, it removes both the deep and the superficial fat that blocks the detail of the underlying muscles. The goal of regular liposuction is to trim away fat to make a patient slimmer. The VASER Hi Def™ method requires the surgeon to go one step further, probing into areas of body fat previously unattainable to liposuction. It sculpts the body in ways never before achieved by conventional liposuction.

The Hi Def technique was first reported by the *Aesthetic Surgery Journal* and has been rising in popularity ever since. Today, thousands of procedures have been performed safely and with unbelievable results worldwide, despite the fact that there are a limited number of surgeons who can perform the procedure.

If you are of a reasonable weight and need only to shed some pockets of fat and want the amazing chiseled look as if you

had spent months at the gym, this new Hi Def procedure can be the answer. It is performed in the surgeon's clinic with little sedation, since it is considered a minimally invasive procedure.

The Hi Def technique is a revolution to the plastic surgery field because of its combined advancements in technology, science, and art. The unbelievable results that have been achieved with VHD have never before been seen after such a minimally invasive procedure.

VASER Hi Def Liposuction was first performed in Bogota, Colombia in 2002 by Dr. Alfredo E. Hoyos, a highly respected plastic surgeon who realized that the standard methods of liposuction could not give his patients—extremely body-conscious South Americans—the athletic, yet voluptuous curves that they desired. So, taking his medical knowledge and artistic background, he developed a method that could give patients the results that they wanted with minimal invasion and fast recovery.

Dr. Hoyos then instructed the co-author, Dr. John Millard of Denver, Colorado, who then brought the technique back to the United States in 2005. Today, thousands of Hi Def procedures have been performed safely and with reproducible, unbelievable results throughout the world.

How Hi Def Works

Although the technique itself requires intensive study and training, the concept behind VASER Hi Def is not difficult to understand.

VASER[®]-assisted high definition liposculpture is an aggressive approach to body contouring that enables the surgeon to perform body sculpting of the superficial tissues to define the three-dimensional surface musculature in a wide range of patients.

However, it is a difficult and time-consuming procedure with a high learning curve that is appropriate only for highly experienced surgeons.

The success of the procedure depends on the well-trained hands and artful eye of the surgeon. It is the surgeon's appreciation of the relationship between superficial anatomy and physical appearance that enables this procedure to achieve the desired results. The success of VHD is just as reliant on its technology as it is on the practitioner using it.

How is VASER Hi Def™ Performed?

The procedure involves precisely performed deep and superficial liposuction around muscle groups in the abdomen—the chest in men and the lower back and gluteus in women—using ultrasound-assisted lipoplasty (VASER).

The procedure is performed with tumescent anesthetic infiltration. The first step is to mark the muscle bellies that will be enhanced. In women, high definition liposculpture targets the serratus muscles, the obliques, and the rectus muscle in the abdominal area, as well as the gluteus and paraspinus muscles in the lumbosacral curve. In males, the same abdominal muscles are targeted with attention also directed to the transverse tendinous intersections within the rectus abdominous muscle in order to create a washboard appearance. In addition, the pectoralis muscles are enhanced because of their contribution to the anterior topographical view.

The sculpting procedure begins with fat removal, which creates a “picture frame” around the muscles to be enhanced. Next, the surgeon performs more precise sculpting that leaves behind small amounts of fat to amplify the underlying muscle tone.

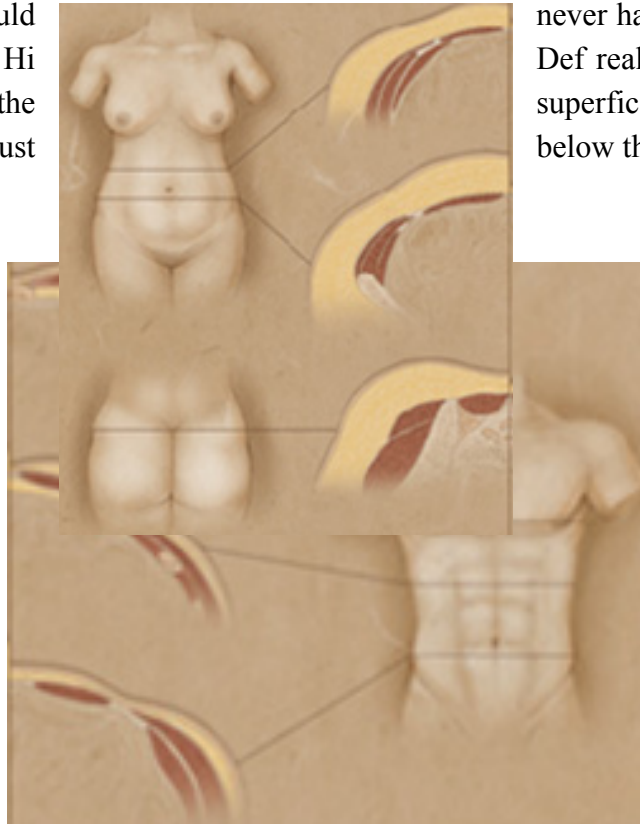
After the procedure, patients must wait about a month before returning to their exercise routine. The first evidence of the improved muscle definition can be seen after about two weeks, when the post-procedural edema has appreciably resolved.

The risk of seroma is slightly increased with this procedure, probably because it involves the removal of superficial fat. (Seroma is a pocket of clear serous fluid that sometimes develops in the body after surgery. When small blood vessels are ruptured blood plasma can seep out; inflammation caused by dying injured cells also contributes to the fluid.) Seroma is less likely with traditional liposuction, which primarily involves the removal of deeper layers of fat. However, if it occurs, it is easily treatable in the office and does not adversely affect the final result of the high definition procedure.

After deep and superficial infiltration, emulsification is performed using VASER[®] technology in continuous mode for high de-bulking and in pulsed mode at lower power for more delicate areas and the immediate subdermal plane. De-bulking is performed using ventilated cannulas, beginning in the deep layers and continuing to the mid-lamellar layer and between muscle groups. Superficial emulsification is performed to define the relevant anatomy for the muscle groups in each treatment area. Transitioning is then performed to define the superficial anatomy landmarks by de-bulking some of the remaining fat over the muscles and smoothing the surfaces over the mid-lamellar area.

Going further in the fat anatomy, traditional liposuction is only performed in the deep layers of fat. Deep fat is where the “bulk” is stored. VASER technology has allowed surgeons to explore liposculpture in the superficial layer of fat. Superficial fat is located directly beneath the skin. In previous traditional lipo, this

area would
touched. Hi
place in the
of fat, just



never have been
Def really takes
superficial layer
below the skin.

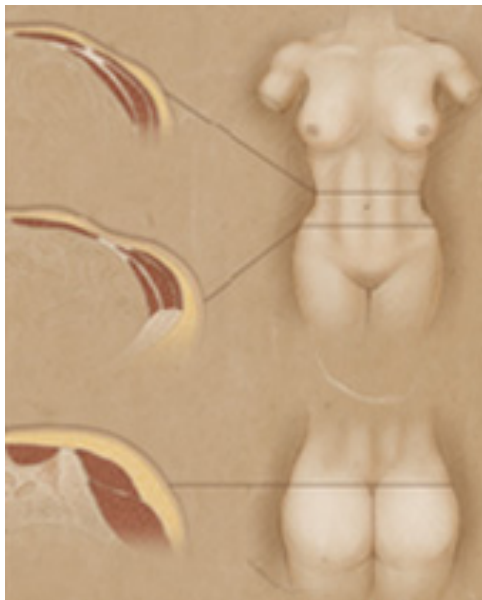
Note that the male body has a layer fat that is embedded in the chest down to the pubic region. The cutaway shows the yellow fat.

Notice the layer of fat next to the muscle in this illustration. The fat is thin and ready for the sculpting of the muscle to create a six-pack.

Note how this cutaway depicts the layer of fat on the abdomen and on the waist of the female.

**Pre-suction
Emulsification with
VASER Hi Def**

The first step is to mark the muscle, either in the chest, abdomen or waist, that will be



enhanced. In women, high definition liposculpture targets the fat in the hips and breast area.

VASER Hi Def has one more step than traditional liposuction. Before the surgeon suctions away the fat tissues, he/she first melts it using the Vibration Amplification of Sound Energy at Resonance. This makes the liposuction less traumatic for the patient and easier for the surgeon.

The targeted emulsification leaves blood vessels, nerves, and connective tissues intact for faster healing, less bruising, and better skin retraction.

Removing the Fat

Once the proper amount of fat has been melted using VASER Lipo, the surgeon suctions out the fat cells. The VASER Lipo removal of fat allows the surgeon to move to the superficial layer, where he/she can unveil muscular definition and artistically create specific body contours where previously there were none. In some places, the surgeon will leave fat to add volume; in others, the surgeon will suction out the fat to create a depression in the muscle.

Skin Retraction

Because the VASER treatment leaves elastic skin tissues intact, the skin retracts like shrink wrap over the top of the new muscle contours. This gives superior definition to the contours that the surgeon has just created, for tighter, more attractive results.

The results reveal a sculpted, well-toned, natural musculature intended generally for fit men and women who seek greater visibility of their muscular detail.

Chapter Four

Candidates for VASER Hi Def Lipo

Almost anyone can be a good candidate for Hi Def Lipo if they are not overweight by more than twenty-five pounds. In general, the best candidate ought to meet the following requirements:

- You are in good health, routinely exercise, and are within twenty-five pounds of your ideal weight.
- You have one or more areas of local body fat deposits.
- You are bothered by the fatty areas of your body and are desirous of eliminating the fat permanently.

Ideal candidates are in good health, of normal or mildly elevated body weight, and have realistic expectations for the results.

It is basically your decision. Most surgeons will perform the procedure if you meet the three requirements listed above.

There is no definite age limit as long as the patient is healthy and, if necessary, obtains medical clearance from their family doctor or internist. Some of the happiest patients are within twenty to thirty pounds of their ideal weight and have been stable at that weight for years.

Since high definition liposculpture is designed to be a sculpting procedure rather than a de-bulking technique, the appropriate candidate is the person who has good muscle tone without excessive amounts of fat or lax skin.

VASER[®] Hi Def[™] is most effective for those who are already physically fit and who seek to add an even greater, more chiseled and sculpted look to their efforts. The procedure can change the perception about liposuction and should be viewed as an adjunct to a fitness program and not as a failure to treatment.

Part Two

Hi Def Lipo for Men and Women

Chapter Five

Hi Def Lipo for Men

Men's bodies inevitably accumulate fat in predictable areas, notably beneath the chin, in the abdomen, in the flanks (love handles), and in the breasts, which in men is called gynecomastia. Traditional liposuction techniques, whether tumescent or ultrasonic, have been limited to “de-bulking”, or simply reducing volume or body circumference, and do little to provide a more athletic or muscular appearance.

Now through Hi Def, the surgeon can target superficial fat and remove exactly the amount of fat he/she needs in order to achieve a toned appearance. In specific locations of the body, the doctor targets the muscle to give it a three-dimensional look.

With this revolutionary procedure, the doctor can literally create the space necessary and define superficial fat, and where needed, add the patient's own fat to build the washboard look that is so desirable to men and also to give definition to women patients.



With Hi Def, the surgeon can target superficial fat and remove exactly the amount of fat he/she needs to in order to achieve a toned appearance. In specific locations of the body, the doctor targets the muscle to give it a three-dimensional look.

With this revolutionary procedure, the doctor can literally create the space necessary and define superficial fat, and where needed, add the patient's own fat to build the washboard look that is so desirable to men and also to give definition to women patients.

This is because most or all of the fat removed is deep fat, whereas superficial fat is the layer that gives muscular contour and

definition. Unless you get to an extremely low level of body fat (that is unsustainable unless you are an athlete), the chiseled abdomen and sculpted torso that you dream of will remain essentially a dream. If you are moderately overweight, hate those genetically resistant fat deposits, or spend hours relentlessly exercising and dieting without successfully realizing your goals, VASER Hi Def Liposuction may finally help you achieve the body you desire.



This patient had fat removed from his chest, stomach and flanks. A total of 4.1 litres of fat was removed in total.

The Chiseled Pecs

Who doesn't dream of stronger, more chiseled pecs? Through VASER Hi Def, the chest muscle is defined around its borders with the ribs by removing excess fat and tightening the skin and can be further strengthened with the addition of fat above, beneath, and into the pectoralis muscle, achieving the contour previously possible only with pectoralis implants.

Understanding Hi Def in the Male Chest

For the male chest, volume and sculpture in the pectoral muscles is ideal. A tight, muscular look that is in balance with the rest of the body will produce the perfect chest for each individual.

For men who suffer from too much fat tissue in their chest—a condition called gynecomastia—fat transfer and skin tightening with VASER Hi Def are a dream come true.

Extra tissue is removed and eventually re-routed to form tight pectoral muscles. There is no more shame in going without a shirt—only confidence and restored esteem.

For men with too little muscle definition, fat transfer from other areas of the body will be used to enhance the pectoral muscles. The fat transfer process puts extra tissue beneath, in, and above the pectoral muscle. Enhancement with VASER is done completely without man-made silicone implants, which can cause complications and feel unnatural.



Before

After



Specifically, the abdomen can be contoured by highlighting the rectus abdominous muscle with its tendinous inscriptions (the six-pack) and the external oblique and serratus muscles, along with defining the inguinal ligament and narrowing the waist for the most cut, athletic appearance possible. The result is a natural but enviable physique that appears completely nonsurgical and without visible scars.

The serratus muscles, the obliques, and the rectus muscle in the abdominal area, as well as the gluteus and perispinal muscles in the lumbosacral curve, can all be toned. In males, the same abdominal muscles are targeted with attention also directed to the transverse tendinous intersections within the rectus abdominus muscle in order to create a washboard appearance. In addition, the pectoralis muscles are enhanced because of their contribution to the anterior topographical view.

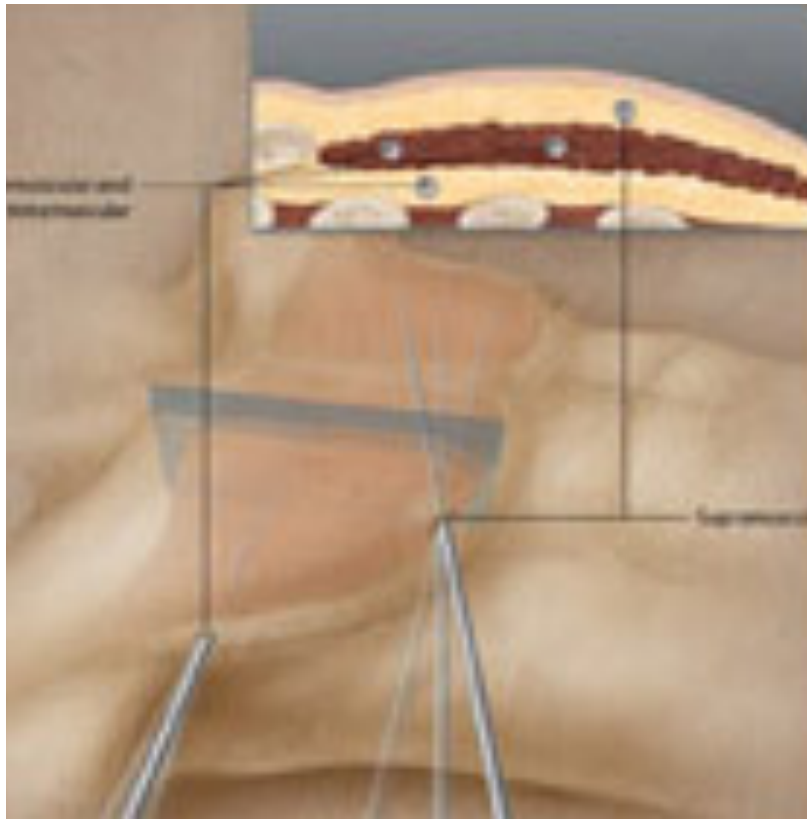
The Male Abdomen

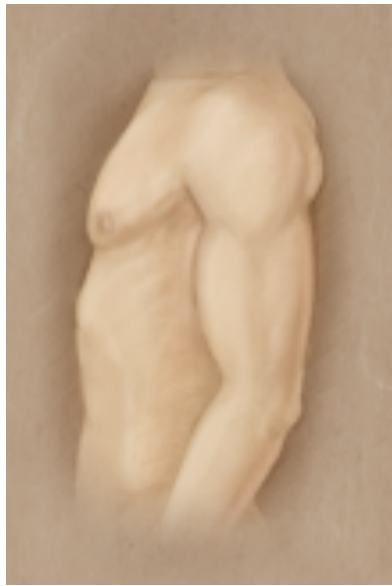
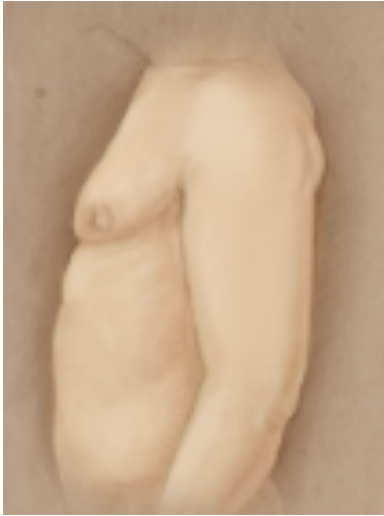
VASER technology enables this procedure by allowing the separation of the skin from the underlying fat, maintaining connective tissue bridges to produce predictable tightening of the skin in both horizontal and vertical directions. This effectively serves to “shrink-wrap” the skin around the new underlying muscular contours. The muscular effect can be further strengthened with the addition of fat above, beneath, and into the pectoralis muscle, achieving contour previously possible only with pectoralis implants. (See Chapter 12 on fat grafting.)



Underlying Muscular Contours

Who doesn't dream of stronger, more chiseled pecs? Through VASER Hi-Def, the chest muscle is defined around its borders with the ribs by removing excess fat and tightening the skin. The muscular effect can be further strengthened with the addition of fat above, beneath, and into the pectoralis muscle, achieving the contour previously possible only with pectoralis implants.







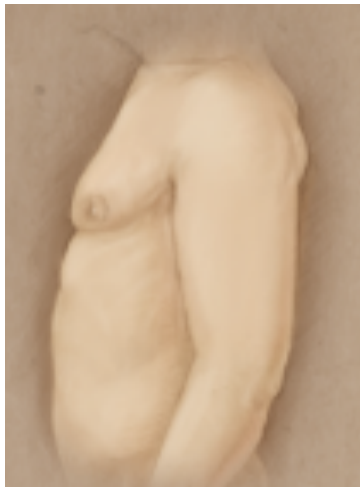
This patient has undergone liposuction to create a hi definition appearance. It's enhanced the visibility of the natural muscle contour.



This patient has had Vaser Hi Definition Liposculpture a total of 2.3 litres of fat was removed to his chest, flanks, stomach - hi definition body sculpture.

Definition in the Arm Lift

Some of us are fortunate to have arms that respond to exercise and a reasonable diet, thus appearing defined and well-proportioned. Many others, though, have a genetically pre-determined layer of fat that, despite disciplined exercise regimens and strict diets, makes it difficult to achieve trim, athletic arms that highlight the underlying musculature. With the presence of loose skin associated



with advancing age, sun exposure, or weight loss, some people find it difficult to feel comfortable and attractive in sleeveless fashions. This is true of both men and women. This makes sleeveless clothes unthinkable.

VASER Hi Def Liposculpture allows the contouring of the arms by predictably tightening the skin and sculpting and removing fat to reveal toned arms that appear both youthful and athletic.

In patients with more moderate skin elasticity, minimal-incision arm lift techniques (with incisions located in the axilla) can

be combined with VASER Hi Def Liposculpture to achieve excellent results in most patients. Prior to this much less invasive procedure of Hi Def Lipo, invasive surgery, such as brachioplasty techniques, involves leaving unattractive scars along the entire

upper arms. VASER Hi Def Liposculpture of the arms can be performed alone or in conjunction with minimal-incisions arm lift techniques. Much to the relief of both men and women, the procedure is both safe and highly effective. It is often performed in the surgeon's office under local anesthesia.

Arms can be made to appear more muscular and athletic by utilizing the same techniques of deep and superficial fat contouring combined with maximal skin tightening to highlight the toned muscles.



Male Hi Def Posterior Torso

The posterior torso consists of the landscape of the back, the waistline, the thighs, and the buttocks. It is the home of the dreaded “muffin top” and the rolls of fat that bulge from beneath tight-fitting clothing and bra straps. It is the place that men will never discuss, no matter how out of shape it becomes, and which they would probably rather forget that's there.

And yet, despite the social stigmas placed around men and their backsides and women and theirs, there is a conversation to be had.

VASER Liposuction Technique

By using the VASER Hi Def technique, doctors can sculpt your muffin top and bulging bottom away. They can raise your buttocks into a tight-fitting, athletic shape that gives the killer thighs that most have always dreamed of. It is possible to taper the waistline into the perfect hourglass or “V”; elongate the back into a balanced, tailored contour; and give perfect individual shape that exactly matches your desires.

The ingredients to the perfect high definition male torso are a tapered “V” shaped waistline, convex muscles, and athletic depressions.

An athletic person should have a tight, virile waistline that is framed by convex latissimus dorsi muscles. The muscles parallel to the spine (called paraspinus (also spelled “perispinal”) muscles should also be defined and free of fat. In the area of the flanks, maximum fat removal and skin tightening is key.

The depressions in the male anatomy are signatures of muscular definition and athleticism. These dips are located in the sides of the buttocks and in the inverted triangle in the lower back.

The male buttock is squarer than its feminine counterpart. It is tight and lifted. Some patients choose to transfer fat to the buttock for further definition and shape. Fat transfer produces the firm, high, tight buttock that is the signature of the highly athletic male.

Patients want to see the masculine “V” shape to their back, a tighter waist, and definition in their abdominal muscles.

The “V” Shape

VASER Hi Def of the back and flanks is performed to achieve a tighter, more tapered “V” shape to the waistline, as well as to add further definition to the borders of the abdominal muscles.

You can see the results of the fat contouring and skin tightening. They have accentuated his oblique muscles and the tightness of his back. The cut of his waist is also more tapered and tight.

Real Results: From Average to Amazing

The posterior torso can be defined by highlighting the latissimus muscle, and the highly coveted masculine “V” shape is further strengthened by unmasking the midline perispinal muscles and contouring the flanks with maximal fat removal. A high, tight male buttock is achieved by defining the muscle through VASER Hi Def, and mid and superior buttock fullness can be further enhanced by the addition of fat injections. By re-injecting one’s own fat harvested from the VASER Hi Def procedure, buttock implants are no longer necessary.

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The “V” Shape

Procedure: VASER Hi Def of the abdomen, chest, back, and flanks
This patient wanted to see a tighter, more tapered “V” shape to his waistline, as well as further definition to the borders of his abdominal muscles.

Chapter Six

Vaser Hi Def Lipo for Women

Mirrors, gyms, and endless treadmills track results that sometimes end in sweat, tears, and without satisfactory results. For the average woman with a busy lifestyle, whether it be college or career, family, and friends, it is not easy to maintain an exercise and diet regimen that produces the highly defined, sexy results that she deserves.

Wanting to feel healthier and look more attractive is not a sin. It's natural to want to look and feel your absolute best. And if genetics are running harder against your body than you are, it might just be impossible to get definite results from your efforts. The truth is that genetics don't play fair. Neither does the aging process. It's time to fight the fire with VASER. VASER doesn't play fair either.

Women who seek a toned, sleek, and attractive look will want to consider Hi Def liposuction. The procedure is not exactly the same for women as it is for men. Most women who have Hi Def want improved muscle definition, an exceptionally trim abdomen, and perhaps firm buttocks, as well as shapely thighs and, where needed, sculpted arms. All of this is possible with the Hi Def procedure to achieve dramatic results.



Women and Hi

Tightening loose

the maximum amount of excess fat beneath the muscles offers definition.

Performed with skill and artistic care, your high definition liposuction procedure with VASER Hi Def ensures that you will have, above all, a beautiful look.

A qualified and skilled surgeon uses an artistic eye and knowledge of anatomy to create for women patients natural curves that reveal a soft but somewhat musculature body with high definition in key regions.

Def Liposuction

skin and removing



Before



After



Notice in her photo before the VASER procedure that her underarm area is actually convex with fat deposits. Her breast does not appear as prominent because of it. In the picture after, her axilla has been sculpted out and is now concave, allowing the breast to stand on its own.

If needed, the surgeon will remove excess fat from the chest, waist, and back; perhaps also the buttocks.

Chest Fat Removal

First, the fat has to be removed. In women, high definition liposculpture targets the area to be sculpted with tumescent anesthetic infiltration. The surgeon suctions the serratus muscles, the obliques, and the rectus muscle in the abdominal area, as well as the gluteus and perispinal (correct term?) muscles in the lumbosacral curve.

Breast size and sculpture are key to an attractive female chest. As women age, their torsos tend to appear wider as fat is accumulated beneath the arms and on the sides of the breasts. This makes the breasts look matronly, while the loss of breast tissue that is replaced by fat, along with the loss of skin elasticity, makes the breasts sag and look empty.

With VASER Hi Def, the first thing to go is the fat deposits responsible for a widening chest. These are mainly centered in the axilla, the area beneath the arms that runs around the upper chest, and in the part that is squeezed and bulged by bras. With Hi Def, the skin is tightened in this area, which gives the breasts more support. The removal of fat deposits in the axilla alone can make the breasts appear a half- to a full-cup size larger, even without fat transfer.

For further breast enhancement, the fat transfer process is easily performed while undergoing VASER Hi Def. It is possible to add as much or as little enhancement as the patient desires for a natural, uplifted, and youthful appearance.

Fat can also be injected into the pectoral muscles themselves, if needed, when there is a need for more volume. This

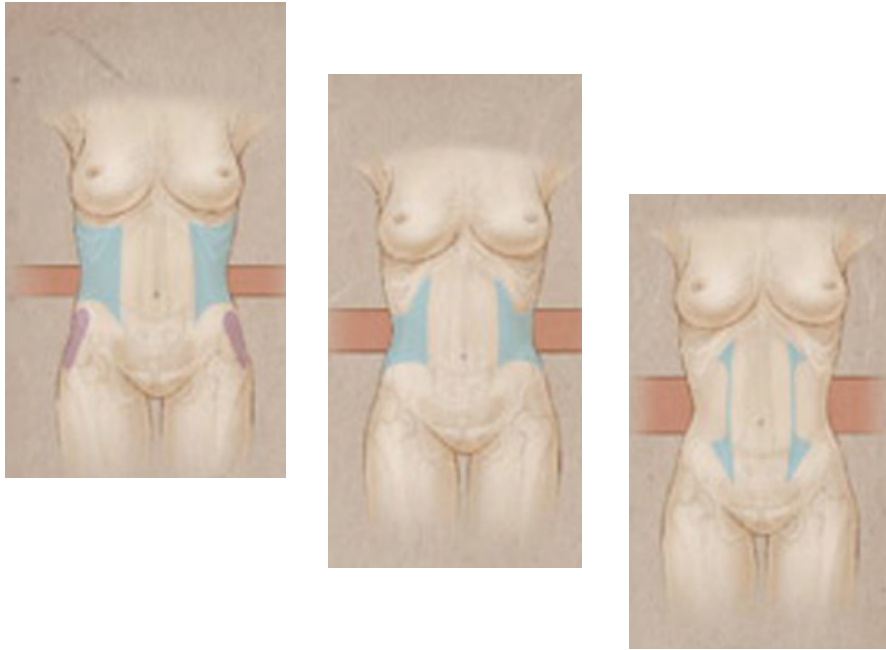
offers breast enhancement and support. Breast size and sculpture are keys to an attractive female chest.

Her breast appears a half-cup size larger because it has been sculpted out by removing the fatty tissue—with no fat transfer enhancement whatsoever. Her chest is much more attractive with this tight, curved contour. Understanding Hi Def in the female chest is a great way to avoid the gym's long hours.

Female Abdomen

The main abdominal muscles are defined to produce a beautiful, flat tummy. Special attention is always paid to the long, beautiful depression that runs from the ribs to the belly button. This depression gives an athletic—yet not overly muscular—appearance and adds to the flat tummy.

For women who desire a more muscular appearance, each individual muscle can be defined to give a six-pack appearance. The external obliques and surrounding muscles are also defined to narrow and elongate the waistline. Either way, the contour to the abdomen is curved and toned.



Arms

Women are genetically inclined to collect deposits of fat that run beneath their arms. They are also inclined to lose skin elasticity in that same area. When these two uncontrollable factors are combined, “bat wings” occur.

In the past, the only two options for women suffering from this was liposuction or a traumatic, invasive procedure called a brachioplasty.

The development of VASER Hi Def in the arms is groundbreaking for many women with undefined arms. The liposuction removes fat while the skin tightening technology helps skin to “shrink wrap” over the newly defined muscles. Even with mild or moderate skin laxity, VASER can still produce phenomenal results with very minor scars placed inconspicuously in the creases of the arms. The procedure leaves toned, athletic arms behind.

Back

It's time to say goodbye to those “muffin tops”.

The back is made beautiful by removing fat from the flanks and tightening the skin in the waistline. These new, tighter flanks will accentuate the curves. The rolls of fat that tend to bulge from beneath the bra are also completely removed for the perfect bikini body.

Depressions are also important in the back. One signature of an athletic female body is called the sacral depressions, which are those small, circular dips right above the buttocks. The muscles that run parallel to the spine are also flattened.

Breasts

The wear and tear accrued on a woman's breasts throughout her life destroys all of their aesthetic beauty. From motherhood to age, gravity to genetics, there are so many factors working against the breasts' once-youthful appearance.

With Hi Def, fat deposits are removed, skin is tightened, and the breasts are rejuvenated back to beautiful.

Enhancement and augmentation are easy during the VASER procedure. A process called fat transfer, in which previously-suctioned fat from other areas of the body is re-injected for enhancement, can naturally make the breasts larger. Dr. Shapiro can add as much or as little enhancement as the patient desires. Fat can also be injected into the pectoral muscles themselves for breast enhancement and support. Even without fat transfer and fat removal, the breasts can appear a half- to a full-cup size larger.

Buttocks

A woman's buttocks should be uplifted and curved, gentle and graceful. They should not be overly bulbous, but voluptuous in their size and proportionate to the rest of her body. The Hi Def procedure reshapes the buttocks into the patient's desired shape and size.

Changing the size of the buttocks is easy to perform during the VASER procedure. Fat transfer will do for the buttocks what it also does for the breasts, producing a completely natural, uplifted, and complication-free result.

Thighs

The anatomy of the thighs makes fat very difficult to get rid of, no matter how many leg lifts you do. In the past, plastic surgeons wouldn't even touch the thighs because of how complicated the fat anatomy is, how thin the skin is, and how easy it is to make the contours look awkward.

The VASER Hi Def procedure is a revolution for a woman's thighs. The unique technology allows the surgeon to sculpt slender, athletic thighs.

Waistline

A woman's waistline should be tight and athletic, yet curved into the ideal feminine hourglass shape. The perfect hourglass shape is attained when the waist is 70% the diameter of the hips. For women who are over or under that ratio, the surgeon can, with skill, move the curves to their ideal shape with the VASER Hi Def technology.



Part Three

VASER Hi Def Surgery and Recovery

Chapter Seven

Consultation for VASER Hi Def Lipo

Anyone considering the new VASER Hi Def Lipo procedure wants great results. If you feel comfortable and confident that you have selected the right surgeon to have the procedure, then the next step after making an appointment is the consultation with the doctor.

There are several points to consider when you make your appointment for a consultation. Know what you want and think it through. Be realistic. Understand that there may be a limit to your expectations. In most cases, there is a noticeable and often dramatic difference once the body fully recovers in three months.

If you have decided to go through with VASER Hi Def Lipo, during the consultation you will receive pre-op instructions to prepare you for the day of surgery. Follow the instructions you are given—please!

Ask about the Doctor's Experience

It is appropriate to ask the doctor about his/her experience with the VASER procedure. You may not want a doctor who has only

performed a few procedures. Do not be impressed if the doctor offers you a significant discount or a cut in his/her fees. It is your body and you want to make certain that the doctor's skill and experience are sufficient to produce the desired results. Check out the doctor's experience. It is easy to find this out on the internet. You need to know some background on the doctor by checking credentials. Does the doctor have certification? Is the doctor willing to discuss his/her credentials, training, and experience with you?

The Decision to Have VASER Hi Def Liposuction

One of the most challenging final aspects of the consultation is making the decision to proceed. You have to ask yourself what it is that you really are looking for. The best way to make a decision is to gather as much information as possible during the meeting with the doctor. If you have concerns, they must be addressed fully. A reputable and honest surgeon will give you frank answers to help in the decision making.

Fear of Surgery

It is normal to have concerns about submitting to surgery on your body and face, so make certain that you have confidence in the doctor. Your main concern may be about the risks. Your doctor should be able to answer your questions fully and you will learn that VASER is one of safest methods in the field of fat removal. It has an excellent track record of safety. If the doctor tells you that you have a greater risk in the VASER procedure, ask for further explanation and what results you can expect. It may be that the doctor is extremely conservative about any procedure. If this is the case, you may want to get a second opinion.

If you are concerned about the outcome and the surgery is making you anxious, continue to learn more about the procedure. Speak with other patients of your doctor who have undergone similar procedures and continue until you are confident to go forward. Most of your fears should be alleviated during consultation with an experienced doctor.

Listen to the doctor and make a decision based on your consultations. You are the one who has to live with your decision. Take counsel from those you truly respect.

Considerations in the Consultation Session

VASER is a safe, affordable, and more comfortable alternative to traditional liposuction. Things to consider include:

- You want to make sure your procedures are FDA-approved. VASER was approved in 1999 and as a third generation ultrasound, it has a long record of safe and effective treatment.
- You don't want loose skin as a result of a procedure. Many patients of traditional liposuction find that their skin does not adjust to the reduction of fat deposits. This tendency often results in unattractive folds and wrinkles.
- Patients with loose skin often require skin lifts. These can lead to large scars, thus ruining the aesthetic appeal of the initial liposuction treatment, but by contracting the treated skin, VASER technology can build up the collagen layers immediately under the patient's skin, completely eliminating skin drooping.
- You want something different from traditional liposuction. The cost of the VASER procedure depends on how many areas are being treated and it varies greatly from surgeon to surgeon and from state to state. The average traditional liposuction procedure on an abdomen costs about \$6,500. The average VASER abdominal procedure can cost anywhere between \$4,000 and

\$7,000. This difference in pricing represents a 30% cost savings, especially without an anesthetist or an operating room fee.

- You want permanent results. Once the fat is removed from a particular area of the body, it will never return. If you gain fat in the future, it will be preferentially deposited elsewhere on your body.
- If you are taking time off from work to have the VASER procedure, schedule less time than you think you may need. Recovery is much quicker than traditional or classical liposuction.

The surgeon or an assistant will give you a list of items that you must attend to.

Chapter Eight

Planning for VASER Hi Def Lipo

To have the most comfortable recovery possible following your surgery, there are several things that you can do. One is to plan ahead with family and work. You may want to arrange for one or several days off of work while you recover from VASER surgery. You will be advised to take it easy and rest.

It may be best to schedule your surgery around a vacation time or when you can take time off without feeling the pressure to return to work immediately. In addition, it may be to your advantage to try for a Thursday or Friday surgery appointment so that you have the weekend to recover. Please note that in most practices, Fridays are the busiest days and are often the first to fill up so that the patients may have the weekend off to recover.

There are items that you know of that need to be attended to prior to having surgery in order to have a stress-free recovery. Food preparation, job commitments, and time off, driving, prescription needs, child care, and household tasks all need attention and planning in advance. Once you have decided to go through with the VASER procedure, you can feel confident that it is the right decision. You may have talked it over with your family or friends, but in the end, you have to be the one who decides what you want to have done with your body. As with any surgery, it

helps to know how to prepare. Often it helps to get a family member involved to help with household chores and activities that may be uncomfortable for you to perform.

You should never have surgery because you are down or depressed. No surgical procedure can provide a perfect new you to deal with unhappiness or depression. It is best to have VASER with an acceptable level of positive thinking. The best success is often gained by having VASER with a good mental attitude, a healthy diet, and a complete exercise plan. The way to gain this is to look to what you can become both physically and mentally.

Pre- and Post-Op Personal Checklist

- Make sure that your doctor has answered all of your questions. It is best to come to surgery with all of your questions answered. First and foremost, follow your doctor's instructions. The doctor who has done a good number of VASER procedures can answer your questions. Discuss your concerns with him/her.
- You should be given your doctor's phone number to call if you have questions or problems. If the office staff can't answer your questions, your doctor should be willing to talk to you.
- Be sure that you understand the type of anesthesia and its aftereffects and how much monitoring will be necessary after you return home.
- VASER usually has minimal to moderate post-operative pain or discomfort. Be sure to ask your doctor how much to expect from this procedure.
- Remember, if it is not possible to visit the doctor after surgery, or if you live in another state, arrange for other

communication, such as e-mail. Digital photos may be particularly useful.

- Most people can resume exercise to the immediate area in approximately 10 to 14 days. Exercise in areas that have not been involved in surgery may be resumed within one to two days following surgery. This is based on your level of comfort. Returning to exercise too early may make you. In some cases, it may be helpful to take a few days off from work. Your doctor can advise you on this during consultation, but individuals vary quite a bit in their pain tolerance.
- Have someone drive you home or to your hotel from surgery if you are given medication to relax you or for pain during the procedure.
- It may be helpful to have meals prepared ahead of time. Fill your prescriptions as directed.
- Think ahead as to what you may need while resting for the day or two that you are recuperating. Some items may include prepared food, extra books or videos, etc.
- Be sure to protect your mattress with an old shower curtain or painter's drop cloth under your bedsheets. You will have some drainage after surgery and the plastic sheet will prevent the staining of your mattress.
- Likewise, have a large towel or plastic sheet on the car seat to prevent staining on the way home from the procedure.
- Large pads similar to diapers can be laid on the floor to protect the carpet when you go to the bathroom at night.
- Use anti-bacterial soap to wash yourself.
- You may want a nightlight in the bedroom and maybe in the bathroom.

- Drink plenty of fluids on the first day after surgery. Some like Gatorade to replenish water, sugar, and electrolytes, but the main point is to avoid dehydration.
- A low-salt diet is advised for two to three weeks after surgery to avoid swelling due to salt retention. It is not necessary to have *no* salt. It is best to avoid extra salting of foods at the table.

Chapter Nine

Surgery with VASER Hi Def Lipo

Treatment is carried out in a clean or even sterile surgical environment. Surgery is most often performed as an outpatient procedure, but in some cases, or in those where other medical conditions present are cause for concern, an overnight hospital stay may be recommended. The surgery itself may take anywhere from one to four hours to complete and more extensive procedures may take even longer.

Markings the Areas of Fat to be Removed

During the “prep” phase for VASER, you will be taken into the surgicenter. You will then be marked with a marker to indicate the areas to be treated and where the incisions will be carefully placed. Usually, these markings are made while you are standing. The special marking lines are similar to the contour lines of a topographical map.

You will also be scrubbed with an antimicrobial agent to decrease the possibility of infection. In some practices, you may be connected to monitors that track your vital signs and an intravenous (IV) line may be started. Other surgeons feel that the VASER Hi Def is safely and routinely done without continuous monitoring and use oral medication only.

Hi Def Lipo Markings

There will likely be markings of the regions to be suctioned. The procedure will be done with a skin-numbing anesthetic.

More Extensive VASER Liposuction

Today's surgery is very advanced when it comes to pain, but injections still require needles. Many doctors will do their best to minimize pain, but it is a fact that needles need to be used to numb the skin in the area to be sculpted. The treatment area will then be filled with tumescent fluid that helps numb the site and shrink the blood vessels. Using this fluid is called wet anesthesia and it causes the fat cells to liquefy more easily.

Patients are numbed only in the area to be suctioned; therefore, they are awake and in no need of general anesthesia.

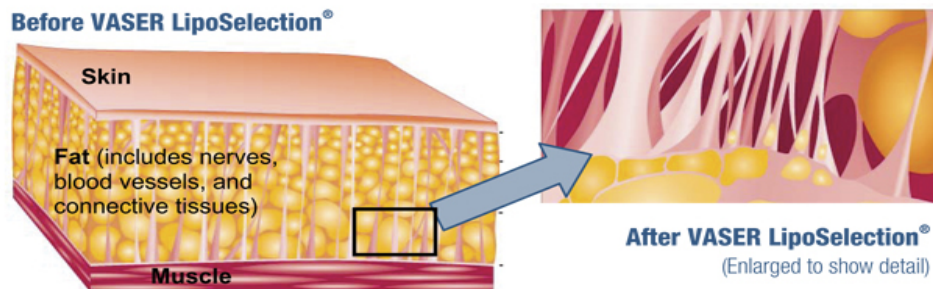
The VASER Phase of Fat Removal Surgery the Second Step

The VASER part of the procedure is done through tiny incisions. There are multiple incisions made to facilitate the insertion of the small ultrasonic probe. The incisions are made with a micro-scalpel or a small punch. This incision may be made at a crease in the skin and the VASER probe is inserted into the same incision that was created for the infiltration of the anesthetic solution. The incisions required for the procedure are small enough that they usually need no stitches following the procedure.

The sonic energy delivered to the areas of fat emulsifies it, breaking the destroyed fat down into a liquid form that can be drained or suctioned away.

As the procedure begins, the probe is inserted into the tiny incision and is turned on. The surgeon will then move the VASER

probe back and forth in the fat that is to be emulsified. You need not be concerned that the small probe will penetrate to the depth of vital organs and endanger them. The probe is just used in the fat between the skin and the muscle layer over your organs. During the treatment, the surgeon follows the lines traced previously, concentrating more on the areas of the thickest fat and feathering the probe past the edges of the markings.



Nerves, blood vessels, and connective tissues are minimally disturbed.

At the end of this stage, much of the fat will have been turned to liquid.

The VASER Phase - the Third Step

In VASER, the cannula heats the fat cells from body temperature to about 45 degrees centigrade. This results in a breakdown of fat cell membranes and the release of liquefied fat. The laser does little harm to other tissue, including nerves, blood vessels, and connective tissues.

For the most part, the procedure is bloodless. There is usually less blood loss than when your blood is collected for the lab tests. The action of the laser seals off most of the tiny blood vessels and nerves endings.

This is minor de-bulking not traditional liposuction. The cosmetic results that are possible with VASER are superior to traditional liposuction due to the melting of the fat rather than shearing.

Finally, the revolutionary VASER adds a whole new dimension to liposuction by offering the ability to tighten skin that otherwise would remain loose. This tightening effect is beneficial in areas of loose skin on the neck and under the arms.

The Suction Phase

Because VASER is so effective in preparing the fat for removal, this next phase is much gentler than traditional liposuction. In addition, smaller cannulas are used to remove the melted fat. The fat removed is only about 60% of the volume of traditional liposuction fat, as the liquefaction makes it more concentrated. Some fat is left behind to provide a more natural look to the sculpted area, and the smaller cannulas and more gentle suction allow more refined sculpting than previously available.

For all of these reasons, as well as the ability to stand at the end of the procedure for checking final symmetry, the VASER

procedure allows gentler but often better results than those achieved with traditional liposuction. Healing is faster and less painful, allowing you to return to your normal daily activities much more quickly.

Pain Control

The actual procedure is generally well-tolerated by most patients. This is due to the wet (tumescent) anesthesia placed in the area where the fat is to be removed. You may feel a tugging sensation during treatment, but you should feel little pain. Most people describe the feeling as being strange rather than painful. You may experience minor swelling, bruising, or tenderness for a few days after the procedure. It is still safer and more comfortable than traditional liposuction.

For some areas of the body, the doctor may request you to stand before the procedure is completed. This allows the surgeon to judge symmetry and balance.

Time Required

The length of time required to complete the surgery depends the amount of fat to be removed, but it can vary from as little as an hour to over six hours. The amount of time depends on the amount of fat to be removed. (sentence repeated)

Sutures

Some surgeons may use stitches, but most do not. The tiny incisions heal quickly. Keep the incisions covered until they are healed. Avoid saunas and hot tubs. Shower with a light spraying.

Dry by patting with a soft towel. Avoid creams and lotions

on the incisions except for bacitracin. Ask your doctor about specifics.

Chapter Ten

Recovery from VASER Hi Def

One of the most challenging aspects of conventional liposuction is recovering from the anesthesia. VASER has none of the risks or recovery issues associated with general anesthesia. Local anesthesia at the procedure site can be combined with some preoperative oral medications such as Valium or Vicodin.

Some of the body areas being treated will require the patient to wear a compression garment for several days to several weeks after the surgery to reduce the swelling and to help ensure a sculpted result. The patient may wear a secondary garment such as “Lipo-in-a-Box” or Spanx for a number of weeks following surgery to ensure a good result.

Patients describe mild to moderate muscle ache at the procedure site during the first few days after the procedure. Many describe the feeling as being similar to that after completing an intense workout. You should be up and around the day following your VASER procedure, but avoid strenuous physical activity until you can tolerate it without pain. Walking at a mild to moderate pace for the first few days after your procedure can be helpful.

You will want to have someone accompany you the first night of recovery, should you need to use the restroom or desire

help with dinner. Follow-up with the surgeon may be requested several times during the recovery process.

Follow Your Doctor's Instructions

Whether it is before, during, or after the VASER procedure, make certain that you understand and follow the doctor's instructions. Any skilled surgeon will give you sound advice on what to do in preparation and recovery. Don't veer off course, particularly during the recovery. Likely your recovery will be quick with VASER since it is a relatively non-invasive procedure. Even so, adhere to the instructions to enjoy the best results.

Rapid Recovery

Normally you will be back to work or other activities in a short time, usually in days rather than weeks. Your regime for a rapid recovery may include vitamins, prescription medicines (if any pain), and rest. It is very important that you carefully follow the advice of your surgeon after treatment to help ensure the success of the procedure and to reduce the risk of complications.

Nausea

It is possible that you may have some nausea associated with recovery. Usually this is due to taking medication on an empty stomach. You will be given instructions as to handling any nausea. If not, ask what you should do to avoid this as much as possible and if you experience it. What to do? Many doctors allow eating the night before and a light meal the morning of the procedure. Avoid caffeine, alcohol, tobacco, and rich foods before surgery and following surgery as the doctor recommends. There are anti-nausea drugs and patches that you can request from your doctor. During

recovery, avoid quick body movements. Move slowly about for the first 48 hours. Your sleep may be somewhat off after surgery. Your doctor may recommend Benadryl or Tylenol PM. You can get these over the counter to aid sleep.

Bruising and Swelling

Expect that the fat removal procedure may cause swelling in the area of treatment. Don't be alarmed if you have some swelling. It will go down. Swelling could last for several weeks. Please be patient.

Often there is bruising, but it is usually minimal. You may wish to wear clothing that will cover the bruised area. Bruising tends to dissipate in a matter of weeks, so be patient. In the first week, the bruises may be light purple in appearance, then gradually taper to yellow and green before fading away in one to two weeks.

You should be able to resume normal activities within a few days, but not to full exercise of those areas for 10 to 14 days. The mild ache can be relieved with over-the-counter pain medications such as Tylenol. If you need something stronger, your doctor can prescribe that for you.

Following VASER Hi Def Lipo

Shortly after the VASER treatment, the treated area will appear more compact, tighter, and smaller. Within the next six to eight weeks, the skin and surrounding areas will adjust to the new body contour. The process of contouring is gradual and the full results are seen over three to six months.

Scarring

Due to the small size of the incisions that are used during the VASER procedure, scarring should be almost invisible. There are

some people who scar easily. If you know that you are one of these people, talk to your doctor about scarring and what can be done to minimize them.

Return to Work

Many patients can return to work in several days. You may wish to take some time off, but this is optional with most treatments performed with VASER.

Fat Gain

Adults do not create new fat cells except in unusual circumstances. When a person gains weight, it is caused by fat cells growing bigger. The VASER procedure permanently removes the fat cells. Should you gain weight, most of the fat will accumulate in areas where the procedure was not performed, thereby maintaining your new shape.

While VASER can improve your self-confidence, it may not match your mental ideal. Nevertheless, VASER is a safe, permanent alternative for removing bulges of fat.

Chapter Eleven

Results with VASER Hi Def Lipo

Hi Def Liposuction requires a physician who has profound knowledge and understanding of the human anatomy, as well as how each patient's body is unique and its movement in order to determine what procedure will work best for the patient and that will also allow for outstanding results.

The advantage certain patients have with VASER is the procedure's marvelous success in removing fat after many failed attempts using diet and exercise. As mentioned earlier, VASER can create noticeable improvements in shape for those who may otherwise display a fit and toned body. The candidate for liposculpting could be troubled by a slight double chin, mild protruding abdomen, love handles, or saddle bags. There are those whose bodies appear acceptable to most of us, yet they still want that "babe body" and seek after it to near perfection.

VASER, as you will see in the photos, can remove large amounts of fat in areas such as the abdomen, the hips, and the thighs. More and more patients are opting for this less-invasive method of fat removal in order to have less pain and a faster, safer, and shorter recovery than when fat is removed by traditional liposuction.

If you don't want people to know you've had fat removal surgery, they will not. It is your personal choice. You can arrange

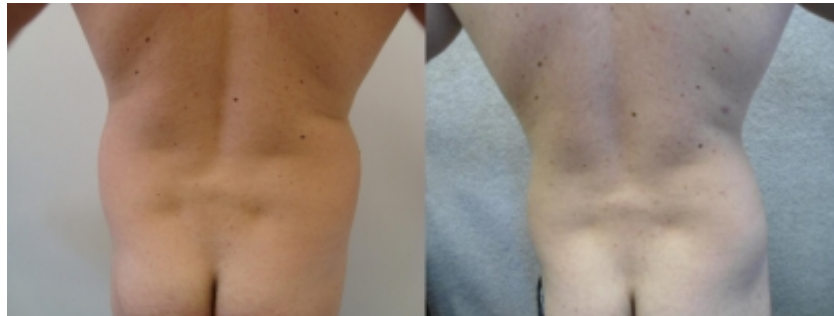
with the surgeon to have a private office visit. Perhaps your surgeon will have other suggestions of ways to preserve your privacy to the level that you desire.

If someone asks you if you have had some sort of fat removal, the answer you give is your decision. You may feel freely comfortable talking about having had VASER, just like when you had your hair colored, your nails manicured, or your legs waxed. Or you may choose not to tell anyone; it is your choice. Is it vanity to want to look your best? It could be that your job may depend on it if you are in sales or have lots of face-to-face contact with people, and there is nothing wrong in wanting to look and feel your best. You may also want to look better just to satisfy yourself.





This patient has undergone liposuction to create a hi definition appearance. It's enhanced the visibility of the natural muscle contour.



This patient had 2.2 litres of fat removed from his chest, side of chest, flanks and stomach

Part Four

Fat Grafting Where Needed

Chapter Twelve

Fat Grafting

The new fat grafting technique has ushered in a new era of body contouring procedures. Using autologous fat (own fat), which is fat harvested from a patient's body, has become the most effective and safest long-term method of filler injections currently used among plastic surgeons across the country.

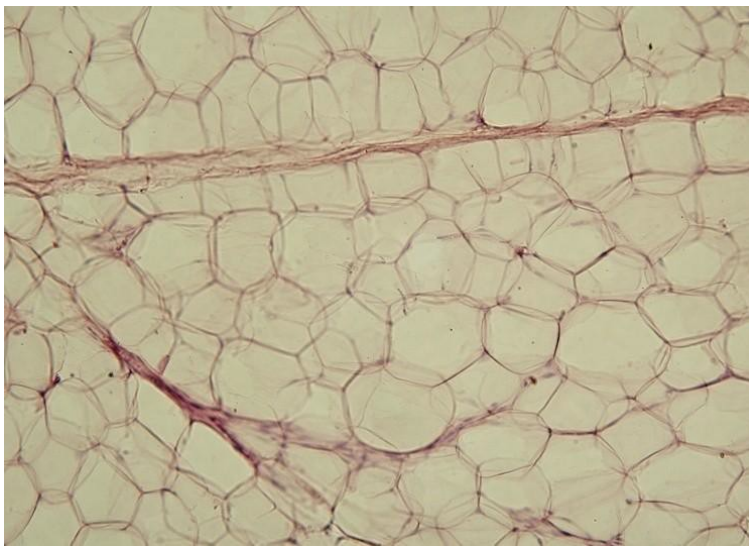
With today's best methods of liposuction and fat grafting, fat transfer now dominates the etching field in select regions of the body. The latest methods performed by experienced doctors are especially good for defining the chest muscles while contour and enhance are made. With highly-developed innovations, fat is harvested from the hip, stomach, or other areas of the body where there is sufficient unneeded fat and is then re-injected into the patient's tissue to fill the areas that may need additional contouring.

Wherever there is a loss of volume in the body, it is possible with the new fat transplant procedure to augment a flat or hollow appearance. With the aid of liposuction, after carefully removing the fat cells, the cells are salvaged for injecting into the chest or other areas that need augmenting.

This offers doctors a method of obtaining the fill material needed to correct the appearance of the upper body where there is a loss of volume.

Using a patient's own fat offers a safe, unique advantage and creates an entirely new approach without the need for any

foreign material being injected into skin. The new advances in harvesting, purifying, and injecting have made it a very desirable option in body contouring. Autologous fat is especially suited for a six-pack in men.



Even those with great bodies that are in excellent shape have enough fat to harvest, sufficient to supply the needed fat for body contouring. There are thousands of fat cells in the body.

The body fat cells are very much a part of the fat grafting process. One aspect that has occurred in the process of fat grafting is a wider acceptance and usage of stem cells. The realization that high concentrations of stem cells reside in fat has raised the potential that they can be used for better volume preservation and even to promote healing in difficult wounds. Autogenous fat grafting continues to have tremendous appeal due to its ease of

harvest, ample donor sites (in most patients), and its ability to be injected.

Fat cells develop from less-specialized cells called fibroblasts—a type of flattened cell that is abundant in the body. As part of tissue maintenance, fibroblasts can develop into fat cells or other connective tissue types to suit the needs of the body. Once created, they remain in the body unless surgically removed, although the size of the cell can change as the fat droplet inside the cell grows or shrinks.

Most fat cells have the appearance, under a microscope, of round, fat cells. The fat cells lack tissue stain and appear white when observed in a lab. Each adipose (fat) cell has within it a single large droplet of fat that takes up the majority of the cell's space. At the end of the cell is a flattened section of the cell's membrane. The fat cells are numerous and found in various tissues of the body, such as the skin, bone, and around some vital organs. However, when it comes to fat extraction, most surgeons harvest fat cells from the abdomen because it has an excellent supply of them.

Questions and Answers

How many treatments will I need?

For most patients, typically only one treatment is required. The session may last from 45 minutes to two hours for each area being treated.

Do I have to do anything post-treatment?

After the treatment, you will have minimal to moderate pain or bruising. We to work immediately (the so-called “lunch hour lipo”).

Can VASER treat cellulite?

The procedure will improve the body's shape and may improve cellulite to a certain degree, tightening saggy skin.

When can I expect to see results?

Some results may be seen immediately, with full improvement in three to six months.

Does VASER produce lasting results?

Yes. Fat cells do not reproduce in the body. Once they are removed, there is only the problem of expanding the remaining cells due to excess food intake.

Does VASER respond well to all skin types?

Yes! VASER Liposculpting works on people with darker skin. The laser is below the skin targeting the fat cells and the underside of the dermis. The melanocytes are *not* affected.

Many men and African-Americans have tougher and more fibrosis fat that may be more difficult to shape or sculpt with standard liposuction techniques. The use of VASER minimizes these differences.

Can more than one area be treated in a single session?

Yes. You may treat up to six areas, depending on the extent of correction. Speak to your cosmetic surgeon to find out more information.

What happens immediately following the procedure?

A special garment may be required to facilitate healing and to compress the area. There may be some swelling and discomfort, but any pain is typically considered simply a dull ache. Bruising may be mild to moderate.

How long do I have to wait to go back to work?

If you don't need to exert too much physical effort at your job, you can go back the next day. For jobs that are more strenuous, consult your cosmetic surgeon for advice. In cases when there has been fat removal over larger areas, you may be able to return to work after a weekend.

When will I see results?

The patient may look significantly smaller the day after surgery and continue to see more improvement as the swelling wears off. You can expect to see the final results in approximately three to six

months. However, this depends on the extent of the treatment and your health. Follow your cosmetic surgeon's instructions as closely as possible to ensure a quicker recovery.

How long do results last?

Results will last as long as you follow a healthy diet and exercise regimen. The number of fat cells reduced is permanent.

Is it possible to repeat VASER the same area of the body?

Yes, but patients must wait until healing is complete (at least three months).

What are the risks and side effects of VASER?

Like any procedure, VASER also has its risks and side effects. These include bruising and/or discomfort, mild pain, and numbness.

What does the VASER feel like?

Most patients feel no pain, or they may feel a pleasantly warm feeling. The skin and fat will be numbed, so you shouldn't feel anything more than some mild heat.

In comparing VASER with traditional liposuction, is the recovery different

VASER recovery is much more rapid than that of traditional liposuction due to its much less invasive methods. Many patients can return to work the next day.

What is the safety factor of VASER?

VASER is similar in safety to other externally-applied laser treatments or to Thermage. With a skilled surgeon, there is no risk of lymphatic problems related to the liquefied fat. In addition, there is minimal risk of damaging tissue.

What is the cost of VASER?

The cost of VASER ranges from the very smallest removal fat and skin tightening for a double chin to more extensive abdominal fat removal. The cost can range anywhere from \$2,000 to \$10,000. The cost depends on the areas of the body needing fat removal. You may wish to have several areas of fat pockets to be removed in one session. For each area of the body, there is usually a set fee. This can be discussed at the time of consultation.

Glossary

Abdomen: The belly, that part of the body that contains all of the structures between the chest and the pelvis. The abdomen is separated anatomically from the chest by the diaphragm—the powerful muscle spanning the body cavity below the lungs.

Abnormal: Not normal. Deviating from the usual structure, position, condition, or behavior.

Anesthesia: Loss of feeling or awareness. A general anesthetic puts the person to sleep. A local anesthetic causes the loss of feeling in a part of the body, such as a tooth or an area of skin, without affecting consciousness. Regional anesthesia numbs a larger part of the body, such as a leg or an arm, also without affecting consciousness.

Cannula: A slender tube that can be inserted into a body cavity or duct.

Cellulite: Popular term for deposits of fat that have a cottage cheese-like or puckered texture. Medically, cellulite is not considered abnormal, but aesthetically, it can be quite unsightly.

Chest: The area of the body located between the neck and the abdomen. The chest contains the lungs, the heart, and part of the

aorta. The walls of the chest are supported by the dorsal vertebrae, the ribs, and the sternum.

Dizziness: Painless head discomfort with many possible causes, including disturbances of vision, the brain, balance (vestibular) system of the inner ear, and gastrointestinal system. Dizziness is a medically indistinct term which laypersons use to describe a variety of conditions ranging from lightheadedness to unsteadiness, spinning, numbness, etc.

Nutrients: Along with proteins and carbohydrates, one of the three nutrients used as energy sources by the body. The energy produced by fats is nine calories per gram. Proteins and carbohydrates each provide four calories per gram. **2** Total fat; the sum of saturated, monounsaturated and polyunsaturated fats. Intake of monounsaturated and polyunsaturated fats can help reduce blood cholesterol when substituted for saturated fats in the diet. **3** A slang term for obese or adipose. **4** In chemistry, a compound formed from chemicals called fatty acids. These fats are greasy, solid materials found in animal tissues and in some plants. Fats are the major component of the flabby material of a body.

Hematoma: An abnormal localized collection of blood in which the blood is usually clotted or partially clotted and is usually situated within an organ or a soft tissue space, such as within a muscle.

Laser: A beam of light that can produce intense heat when focused at close range. Lasers are used in medicine in microsurgery,

cauterization, for diagnostic purposes, etc. For example, lasers are employed in microsurgery to cut and remove tissue.

Liposuction: The most common cosmetic operation in the U. S. with over 400,000 such surgical operations done annually, liposuction involves the surgical suctioning of fat deposits from specific parts of the body, the most common being the abdomen (the "tummy"), buttocks ("behind"), hips, thighs, and knees, chin, upper arms, and back.

Nerve: A bundle of fibers that uses chemical and electrical signals to transmit sensory and motor information from one body part to another.

Postoperative: After surgery. As opposed to preoperative, before surgery.

Pulmonary: Having to do with the lungs. (The word comes from the Latin *pulmo* for lung.)

Pulmonary embolus: A blood clot that has passed into and occluded the lung's pulmonary artery. In this case, the embolus, a clot or foreign material, has been carried through the blood into the pulmonary artery or one of its branches, plugging the vessel. This prevents oxygen from entering the bloodstream in this area of the lung.

Relaxant: Something that relaxes, relieves, or reduces tension. For example, a muscle relaxant is often administered during general

anesthesia for abdominal surgery to relax the diaphragm and keep it from moving during the surgery.

Sedative: A drug that calms a patient down, easing agitation and permitting sleep. Sedatives generally work by modulating signals within the central nervous system. These sedatives can dangerously depress important signals needed to maintain heart and lung function if they are misused or are accidentally combined, as in the case of combining prescription sedatives with alcohol. Most sedatives also have addictive potential. For these reasons, sedatives should be used under supervision and only as needed.

Skin: Skin is the body's outer covering. It protects us against heat and light, injury, and infection. It regulates body temperature and stores water, fat, and vitamin D. Weighing about six pounds, the skin is the body's largest organ. It is made up of two main layers: the outer epidermis and the inner dermis.

Suture: 1. A type of joint between the bones of the skull where the bones are held tightly together by fibrous tissue. **2.** Thread-like material used to sew tissue together. **3.** To stitch a wound closed. The word suture came with little change from the Latin *sutura*, "a sewn seam."

Tumescent: Swelling; slightly tumid (swollen).

Tumescent liposuction: The surgical suctioning of fat deposits from specific parts of the body, the most common being the abdomen (the "tummy"), buttocks ("behind"), hips, thighs, and knees, chin, upper arms, and back after pumping several quarts of a

salt water solution containing lidocaine (to numb the tissue) and epinephrine (to shrink blood vessels) underneath the skin of the area to be suctioned.

VASER®: VASER Lipo was FDA-approved in 2001. It is a form of liposuction that uses ultrasonic energy in a deliberate, controlled fashion to assist the surgeon in the selective removal of fat in body contouring surgery. Ultrasonic liposuction was first used in the early '90s but it fell out of favor and then, with greater technologies, was re-introduced and is now considered among the best fat removal surgeries.

About the Doctor/Presenter

Your photo and biosketch and location will be placed here.