

# Surgical Body Contouring



This 43-year-old woman wished to improve the contour of her abdomen, hips, and thighs. Preoperative skin markings aid in the surgical planning. A combination of techniques was used including a tummy tuck and thigh lift with liposuction. The surgical scar seen postoperatively can be hidden under the panty line. It will fade over the next 12-16 months.

Consciousness of our health and appearance is becoming more important in our dynamic, fast paced society. We are eating better, smoking and drinking less and exercising more to help maintain our physical and mental health. As we become more fit, we have more energy, feel better, and above all, our self esteem and mental attitude improve.

Each of us has a unique body and each body form will respond to dieting and exercise differently. In many instances, we need only to look at our parents to see what lies in store for our body contours. Wide hips, small breasts or sagging buttocks may be part of our genetic make-up and difficult to improve even at our healthy best. This is where body contour surgery may benefit you. There is no reason to hide those contour deformities when new surgical techniques may give you the figure you have dieted and exercised for.

Who is a candidate for body sculpting? Anyone, **male or female**, who is in good health and is displeased with his/her present shape. Most of our body contour patients have struggled for

years to improve their figures by dieting and exercise, but have found that most figure faults can only be partially corrected with these measures. We can now offer improvement for almost any figure fault either by suction lipectomy or excision of excess skin and fat (dermolipectomy).

The improvement obtained can be quite remarkable for some people and in many ways leads to healthier living habits and an improved self-image. Still, it must be emphasized that liposuction is not a substitute for an individually prescribed nutrition and fitness program. ***We recommend you schedule an appointment with a nutrition and fitness consultant prior to liposuction surgery*** and plan to remain "in touch" afterwards. Those who do generally realize the best—and most lasting—results.

As an introduction to body sculpting we have assembled some information about our most commonly performed procedures. Body sculpting can be performed on virtually any area of the body. If there is a body area of concern not mentioned, please ask specifically

about these areas at the time of consultation. The text and illustrations for each operation are intended to be an overview and should not be considered a guaranteed result. Your result will depend upon your particular contour problem, your overall shape, your personalized surgical correction, and compliance with the recommended dietary, nutritional and exercise programs.

We ask *that you read the entire contents of this book prior to your consultation.* Hopefully it will give insight into surgical and non-surgical body contouring as well as facial surgery and will dispel many of the myths concerning body surgery. We believe our best patients are our most informed patients.

Finally two basic questions concerning body sculpting . . . Is it safe? We believe it is; but, it is surgery and the risks must be considered. The results of body contouring, either by suction lipectomy or dermolipectomy, like any surgery results are generally better when performed by properly trained and experienced surgeons. Another question we are often asked by our patients is . . . Does it last? The result of contouring can be considered permanent although the process of aging will continue and the need for further surgery to correct new sagging may arise as the clock continues to tick. We look forward to discussing with you ways to improve your body with body contour surgery.

Liposuction was first popularized in the late 1970's. Over the past 20 years it has become the most popular plastic surgery procedure performed. After extensive study and research it has been found to be a safe and effective treatment for localized deposits of diet and exercise resistant fat. These fatty deposits occur in specific areas such as the thighs and hips in women as well as the flanks and abdomen in men. The term liposuction refers to the removal of fat with a slender hollow instrument called a cannula. This tubular instrument is inserted through a very small, well hidden incision and

attached to a suction machine to literally vacuum out the excessive fat. The most common body areas sculpted with liposuction are the thighs, abdomen and neck. In fact, any area of the body with excessive fat can be suctioned including the face, arms, breasts, buttock or knees. The reason why fat accumulates in the hips, thighs, buttock and abdomen is that fat in these areas is governed by the female hormone, estrogen, and these fat deposits are there to provide extra energy during pregnancy and breast feeding. The woman with excessive fat in these areas which does not respond to dieting and exercise is the ideal candidate for liposuction. If you're overweight and find that in the past you have been unable to stick to a diet or exercise program and see liposuction as a cure to your obesity, liposuction **by itself** is not for you! **We strongly recommend that you consult with a nutrition and fitness consultant to begin both the physical and mental transformation to A NEW YOU.** If you are truly committed to having a healthier and more attractive body, our team of specialists can assist you in getting there.

Good skin tone is also important when considering liposuction. Once those bulges are removed and a new thinner contour is achieved, the excessive skin must shrink to fit the smaller area. Skin that lacks elasticity will sag and form irregular contours which are difficult to correct. Good skin tone is a product of good skin care, protection from excessive sun damage, and moderation in drinking alcoholic beverages. Skin tone is one reflection of aging, and yet, loose sagging skin is not necessarily a function of age. Therefore, there are only generalized age requirements for liposuction with skin tone being the more important factor.

Overall body health or one's "biological age" seems to play an equally important role. We can help you determine how you measure up to others your same age.



This 35-year-old woman was troubled with localized fatty excess of the hips and outer thighs. The left thigh was also significantly larger than the right. Postoperatively her symmetry is improved and the contour of hip, buttock and thigh is more uniform. Small incisions for liposuction are seen below the panty line. They will fade with time.