



ADVANCES IN **BODY CONTOURING**

Believe in the Power of Personal Appearance

by Wilfred Brown, MD, FACS

How you feel about the way you look sends a signal to the world that you are confident, youthful and successful. Many men and women are so focused on their jobs and families that they tend to overlook their own needs. Having a positive self-image benefits you, and can also improve your interactions with work peers, friends and family.

Reaching midlife should be an exciting and rewarding time for every man and woman. Unfortunately, hectic schedules, work commitments, and childbirth in the case of women can take a toll on your body. The idea behind body contouring procedures is to allow men and women to take advantage of the many surgical and non-surgical procedures available to reverse some of the unwanted effects of genetic predisposition, inadequate exercise routine, and poor dietary choices. You can reclaim your body and your self-esteem!

Ideal candidates for body contouring surgery are adults of any age who are non-smoking, healthy individuals of stable weight without medical conditions that can increase the risk of surgery or impair healing. They should have a positive outlook with realistic goals for what body contouring can accomplish, and must be committed to leading a healthy lifestyle, which includes proper nutrition and fitness.

THE FEMININE PHYSIQUE

A flat and well-toned abdomen is something many of us strive for through exercise and weight control. However, even women at a good body weight who are well proportioned can develop an abdomen that protrudes or is loose and sagging, especially after having children. An abdominoplasty, or tummy tuck, is performed to remove excess skin and fat from the middle and lower abdomen and to tighten the muscles of the abdominal wall. Women whose abdominal muscles and skin have been stretched from multiple pregnancies, as well as older women who have a loss of skin elasticity due to age or weight fluctuations, are ideal candidates. If you are planning future pregnancies, I advise waiting until childbearing is

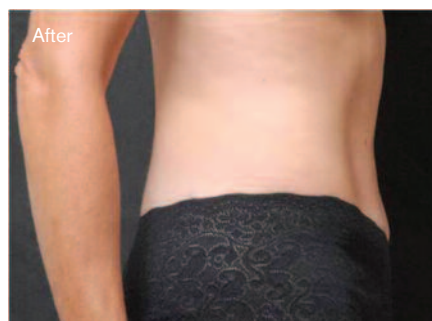
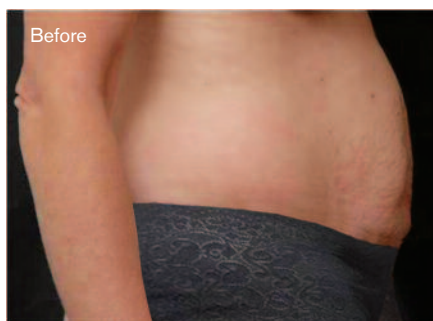
complete, as the muscles in the abdomen that are tightened during surgery will tend to separate again during pregnancy.

We usually perform tummy tucks under general anesthesia in a hospital setting. With modern techniques of pain control, many patients are able to go home on the same day as their surgery. The most common technique involves an incision made across the lower abdomen, just above the pubic area. This incision can be angled or curved so as to not be visible when you are wearing a bathing suit or underwear. A second circumferential incision is usually made to free the navel from

Non-Invasive Body Contouring

by Dr. Ron Shelton

Some patients are not candidates for surgery due to their medical history, preferences or needs. Some patients may have a minimal amount of fat that would not warrant surgery — alternative treatments exist, but results will not be as significant. External radio-frequency is delivered by Thermage and external ultrasound has been manufactured in the Ulthera device. These procedures can help lift sagging skin such as brows, upper eyelids, jowls and cheeks, loose upper arm skin, belly skin, buttock and thigh skin and help even out texture. There is no downtime with these procedures. Fat reduction can be achieved with CoolSculpting by Zeltiq, a procedure that freezes fat collections such as in the lower abdomen and the love handles. The fat has been shown in studies to be reduced as much as 20% or more in some patients by the fourth month after treatment. Some result can be seen in the first month and the treatment can be repeated within a few months to increase the benefit. In addition, cellulite and other causes of irregularities in the skin surface cannot be eradicated completely, but can be improved and maintained with ongoing treatment with external deep lymphatic massage and radiofrequency such as Endermologie (LPG), Velasmoor and Velashape by Syneron.



Abdomioplasty

surrounding tissue. We then separate the skin from the abdominal wall to reveal the vertical muscles in your abdomen. These are the muscles that separate during pregnancy, and are tightened by pulling them close together and stitching them into their correct position. The skin flap is then stretched down and extra skin and fat is removed. A new opening may need to be made for the belly button at the new position. The incisions are closed with sutures and/or staples.

Liposuction is a safe and effective method to reduce the stubborn fat deposits to produce a more desirable contour. While a tummy tuck removes excess fat and skin to restore weakened or separated muscles while creating an abdominal profile that is smaller and firmer, liposuction of the hips and flanks is often performed in conjunction with a tummy tuck. Many women have lingering areas of fat that are resistant to diet or exercise. Liposuction sculpts the body by removing

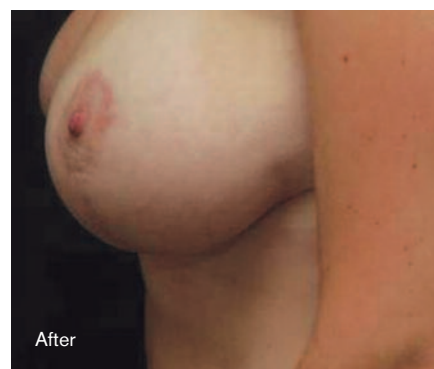
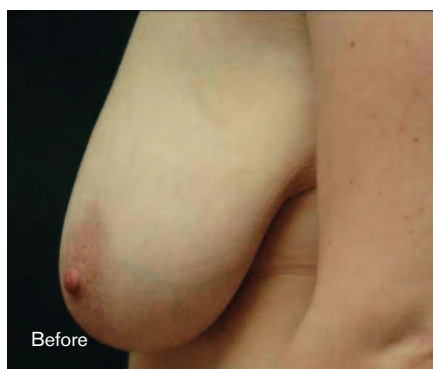
fat from these areas. We can remove fat deposits from several regions of the body in one stage to produce a slimmer and improved shape. Ideal candidates for liposuction are within 30% of their ideal body weight.

BREAST REJUVENATION

A woman's breasts tend to change over time, losing their youthful shape and firmness. These changes and loss of skin elasticity can result from pregnancy, breastfeeding, weight fluctuations, aging, gravity and

heredity. Breast rejuvenation may involve a breast enhancement, lift or reduction to restore shape and form. These can be combined with a tummy tuck or liposuction to define your waist.

If you are dissatisfied with your breast size or shape, breast augmentation can increase fullness and projection of your breasts, improve the balance of your figure and enhance your self-image and self-confidence. A breast augmentation may be a good option for you if your breasts are too small, have lost volume after pregnancy, or if your breasts vary in shape and/or size. This procedure involves creating a pocket and



Breast Lift

inserting implants filled with saline or silicone gel under the pectoral muscle through a small and inconspicuous incision.

A breast lift may be the right technique for you if multiple childbirths, breastfeeding or weight loss have caused your breasts to sag or lose their fullness; also, if your breasts have a flatter elongated shape and your nipples fall below the breast crease or point downward when unsupported. Often, one breast is lower than the other. If you have enlarged areolas (the darker skin surrounding the nipple), a breast lift will improve this as well. A breast lift can rejuvenate your breast shape to look more youthful and perky by removing excess skin and tightening the surrounding tissue to reshape and support the new breast contour.

Overly large breasts can cause some women to have both health and self-esteem issues while experiencing physical pain and discomfort. The weight of excessive breast tissue may impair your ability to lead an active life. A breast reduction may be a good option for you if your breasts are too large for your frame, which limits your physical activity. You may experience back, neck and shoulder pain from the weight of your breasts, causing bra strap indentations in the case of heavy, pendulous breasts. You may also have chronic skin irritation beneath the breasts. Because your breasts hang low, your skin is stretched and your nipples rest below the breast crease. Enlarged areolas can also result from stretched skin.

There are several different surgical methods used for breast reduction surgery to remove the excess fat, glandular tissue and skin. The technique used will be determined by your breast composition and amount of reduction desired. In some cases, liposuction may also be used to remove excess fat.

ALL ABOUT MEN

According to The American Society of Aesthetic Plastic Surgery, over 37,000 men had liposuction in 2010. Men most commonly present with excessive accumulations of fat in the mid-abdominal region as well as the breasts. Improving male body contour usually involves multiple components including a well-designed exercise program, adopting



responsible dietary habits and surgical intervention for resistant areas of fat accumulation. The most commonly used technique in the male population is liposuction. This should not be viewed as a solution to obesity, and should only be utilized as a sculpting technique to rid the body of unwanted fat that is resistant to diet and exercise. As with women, candidates for male liposuction should be within 30% of their ideal body weight.

The overall goal of body contouring techniques include a broad range of procedures that allow you to feel good about your appearance, which has an impact on so many aspects of your life. Plastic surgery can affect an improvement in the shape and tone of your underlying tissue resulting in a more appealing and proportioned physique. ❖

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