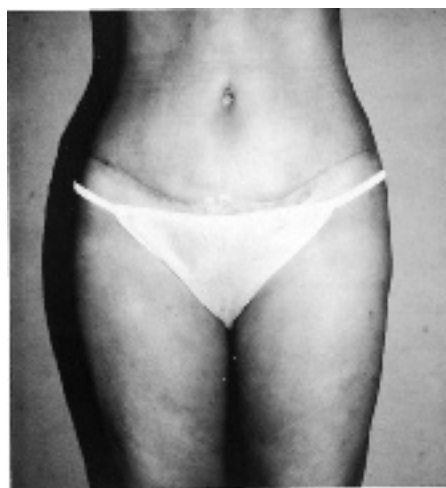


CHAPTER 10

Body Contouring Surgery

Liposuction
Abdominoplasty
Tummy Tucks

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 were 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 one of our consultants 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 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 discussed on page 31 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



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.

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 one of our nutrition and fitness consultants 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. (See Non-Surgical Ways to Reverse the Undesirable Signs of Aging, p. 153.)

The Tumescent Technique

Liposuction is now the most commonly performed plastic surgery in the United States. The reason for this has been that many surgeons believe these new tech-

niques of body contouring have made liposuction safer and generally offer better results. One such improvement has been called **TUMESCENT TECHNIQUE**. The tumescent technique refers to the infusion of large amounts of physiological salt solution into the fatty tissue to be removed. Local anesthetic solution as well as adrenaline is also usually used which tends to diminish postoperative pain and generally minimizes blood loss during the procedure. When the tissues are full of fluid the fatty tissue is loosened from its surrounding attachments and is more easily removed by suction. This usually allows larger amounts of fat to be extracted with less bleeding. In certain patients, 8 to 10 times as much fat can now be more safely removed than was previously possible using "dry" liposuction alone.

Ultrasonic Liposuction

A once popular method used in body contouring was **ULTRASONIC LIPOSUCTION**. Developed in Italy in the late 1980's, ultrasonic liposuction uses high frequency sound waves to liquefy or "melt" the fat prior to removal. Ultrasonic energy has been used in other types of eye surgery and abdominal surgery for removal of other kinds of tissue. However, by "tuning" the frequency of the ultrasonic probe, fatty tissue is dissolved before the energy affects other tissues and structures. Therefore, it appears to be a more specific way of "melting" fat prior to its removal.

It was thought that a major advantage to ultrasonic liposuction was the ability to treat the fat directly underneath the skin, leading to better skin shrinkage. Many surgeons felt this technique was best indicated for patients who tend to have loose skin. Ultrasonic techniques were also used for corrective surgery in patients who have had previous liposuction and who have persistent areas of irregularity.

Potential complications of ultrasonic liposuction are similar to other liposuc-



These views show the result of liposuction of the lateral thighs, abdomen, waist and flanks.



These views show the results of liposuction of the hips and outer thighs. Contour markings on the skin are shown in the preoperative view.

tion techniques but also include the potential for burns because the end of the probe becomes warm. However, this complication is rare when prolonged contact in any one area is avoided...and with the use of the tumescent technique as described above. The ultrasonic technique does not appear to offer any advantages in terms of less bleeding, less numbness, or faster recovery.

Ultrasonic liposuction was thought to yield better results in areas such as the upper inner thigh or the back. It was tried in removing excess breast tissue in men (gynecomastia).

Traditional liposuction techniques have stood the test of time.

Almost all liposuction procedures are performed safely and comfortably under

general anesthesia as an outpatient. In order to properly contour a specific area, requires some fat removal of nearby areas so that the overall contour is smooth and aesthetically pleasing. This would require large quantities of a local anesthetic which we find to be poorly accepted by both patient and surgeon. Some regions of the body lend themselves, however, to be treated using local anesthesia. The cost of outpatient general anesthesia is not high and taken into consideration when discussing surgical fees.

Some discomfort can be expected from any surgical procedure and liposuction is no exception. Most people find the discomfort transient and usually return to work within 3 to 5 days and normal activity within 3 weeks. We provide our

patients with a “compression” garment which is similar to a girdle. This garment helps your body to smoothly re-drape the extra skin as well as help prevent accumulation of serum or blood under the skin. This garment is worn for as long as three weeks and is easily hidden under usual work attire.

Complications referable to liposuction include bruising, localized collection of serum or blood (largely prevented by the compression garment), “waviness” of the skin, transient skin numbness and poor contouring of the body area suctioned. These problems can usually be prevented

by proper patient selection, proper anesthetic techniques and well qualified, experienced surgeons. Liposuction has proven to be both safe and effective for body contouring.

And finally, one often asked question: “Will the fat return if I gain weight?” Our bodies only make a certain number of fat cells; therefore, if we remove some of these cells they cannot return. This is not to say one cannot get fat. A thirty pound weight gain will result in generalized obesity but the predisposition for weight gain in the suctioned areas will be less than before surgery.

“The aesthetic ideal of women in the 21st century is to have and keep a slim, athletic figure.”

For best results, surgical removal of fat should be part of an overall weight management and fitness program prescribed by a trained professional.

See non-surgical ways to improve appearance and health pages 153-160.

Postoperative Care After Liposuction

There is always some discomfort after any surgical procedure and liposuction is no exception. Usually the discomfort is described as a “soreness” that is readily relieved with pain medication.

The night after surgery some bleeding from the small incisions is expected and may soil the “compression garment.” The garment must stay in place for the first three days after surgery in order to keep bleeding and swelling to a minimum. The garment also helps your skin to tighten and contour to your new smaller shape. After a postoperative visit to the Clinic on the third day after surgery, the garment can be removed daily to be washed and for the patient to shower and clean the incisions. Ideally compression is continued for three weeks. Some patients prefer a standard girdle or pantyhose for compression after three days as these garments are easier to conceal under work clothing. Regardless, some form of skin compression is necessary for three weeks and even longer if the amount of fat removed is large or the preoperative skin tone poor.

We advise that all patients wait at least five days before returning to work and three weeks before resuming normal physical activity such as swimming, aerobics or jogging. To optimize your surgical result some form of regular physical activity is recommended to help muscle tone. Your overall figure not only depends on body fat but the size and firmness of the underlying musculature. *If you don't already have a personal trainer or fitness consultant, we can assist you in prescribing a program specifically designed to help you achieve—and maintain—your “best” body.*

Once the excessive fatty bulges are surgically removed, your body takes from six to twelve months to tighten the loose skin created by decreasing your body size. This process of skin tightening begins in about three to four weeks postoperatively and slowly progresses each month. Therefore, your final shape and size take at least six months to become evident. So . . . don't buy your new wardrobe or become discouraged after one or two months. The best is yet to come!

Quick Check Postoperative Care of Liposuction

Please follow these instructions carefully. Your final result will depend upon how well you care for the treated areas and comply with your nutritional and fitness regimen.

WEEK 1

DO: Drink plenty of fluids.

DO: Wear compression garment at all times except when taking baths.

DO: Bathe or shower normally each day.

DAY 7

Patient to return for check-up. At this time it will be determined how long you should wear the garment.

3-4 WEEKS

Return to normal activity.

DO: Wear tight exercise clothing for heavy exercise.

CALL IF YOU HAVE ANY QUESTIONS
251-967-7600

Abdominoplasty

The Tummy Tuck

Abdominoplasty or the “tummy tuck” operation is a plastic surgical procedure designed to improve the waistline and lower abdomen. Like liposuction, abdominoplasty is not a short cut to weight loss and generally is most successful in those men and women without generalized obesity, but with a localized area of excessive abdominal skin and fat, and who exercise good nutritional and fitness habits. This figure fault is usually compounded by lax abdominal muscles and sometimes even a defect in the abdominal wall. The term “abdominoplasty” refers to the surgical excision of the excessive skin and fat and the tightening of the abdominal musculature. For those patients with only a mild excess of skin, but localized fat without muscle laxity, a suction lipectomy (liposuction) may be indicated and is discussed under that heading.

Abdominoplasty is usually performed as an outpatient surgical procedure under general anesthesia, but an overnight stay may be recommended. During your preoperative consultation the amount of excess skin and fat to be removed will be determined by you and your surgeon. The incision is designed low on the abdomen, usually hidden in the “panty line,” but

usually leaves a visible scar. Although the overall body contour and figure are greatly improved, poor quality skin with stretch marks will remain, but without the excessive bulges.

Convalescence usually takes from four to six weeks during which time the abdomen may feel tight requiring loose clothing and guarded activity.

Complications related to abdominoplasty are rare but do include infection, poor scarring, asymmetries, prolonged abdominal wall discomfort and tightness of surrounding areas, collections of serum under the skin and blood clots under the skin. Rarely, healing problems related to poor blood supply to the skin or fat occur, with a possibility of skin loss. Again these problems are more common with obesity or smoking. Occasionally, certain fat deposits on the sides of the abdomen become more noticeable after abdominoplasty and must be removed at a second operation, usually an office procedure.

Although abdominoplasty is one of the more extensive cosmetic procedures undertaken, the improvements in certain figure faults can be dramatic with an overall improvement in your body contour.

Quick Check

Postoperative Instructions

Abdominoplasty

POST-OP

WEEK 1

DO: Wear garment for 14 days, taking off for baths only.

DO: Shower normally each day.

DO: Blow dry skin tapes after bathing.

DAY 7-14

All sutures out. At this time it will be determined how long you should wear the garment. Drains are removed at this time.

6 WEEKS

DO: Return to normal activity.

DO: Protect incision from direct sunlight. Wear Plus 15 or stronger sunblock for one year.



This 38-year-old woman was recently divorced and felt self-conscious about her loose and protruding abdomen which was conspicuous even in clothing. An abdominoplasty consists of tightening the underlying abdominal muscles, removing redundant skin and fat and careful contouring. After surgery she has a more proportional contour and is more self-confident. Scars are hidden by underwear or swimming attire. With her new body contour, this patient was able to fit into clothes which were previously impossible for her to wear and she enjoyed a major boost in her confidence as well as her wardrobe.

“Body Lift” Procedure

The Body Lift technique involves the use of an incision similar to the Abdominoplasty procedure. Like Abdominoplasty, which improves the appearance of the waistline in the front, the Body Lift incision starts anteriorly, continues around the back in a gentle curve and allows for improvement of the lower abdomen, buttock and thigh areas in a single procedure. Lax abdominal muscles are treated in the same way as in the Abdominoplasty procedure by tightening of the abdominal musculature, while the outer thighs and buttocks are restored by elevation in to a more youthful position. Any excess skin that is “sagging” in the buttock or thigh areas is removed during the procedure. This procedure is indicated in individuals that desire abdominal contouring, but who also have noted age-related changes in the lateral thigh and buttock areas,

and wish to have improvements in those areas as well. Another group of patients who are excellent candidates for this procedure are those who have lost large amounts of weight either on their own or after gastric bypass surgery. Due to the loss of volume, the skin in the abdomen, thigh and buttock area “sags” excessively, and despite the weight loss, patients are troubled by the inability to fit well into clothes and enjoy a new lifestyle that often comes from healthy loss of weight.

The Body Lift surgery is usually performed under general anesthesia in an inpatient facility. We recommend that all patients stay overnight and even a few days in our facility. During your preoperative consultation the amount of skin excess and fat to be removed will be determined by you and your surgeon. The incision is designed low in the

abdomen and gently curves posteriorly so that it can be hidden in the “panty line”. In general, the incision is visible after surgery. The overall body contour and figure are greatly improved, while stretch marks in the skin that is removed during the procedure, will disappear forever. Other areas of the body with poor skin quality and stretch marks may also improve; however, the stretch marks in those areas usually persist. Liposuction and micro fat grafting and transfer are not recommended simultaneously in patients undergoing Body Lift.

Convalescence usually takes from four to eight weeks. During this time the abdomen, thigh and buttock area may feel tight. We recommend a supportive girdle be used for up to 12 weeks after surgery to assist in your convalescence. A period of guarded physical activity for the first six postoperative weeks is recommended for all patients.

Complications related to Body Lift surgery are rare but do include infection, poor scarring, asymmetries, prolonged discomfort, tightness around the incisions and collections of serum or blood clots under the skin. Even more rare complications such as serious problems with wound healing and deep vein blood clots can be encountered with these procedures. Such problems are seen more often in patients with obesity and smoking. However, we take great care to ensure that every one of our patients undergo the appropriate preoperative medical evaluation and receive prophylactic

treatment including antibiotics and blood viscosity agents before and during their procedure.

The Body Lift procedure is an extensive cosmetic surgical procedure which is used in the treatment of certain figure faults and can lead to long-lasting, dramatic and extremely rewarding improvements in your overall body contour.

Quick Check Postoperative Instructions Body Lift

POST-OP

WEEK 1

DO: Wear the garment at all times. Remove only when you need to shower and then replace the garment immediately after drying.

DO: Shower normally each day.

DO: Blow dry skin tape after bathing

DAY 7-14

All sutures are removed in clinic. Drains are also removed during this time. You should continue to wear garment as instructed in the first week.

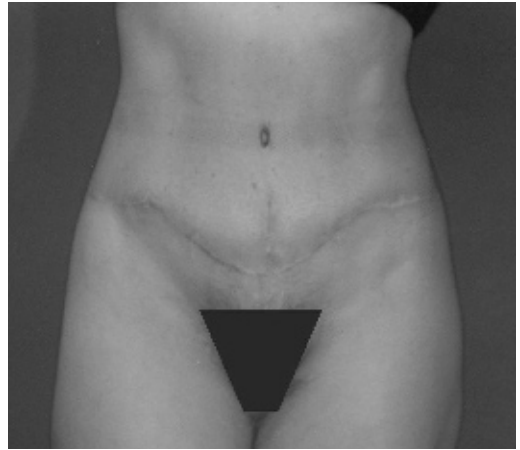
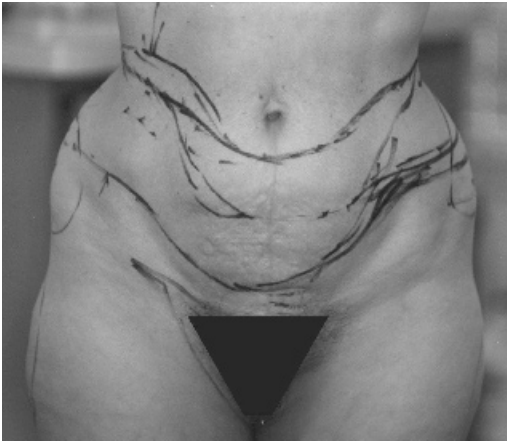
6 WEEKS

DO: Avoid strenuous physical activity.

DO: Protect the incision from direct sunlight. SPF 45 is recommended for up to one year after surgery. A second garment is usually necessary and continue wearing this for up to 12 weeks.

While surgery can certainly help in one's quest to look, feel, and perform better, many non-surgical methods exist, which when incorporated into a Life Plan are capable of achieving dramatic results.

Part III of this book shows how you can participate in the process of becoming “a better you”.



This 45 year old lady wanted to have improvement in her overall body contour including the thighs and buttocks.



This 48 year old lady who had lost 34 pounds on her own wanted improvements in her overall body contour, especially the abdomen and buttocks.

Body Contouring Surgery:

A Final Word . . .

After familiarizing yourself with the operative techniques for body contouring it should be clear that almost any figure fault, thickness or fat bulge can be improved. It should also be clear that body sculpting is not a shortcut to proper nutrition and dieting, and is not a cure for generalized obesity. To obtain the best body you can have requires a commitment on the part of the patient, as well as a team of trained medical and surgical professionals. At the breast and body contouring center of the McCollough Plastic Surgery Clinic we believe that *until now* not enough emphasis has been placed upon the medical, nutritional, and fitness components of body contouring. While surgical specialists have long recognized the importance of *nonsurgical* factors, The McCollough Institute focuses on a “holistic” approach, addressing mind, body...and soul.

There are limits to the amount of fat that can be safely removed by surgery. Since removing fat by liposuction leaves behind an excess of skin, we generally recommend this technique for those patients with good skin elasticity. The remaining skin must shrink to conform to the smaller body size. For this reason, people over 50 years of age are generally not ideal candidates for liposuction; however, there are exceptions. Our medical

aesthetician can access the elasticity and health of your skin and provide you with an informed recommendation.

Most surgeons believe that the effects of liposuction are permanent and that *small* fluctuations of weight will not cause the return of the localized fat bulges.

Cellulite is a term used to describe dimpled skin and fat. While liposuction can remove some of the excess fat deposit it takes away only fat...and not skin. Dimpled skin will remain dimpled. Unfortunately, each year, thousands of people are misled into believing that “secret” formulas can rid the body of cellulite. We will give you an honest opinion as to which treatment, if any, should be attempted.

The surgical costs for body contouring depend upon the number of areas to be contoured as well as the amount of contouring to be done in each area. Since these amounts can range from small refinements to extensive sculpting, we cannot quote an exact fee until after your consultation. There is also an operating room fee which will depend upon the time required and the extent of operation required.

If there are any further questions concerning body contouring, please do not hesitate to call on us.

Looking and feeling one's best is achieved by lifestyle modifications. A trained nutritional and/or fitness counselor works with plastic surgeons to provide long-range solutions for people of all ages and backgrounds.

Unfortunately, each year, thousands of people are misled into believing that “secret” formulas can rid the body of cellulite. We will give you an honest opinion as to which treatment, if any, should be attempted.