

HIGH DEFINITION BODY CONTOURING WITH VASER LIPOSUCTION

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The author presents his own experience of male and female high definition body surgeries, with more than 250 cases operated in the last five years. High definition is a de niche surgery which consists in sculpturing a body enhancing the muscle athletic shape of the abdominal area, the buttock area and the chest area mainly. Definition of muscle edges and of the natural muscle shape give an athletic image of the whole body in male and female adding and subtracting fat in certain areas allows the plastic surgeon to really define and shape the body giving the final appearance of an athletic frame. Vaser ultrasound liposuction selectively emulsifies fat and allows to work in the superficial dermal layer, thinning the tissues and allowing to show the muscle definition underlying. Other areas for potential shaping are the back, the chest area and the upper arms. Pectoralis area is another high requested zone of reshaping, often accomplished by gynecomastia treatment of remaining gland, and fat transfer to improve volume and appearance of the pectoralis muscle. All muscles of the body could be potentially enhanced and shaped in order to give a more athletic image and a well-defined contouring. Fat grafting is often used to enhance shape and volume in areas as buttocks as well. 2, 3 hours are necessary to shape the classic areas requested (chest abdomen flanks arms). General anaesthesia is used routinely and a night stay is needed. Post op compression with special 4 dimension garment is needed to better shape the body. Lymphatic massage two weekly for one month is advised. 2, 3 months are needed to achieve the final result.

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