

---

## Preface

The evolution of fat removal techniques for the purpose of beautification has been characterized by incremental improvements and refinements over the years. Blunt and narrow cannulae replaced sharp, large-diameter ones. Wet and superwet techniques replaced aggressive, dry liposuction. Various energy or power-assisted technologies were introduced to facilitate fat removal, reduce trauma, or improve skin retraction. High-definition body sculpting represents a new concept in beautifying the human body through lipoplasty. The techniques employed in high-definition body sculpting are not merely improvements on older methods; they are significantly different.

This book represents the culmination of the pioneering work of Colombian plastic surgeon Alfredo Hoyos. The impetus for this work was the increasing demand from patients for body shape and form that appeared athletic, muscular, or sexy. As well as acquiring formal skills as an aesthetic surgeon, Hoyos's attributes as a sculptor and artist as well afforded him the unique ability to develop his passion for art through body contouring surgical techniques. His bold endeavors using novel techniques and painstakingly thorough liposuction yielded results that were hitherto unobtainable using conventional techniques. Since Hoyos published the results of his earlier experience with high-definition lipoplasty, he has refined the techniques, developed new instrumentation, and employed newer ultrasound and power-assisted devices to achieve optimum results. The results of total body sculpting are not just transformational; they are also reproducible.

In the following chapters, we provide to the liposuction surgeon an introduction to the advanced lipoplasty techniques employed in high-definition body sculpting. The book covers art and anatomy, concepts in human sculpting, ultrasound-assisted technology, instrumentation, and step-by-step techniques in all body applications for male and female patients. Numerous photographs and illustrations provide useful visual guides to the techniques, maneuvers, and results of high-definition body sculpting. The book is also intended as a manual to complement a formal preceptorship in high-definition lipoplasty.

High-definition body sculpting attempts to achieve aesthetically ideal human form by revealing underlying anatomical structures, rather than simply removing superfluous subcutaneous fat. The lipoplasty surgeon must work as a sculptor, manipulating light and shadows by adding or removing fat, and sculpting controlled irregularities to produce a convincing work of

human art. This book provides a unique practical insight into these advanced lipoplasty techniques. To this end, we are confident that the book will interest body contouring surgeons who can use the information, advice, and guidelines to broaden their practice and expand their horizons in this exciting field of aesthetic surgery.

Bogota, Colombia  
Dublin, Ireland

Alfredo E. Hoyos, MD  
Peter M. Prendergast, MB, BCh, MRCSI

High Definition Body Sculpting

Art and Advanced Lipoplasty Techniques

Hoyos, A.; Prendergast, P.M.

2014, XVIII, 244 p. 255 illus., 248 illus. in color.,

Hardcover

ISBN: 978-3-642-54890-1