
Contents

Part I Art and Science

1 The Human Form as Art: Contours, Proportions, and Aesthetic Ideals	3
Introduction	3
Art and Anatomy	4
Liposuction Technology and Body Art	6
Human Form	7
Symmetry and Proportions	8
Aesthetic Ideals and the Science of Beauty	11
References	18
2 Muscular and Surface Anatomy	19
Introduction	19
Trunk Muscles	19
Rectus Abdominis	19
External Oblique	22
Serratus Anterior	23
Pectoralis Major	24
Latissimus Dorsi	25
Erector Spinae	25
Multifidus	27
Shoulder and Arm	27
Deltoid	27
Triceps	28
Biceps	29
Brachialis	30
Thighs and Hips	30
Gluteus Maximus	30
Gluteus Medius	31
Iliopsoas	31
Quadriceps	32
Hamstrings	34
Sartorius	34
Adductor Group	35

Lower Leg	36
Gastrocnemius	36
Soleus	36
Fat Distribution	36
References	39
3 The Concept of Human Sculpting: Light, Shadow, and Form.	41
Introduction	41
Lipoplasty as Sculpting	41
Removal vs. Revealing.	42
Chief Lines.	42
Light and Shadows.	42
Contours and Form	43
Positive and Negative Spaces.	44
Advanced Lipoplasty Techniques	44
Infiltration	45
Emulsification	45
Aspiration	46
Controlled Deformities	46
Fat Grafting	47
References	48
4 Preoperative Assessment and Preparation for High-Definition Body Sculpting	49
Introduction	49
Consultation.	49
History	50
Physical Examination and Assessment	52
General	52
Abdomen and Torso.	52
Chest	54
Arms	55
Buttocks, Thighs, and Calves	55
Patient Selection.	56
Preparation.	56
References	64
5 Anesthesia: Tumescence, MAC, and General	65
Introduction	65
Preanesthesia	65
Medical Record	65
Tumescence Anesthesia	67
Monitored Anesthesia Care (MAC).	70
General Anesthesia	70
Premedication and Indications	71
Surgical Management	71
Postsurgical Anesthetic Management	72
References	72

6 VASER Technology for Ultrasound-Assisted Lipoplasty	73
History	73
Principles of UAL and VASER	74
VASER® Technology and Instrumentation	76
VASER® Technique	78
Advantages	80
References	80
7 Fat Anatomy, Metabolism, and Principles of Grafting	83
Liquid Gold	83
Fat Metabolism and Endocrinology	84
Fat Anatomy: The Subcutaneous Tissue and Superficialis Fascia	85
Equipment	86
Technique	86
Donor Site	87
Harvesting	87
Graft Processing	88
Injection Procedures	89
References	90

Part II The Male Patient: Technique

8 Male Abdomen and Torso	95
Introduction	95
Stealth Incisions	96
The Use of Drains	96
Markings	97
Deep Markings	97
Framing	97
Negative Spaces	99
Procedure	100
Infiltration	100
Emulsification	100
Extraction	101
Defining the Rectus Abdominis	102
Midline	104
Postoperative Care	104
References	107
9 Male Chest	109
Introduction	109
Stealth Incisions	111
The Use of Drains	111
Markings	111
Deep Markings	111

	Framing	111
	Negative Spaces	112
	Procedure	112
	Infiltration	113
	Emulsification	113
	Extraction	113
	Fat Grafting	114
	Postoperative Care	114
	References	117
10	Male Arms	119
	Introduction	119
	The Arm Has Curves	119
	The Youth Angle	119
	Stealth Incisions	120
	The Use of Drains	121
	Markings	121
	Deep Markings	121
	Framing	121
	Negative Spaces	123
	Procedure	123
	Infiltration	123
	Emulsification	123
	Extraction	123
	Fat Grafting	126
	Postoperative Care	126
	References	127
11	Male Torso and Back	129
	Introduction	129
	Stealth Incisions	129
	The Use of Drains	129
	Markings	130
	Deep Markings	130
	Framing	130
	Negative Spaces	131
	Procedure	132
	Infiltration	132
	Emulsification	133
	Extraction	133
	Postoperative Care	136
	References	136
12	Male Buttocks and Thighs	137
	Introduction	137
	Stealth Incisions	138
	The Use of Drains	138
	Markings	139
	Deep Markings	139

Framing	139
Negative Spaces	139
Procedure	140
Infiltration	140
Emulsification	140
Extraction	140
Fat Grafting	141
Postoperative Care	141
References	143

Part III The Female Patient: Technique

13 Female Abdomen and Torso	147
Introduction	147
Stealth Incisions	148
The Use of Drains	148
Markings	148
Deep Markings	148
Framing	148
Negative Spaces	149
Procedure	150
Infiltration	150
Emulsification	150
Extraction	150
Fat Grafting	151
Postoperative Care	151
References	155
14 Female Dorsum, Flanks, and Hips	157
Introduction	157
Stealth Incisions	157
The Use of Drains	158
Markings	158
Deep Markings	158
Framing	158
Negative Spaces	158
Procedure	160
Infiltration	160
Emulsification	160
Extraction	160
Fat Grafting	161
Postoperative Care	161
References	163
15 Female Buttocks	165
Introduction	165
Stealth Incisions	166
The Use of Drains	166
Markings	166

Deep Markings	166
Framing	166
Negative Spaces	167
Procedure	170
Infiltration	170
Emulsification	170
Extraction	171
Fat Grafting	172
Postoperative Care	172
References	176
16 Female Breasts	177
Introduction	177
Stealth Incisions	178
The Use of Drains	178
Marking	178
Deep Markings	178
Framing	178
Negative Space	178
Procedure	178
Infiltration	178
Emulsification	179
Extraction	179
Fat Grafting	180
References	185
17 Female Arms	187
Introduction	187
Stealth Incisions	187
The Use of Drains	187
Markings	188
Deep Markings	188
Framing	188
Negative Spaces	188
Procedure	189
Infiltration	189
Emulsification	189
Extraction	189
Fat Grafting	191
Postoperative Care	191
References	191
18 Female Lower Limb: Thighs and Calves	193
Introduction	193
The Ideal Leg	193
Stealth Incisions	194
The Use of Drains	195
Markings	195
Deep Markings	195

Framing	197
Negative Spaces	197
Procedure	198
Infiltration	198
Emulsification	198
Extraction	198
Fat Grafting	200
Postoperative Care	200
References	203

Part IV Postoperative Considerations

19 Postoperative Care	207
Targets of Postoperative Care	207
Drainage	207
Compression	208
Ambulation	210
CARE System of Postoperative Care	211
Manual Lymphatic Drainage	212
External Ultrasound (US)	214
Physiological and Therapeutic Effects of External Ultrasound	214
Precautions Using External Ultrasound	215
Pressotherapy	215
Physiologic and Therapeutic Effects of Pressotherapy	215
Contraindications to Pressotherapy	216
Energy-Based Therapies	216
Diathermy	216
Wet Heat	217
Carboxytherapy	217
References	217
20 Complications of High-Definition Body Sculpting	219
Introduction	219
General Liposuction Complications	219
Bleeding	219
Infection	220
Necrosis	220
Seroma	221
Thromboembolism	221
Pulmonary Edema	221
Lidocaine Toxicity	222
Perforation	222
Fat Embolism	223
Specific Energy-Assisted Liposuction Complications	223
Complications Related to High-Definition Body Sculpting	223
Contour Irregularities	224
Skin Retraction	225

Asymmetry	225
Unnatural Appearance	226
Fibrosis and Nodularity	227
Unsightly Scars	227
Loose Skin	228
Burns	228
References	228
21 New Developments in High-Definition Lipoplasty	231
Introduction	231
Mini-abdominoplasty with Definition	231
Full Lipoabdominoplasty with Definition	233
The Initial Concepts of Dynamic Definition	233
Post-Bariatric Surgery Patient	233
High-Definition Breast Enhancement with Enriched Fat	236
Cellulite and Secondary Fibrosis Patients	236
Defining the Future	237
Index	239

<http://www.springer.com/978-3-642-54890-1>

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