

superficial liposculpture

Sydney plastic surgeon **Dr Kourosh Tavakoli** explains the new trend of superficial liposculpture. Lise Petersen reports.

In the past five years or so the trend in Europe has been towards three-dimensional superficial liposculpture. This is moving away from traditional liposuction, which entails taking volumetric fat from difficult areas, in particular deep fat, and not necessarily paying attention to creating shape,' says Sydney plastic surgeon Dr Kourosh Tavakoli. 'Three-dimensional superficial liposculpture was pioneered and promoted Dr Marco Gasparotti from Rome, Italy, and it is now the buzzword in Europe. With this new trend, far more attention is paid to a harmonious understanding of the human form and redefining of the body in a three-dimensional way.'

The basis of superficial liposculpture is the controlled scar retraction of the thin cutaneous skin that is left behind after the treatment. 'This skin retraction allows the formation of a final shape of the body,' Dr Tavakoli explains. 'Previously surgeons performed liposuction primarily as a means of reducing fat. There was a lot of emphasis on volume, and large body liposuction was very much in vogue. The next evolution in liposuction came about when surgeons realised this was not the way to go because of the possible dangers associated with large volume liposuction.'

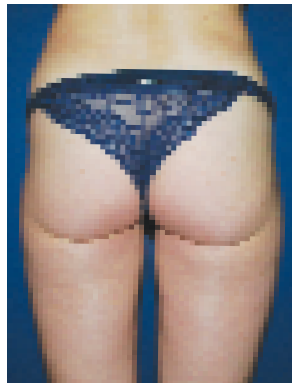
Dr Tavakoli says the current thinking is that liposuction should not be used only for fat reduction but instead as a means of sculpturing the body into a three-dimensional shape comprised of convexity and concavity. 'We are moving more towards patients who want to have slight changes in body shape. Imagine there are three areas of fat under the skin and muscle layers – the superficial fat, the middle fat and the deep fat. Traditional liposuction removed the deep fat but this new form of liposculpture takes the superficial fat. By removing the superficial layer, the skin is allowed to move freely as an independent entity and hence resume the new shape that the surgeon intends to provide. This means that, if necessary, patients need to be committed to undergoing a dietary and lifestyle change at the time of the liposculpture.'

For women, areas that are suitable for reshaping with liposculpture include the upper arms, outer thighs, inner thighs, buttocks and around the knees. Men tend to require reshaping around the abdomen, the flanks and to a lesser extent the buttocks region.

It is important for the surgeon who performs the procedure to be highly experienced. 'Because the removal of fat is not purely in the deep skin plane this procedure must be performed by someone with very experienced hands – otherwise damage to the skin is possible,' Dr Tavakoli concludes. **acsm**



BEFORE



AFTER liposculpture by Dr Tavakoli



BEFORE



AFTER liposculpture by Dr Tavakoli



BEFORE



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