



body

# SHAPING CONTOURS

SYDNEY COSMETIC SURGEON **DR SAROJINI NAIR** TELLS US HOW VASER LIPOSCULPTURE CAN SCULPT AND REFINE THE FIGURE USING HIGH FREQUENCY ULTRASOUND WAVES. GEMMA GARKUT REPORTS.

For a lot of us, getting in shape doesn't always equate to getting the shape we want for our body. Dr Sarojini Nair from The Ashbrooke Cosmetic Surgery says that it's very common for people to store fat in areas that create a disproportional body shape.

'Hormonal changes, pregnancy, breastfeeding and the ageing process all have an impact on the body, as do genetic factors,' she says. 'Some people are thin but have excess fat in certain localised areas. This is where Vaser liposculpture can help create a balanced and contoured shape – something we're not all born with.'

Vaser liposculpture is ultrasound-assisted liposuction which involves the use of a cannula that produces ultrasonic (high-frequency sound) energy. This ultrasonic cannula is inserted through a tiny incision to disrupt the fat cell membranes and liquefy the fat tissue, making its subsequent removal easier and less traumatic for surrounding tissues.

The Vaser system can be used to remove both large and small volumes of fat, making it suitable for use in both liposuction and liposculpture. 'Liposuction refers to the removal of large amounts of fat, whereas liposculpture involves selecting certain areas and removing fat to subtly shape the body,' she says.

Dr Nair says that it is because of the ultrasonic cannulae that firm fat tissue can be more easily removed. 'Fat cells are like grapes on a vine that are hard to pull off. The ultrasonic probe allows these cells to be dislodged more easily, causing their removal to be a lot smoother,' she says.

'Because of this, the Vaser technique allows us to treat areas that have denser fat deposits, such as the more fibrous tissue around the flanks of the body,' she says.

'The ultrasound energy only targets unwanted fat, preserving surrounding blood vessels, nerves and connecting tissues. As a result, bruising and swelling are significantly less compared with traditional types of liposuction,' she continues.

This liquification means the fat is quite refined after removal, which Dr Nair says makes it suitable for fat transfer. 'The fat removed from the body using the Vaser system is a lot more refined; all the fatty globules are broken up as if they've been put in a blender. In cases where the patient wants to restore volume to certain areas, fat transfer after Vaser liposculpture can be very effective,' she says.

Dr Nair says the Vaser system also has the added advantage of tightening the skin during the process, allowing certain areas of the body to be contoured more specifically. 'Liposculpture using the Vaser system allows the area to be refined to reveal muscle definition as well, which leaves the body looking more etched,' she says. 'The patient's outer curvature can be specifically contoured to achieve balance and therefore a more aesthetically pleasing body shape.'

Liposculpture is most commonly used to contour the hips, outer and inner thighs and flanks. In addition Dr Nair says she has used it to contour more delicate areas such as under the chin and around the knees – areas typically difficult to treat.

'The whole process is tailored to each individual patient—the areas we focus on are largely dependent on both their

concerns and the areas which create the most aesthetic unbalance,' she says.

Generally, patients experience quicker recovery time compared with traditional non-assisted liposuction, but Dr Nair says this varies according to each individual patient. Patients may experience some fluid leakage from the incision sites which usually subsides within a few days. They should also expect some bruising and swelling of tissue but this should gradually dissipate over the next three weeks or so after the procedure.

She also advises it takes at least a month for patients to look and feel completely recovered after the procedure, and at least three months for the final result to be evident.

'Patients wear a support garment for about 10 days after treatment, although many patients continue wearing the garment for comfort and security for three to four weeks,' says Dr Nair. 'Any residual discomfort is usually minimal and can be managed with analgesics or painkillers.'

'Vaser liposculpture can define and shape the body to create a more harmonious aesthetic,' says Dr Nair. 'Although it is not a solution for overweight people, when combined with a healthy diet and exercise it can achieve significant results for suitable candidates.' **acsm**

