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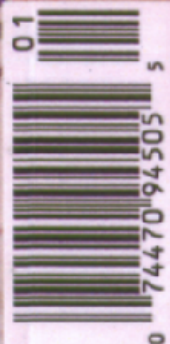
Latest Techniques

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BEFORE

AFTER vertical lift by Dr Calabria

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THE FACELIFT WITH NO VISIBLE SCARS

Beverly Hills plastic and reconstructive surgeon **DR RENATO CALABRIA** is pioneering the vertical facelift procedure that leaves no visible scars, reports Andrew Frost.

Recent developments in plastic and reconstructive surgery by California-based Dr Renato Calabria have led to a new procedure for facelifts that leaves no visible scars.

"As we age, there is a shift of volume in the face," explains Dr Calabria. "Gravity works in a vertical direction, pulling the face down." Dr Calabria's procedure works with the natural movement of the skin, rather than the more traditional approach to facelifts that pulls the facial skin laterally. "When you pull laterally," he observes, "it's not a very natural way to do it. It creates that tight look – and when you tighten the face, you lose projection or definition of facial features."

Dr Calabria's technique is considerably less invasive than the traditional facelift, and results in a more natural look by reshaping deeper facial tissues in a vertical direction, virtually eliminating any visible scars.

The procedure is done through two small incisions in the hairline and inside the mouth. The sutures are then carefully placed to suspend, reposition and secure the facial tissues in a vertical, more youthful position. "I create a tunnel from the mouth to the temple and pull up the jowls and nasolabial folds to create a more youthful appearance," says Dr Calabria. "This operation can pull up the cheeks and bottom of the brow without any visible scars."

With less bruising and reduced post-operative recovery, the technique also suits the patient with a previous facelift who has an unnatural, pulled-back look. "With older patients, I can combine the vertical facelift with a neck lift or chin and cheek implants," says Dr Calabria.

Dr Calabria believes the procedure can also suit younger patients who do not want a traditional facelift or the visible scars it leaves on the face.

Advances in Liposuction

ANDREW FROST looks at new liposuction techniques being pioneered by plastic & cosmetic surgeons.

There was a time when liposuction procedures would be followed by months of bruising, pain and maybe irregular results such as dimples. Major improvements in techniques and technology have refined liposuction to the extent that bruising should resolve within a week, discomfort is minimal and pain management is effective to the point that patients typically return to work within 3-7 days. Now the results of liposuction are smoother, with often-dramatic improvement.

Liposuction requires a high level of technical skill and experience, combined with an artistic ability to conceptualize and realise the desired form. Liposuction, perhaps more than any other procedure in cosmetic surgery, relies on the individual talent of the surgeon.

What follows is a look at some of the latest developments in liposuction.

Lipolysis

Lipolysis is a method of liposuction that breaks down body fat without making an incision into the patient's body. Using ultrasound techniques, internal fat cells are ruptured and reabsorbed into the body. "The surgeon prepares a small fatty area with tumescent solutions," explains Dr Peter Grossman, a plastic and

reconstructive surgeon from Sherman Oaks, California. "The ultrasound creates a vibration and, along with the tumescent solution, will rupture the fatty cells."

Dr Grossman explains the lipolysis method may be a permanent solution for fat removal. "Our bodies as adults have a finite number of fat cells," he says. "Depending on how we eat, they get larger or smaller. But we don't get more of them. The only way to have fewer fat cells is to remove them. By rupturing the cells, those cells can't form again."

The lipolysis technique can be used selectively on both male and female patients. "The technique can be used on men and women who have small love-handles," explains

Dr Grossman. "It can also be used for men and women with tight skin, but some fat under the neck."

Dr Grossman points out the lipolysis technique has a limited but effective range of uses, and is only restricted by the penetration

of the ultrasound. In combination with other liposuction techniques, however, lipolysis can be very effective. "I don't think it will take the place of liposuction for the majority of patients," he says. "For a select group of people with small areas of fatty bulges, such as the waist, this could be an alternative to major surgery."

Power Cannula

California-based plastic surgeon Dr Renato Calabria is pioneering a new liposuction procedure that uses the Power Cannula, a powered device used in liposculpture. The device enables the surgeon to spend more time working on sculpting the end result of liposuction, rather than the sometimes arduous task of physically removing fat cells. "The device is a power generated cannula," says Dr Calabria. "The rotating tip of the cannula and the handle is a little motor, and makes the work of the surgeon easier."

The Power Cannula is also designed to handle specific techniques. "It's good for areas that are fibrous and hard to do, like male patients having gynecomastia (breast reduction)," explains Dr Calabria. "It makes it so easy for the surgeon, you can devote more attention on the details and creating a smooth sculpted result."

Dr Calabria says his patients have been happy with the results. "I haven't had any negative feedback about it," he says. "It helps patients, because you can take more out in a shorter amount of time and it also makes the procedure safer."