



COSMETIC SURGERY



YOUR BODY

NEW AND EVOLVING TECHNIQUES AND PROCEDURES ARE PROMISING A SHAPELIER SILHOUETTE FOR ALL

When it comes to cosmetic surgery for the body, the biggest news is that multiple procedures can be combined and performed during one operation, with more precise techniques delivering better results. The obvious benefit for patients is that by having many issues addressed at once, they reduce hospital visits and costs.

"As weight loss becomes more common, the cosmetic aftermath [loose, excess skin] means multiple body areas require help," says Sydney plastic and cosmetic surgeon Dr Mark Kohout. "For suitable patients the correction of several areas at once is often the best way to address the most severe concerns without having to undergo multiple operations. Some combinations that are increasingly common are abdominoplasty with breast lift and buttocks lift with thigh reduction."

Sydney plastic surgeon Dr Michael Miroshnik concurs, adding that he regularly treats women post-childbirth for such procedures. He has dubbed the surgery, 'The mummy makeover', or 'total body lift'. "It's extremely popular," he says. "Anaesthesia has become safer,

and can be administered for longer in healthy patients, so surgeons are able to combine common procedures. I try to get women to be within 5kg of their ideal body weight prior to surgery. The procedures are best performed on women who've had a stable weight for six months, are non-smokers and have been involved in an exercise program.

"There is only one recovery, but it is lengthy," says Miroshnik. Expect a one-week stay in hospital and to take one month off work. Strenuous activity should be avoided for three months. "Expect some discomfort for the first week of recovery," adds Kohout. Oral painkillers should help with this.

The results are extremely positive. "We can create an entirely new shape and silhouette," says Miroshnik. "It's perfect for anyone who has a lax tummy, sagging breasts, loose thighs and arms, stretchmarks, Caesarean scars, and uneven fat distribution. Anyone who has lost a great deal of weight and has excess skin will also benefit, as will those who may have a few areas that they are unhappy with."

Expect to pay from \$15,000 to \$40,000, depending on your surgeon and the procedures you have done.

Abdominoplasty

Abdominoplasty, or the tummy tuck, is carving a niche as a fast-evolving, versatile surgery that can be tailored to the patient's individual needs. "It used to be that it was just one operation, which addressed excess fat and skin," says Miroshnik. "Now, we can perform it in several different ways, to tailor it to each patient. Some find their main problem is excess skin, so removing that becomes the focus. In other people, the muscles have been stretched and they experience a bulging tummy – the emphasis here is tightening. In others, there is fat they just can't shake so the emphasis is on fat removal."

The results of a tummy tuck can be dramatic. "There is a significant improvement in the abdominal contour, as well as the appearance and strength of the abdomen," says Dr Steve Merten from Macquarie Cosmetic and Plastic Surgery in Sydney. "Most patients need three weeks off work, and a further four weeks taking things easy. By three months the patient is back to normal routines."

Expect to pay from \$5000 to \$12,000, depending on your practitioner and the extent of the surgery.



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Within five days of treatments, we can produce a six-pack in men and an athletic groove on the sides of the stomach in females

Strawberry laser lipo

This is a new non-invasive, low-level laser treatment that targets stubborn fat deposits anywhere on the body. The laser energy penetrates the skin and directs energy to subcutaneous fat cells. By stimulating the cells to release water, fatty acids and glycerine, the fat cells 'shrink'. Average fat loss of 31cm in six weeks has been reported, with many people reporting losing up to 58cm of body fat in total. Each treatment is approximately \$300, and results will last as long as a healthy lifestyle is maintained. ▶

Liposuction

Vaser liposuction procedures are fast becoming the most popular method of contouring the body and reshaping curves. It relies on a highly focused ultrasonic beam that melts away fat in a gentle and precise way. "A very thin, solid, titanium probe is used to melt the fat, which is then sucked out once the sculpting is done," explains Dr Anoop Rastogi, who predominantly uses this new method in his busy Sydney practice. "We can use it everywhere from the chin to the buttocks, thighs, arms, tummy and back," says Rastogi. "The ultrasonic energy creates heat when it's close to the surface, so it creates collagen contraction and skin tightening as well. This procedure is much more precise, because it means we can selectively destroy fat and get closer to the skin and muscle, which provides

better definition with the results."

Melbourne cosmetic surgeon Dr Daniel Lanzer is also achieving remarkable results with this technique. "It is an artistic form of liposculpture that involves sculpting fat to produce an athletic appearance with natural grooves and shadowing," he says. "Within five days of treatments, we can produce a six-pack in men and an athletic groove on the sides of the stomach in females." It also significantly reduces the pain associated with normal liposculpture, as is less invasive, and gentler on the tissue. Compression garments must be worn for six weeks to assist with swelling and bruising. Patients should take a few days off work and avoid strenuous activity for six weeks.

Expect to pay \$6000 upwards per body zone, depending on your practitioner and the extent of your procedure.



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Tried and tested

ZELTIQ COOLSCULPTING

This is a non-surgical body-shaping procedure that freezes fat cells with controlled cooling, so they crystallise and are eliminated through the body's natural metabolic processes over six to 12 weeks. It can treat the stomach, hips, thighs and back areas. It's a pain-free procedure (expect only mild discomfort) that involves a cooling applicator cup being applied to the fatty area to cool the underlying fat tissue. A gentle vacuum pressure draws the tissue between the cup's cooling panels, which then deliver controlled cooling conditions to target and eliminate fat cells. This triggers a natural removal that gradually reduces the thickness of the fat layer without harming the surrounding tissue.

Fat cells are frozen, while skin, nerves, muscle, arteries and veins remain untouched. All patients report up to 25 per cent fat loss on the areas treated within three weeks. However, best results will be seen within two to four months, as long as a healthy lifestyle is maintained. "It is a super-effective sculpting procedure that requires no knives, no needles and no downtime," says Dr Jeremy Cumpston from Ageless Clinics. Patients can return to work immediately.

Expect to pay between \$900 and \$1100 per area treated, depending on your practitioner.

SMOOTHSHAPES

A cellulite-reducing treatment using laser light and vacuum massage, this aims to smooth, contour, tighten and firm trouble zones. The vacuum massage roller emits the laser light, which penetrates the cells to break down fat, simultaneously triggering

lymphatic drainage and shifting the toxins that cause dimpled, spongy skin.

A series of eight treatments is recommended, at approximately \$3000. One maintenance treatment is also recommended every six months.

Still to come ...

Liposonix is a new individually tailored non-surgical treatment that is pending Therapeutic Goods Administration (TGA) review. It is expected to be approved and available by late 2012. The hour-long treatment is designed for people who lead a healthy lifestyle with a sensible diet and regular exercise, but are unable to shift niggling bulges of fat. It uses advanced high-intensity focused ultrasound (HIFU) technology to create a focal zone of heating, resulting in thermal destruction of targeted fat cells and contraction and thickening of subcutaneous collagen. A unique pattern delivery system within the treatment head delivers the energy in a controlled manner. Targeted fat cells are permanently destroyed without harming the skin, and the body naturally processes and removes the fat tissue over a period of eight to 12 weeks. Studies have shown that a single treatment can result in an average reduction of one dress size. Clinical studies show an average waist circumference reduction of about 2.6cm after a single Liposonix treatment.

During treatment, there might be discomfort, cold, prickling or warmth. Afterwards, expect temporary redness, some bruising, discomfort and swelling, which should subside in a few days. The targeted fat cells are permanently destroyed, but surrounding fat cells are still able to grow, so the patient must maintain a healthy lifestyle in order to achieve long-term results.

Endovenous laser ablation is the gold standard for deeper varicose veins



Vein away

Two treatments remain at the forefront when dealing with spider and varicose veins. "Endovenous laser ablation [approximately \$3000 per leg] is the gold standard for deeper varicose veins," says Dr Owen Roberts from the Alia Clinic, Sydney. A fine laser probe is placed into the vein to destroy it. Patients will experience mild bruising and swelling, but can return to work the following day.

For spider veins, ultrasound-guided sclerotherapy remains the hero. It uses ultrasound technology to locate abnormal veins, injecting them with a sclerosing agent that closes them. It costs approximately \$850 per session.