

Newest Generation of Liposuction: VASER Lipo Better in Every Way

By David J. Levens, MD, PA, FACS

It seems a new cosmetic surgery “breakthrough” is announced about once a week. Often the new product or technique is more hype than science and patients may be disappointed when promised results do not occur.

That’s not the case with VASER Liposelection® and VASER HiDef™, a proven technique for liposuction. The VASER technology uses ultrasonic energy delivered into the fatty tissue through a thin probe to target and emulsify the fat.

The VASER Liposelection® procedure is a patented system which allows the surgeon to work with greater precision, selectively emulsifying fat cells while preserving other surrounding tissues, such as nerves, blood vessels and connective tissue. As the treatment can be more controlled and less traumatic to the surrounding tissues, the result can be smoother skin contour with less pain, less bruising and less downtime.

There is also less blood loss, a safety issue that is especially important in cases where large volumes of fat are being removed. Less blood loss also speeds recovery.

The procedure can be used to remove excess fat on arms, hips, chest, breasts, knees, ankles, waist, stomach, chin, back, buttocks, neck and thighs. It has already been performed on thousands of patients with excellent results.

Here’s how the technique works: The fatty layer beneath the skin is infused with tumescent fluid. Then the VASER ultrasonic probe delivers high frequency vibrations which cause the fat cells to break apart and emulsify. Through the same small incision, a small thin tube (cannula) is used to remove the emulsified fat. During the healing process, the skin will retract to create a smooth, natural-looking result.

For patients who want a more highly sculpted, athletic look even though they already exercise regularly and are at an ideal weight, the VASER HiDef™ procedure can do the job. This technique involves very careful removal of both superficial and deep fat overlying the abdominal muscles in order to enhance the visibility of the underlying musculature, creating more of a “6 pack” look.

The technique goes beyond traditional body sculpting because it follows the muscle groups closer to more selectively improve contour. After the procedure, patients typically wait about 2-3 weeks before returning to their full exercise routines. The first evidence of improved muscle definition can be seen in about 4 weeks, with final results at 3 months.

When something new sounds too good to be true, it usually isn't. But these proven techniques deliver on their promises.

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