

Alfredo E. Hoyos
Peter M. Prendergast

High Definition Body Sculpting



Art and Advanced
Lipoplasty Techniques

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Foreword

The Plastic Surgeon is undoubtedly the greatest of all contemporary artists. He paints on living canvas and sculpts in human flesh. C. H. Willi 1955

Charles H. Willi (1926) [1] was the first surgeon to inject small pieces of fat with a syringe for aesthetic purposes. Giorgio Fischer (1975) [2] was the first to describe the removal of fat through small incisions (5 mm) using a cannula with an internal cutting mechanism (to be used at the discretion of the surgeon) that was called the “planotome” that was attached to a suction machine. Syringe-assisted-, ultrasound-assisted-, laser-assisted-, water jet-assisted-, power-assisted-, and percussion massage-assisted liposuction techniques evolved. Bircoll (1982) [3] described the use of autologous fat from liposuction for syringe injection for contouring and filling defects. The addition of stem cells to the fat being transferred to improve fat survival is now coming to the fore. Thus it can be seen that cosmetic surgery is forever changing and improving through new instruments, new ideas, and modifications of old techniques.

Dr. Hoyos has developed procedures for dynamic definition of body areas and has published some of his techniques, while Dr. Prendergast, well published in cosmetic medicine and surgery, has become a proponent of those techniques. This book on high definition body sculpting involves refined techniques with newer ultrasonic-assisted and power-assisted liposuction to improve the sculpted appearance of the body. The addition of fat transfer allows a more complete method of defining the features of the body. The authors, working together on the content of the book, present a unique approach to body contouring for cosmetic surgeons interested in improving their results in liposuction and fat transfer. The techniques are presented in a comprehensive and understandable manner and include most areas of the body that may need improvement for a sculpted appearance. The chapters containing the techniques make use of “Warnings” to allow the reader to avoid dangerous maneuvers. Their results are excellent and cosmetic surgeons should take into consideration adding the authors’ techniques to their own practices.

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Preface

The evolution of fat removal techniques for the purpose of beautification has been characterized by incremental improvements and refinements over the years. Blunt and narrow cannulae replaced sharp, large-diameter ones. Wet and superwet techniques replaced aggressive, dry liposuction. Various energy or power-assisted technologies were introduced to facilitate fat removal, reduce trauma, or improve skin retraction. High-definition body sculpting represents a new concept in beautifying the human body through lipoplasty. The techniques employed in high-definition body sculpting are not merely improvements on older methods; they are significantly different.

This book represents the culmination of the pioneering work of Colombian plastic surgeon Alfredo Hoyos. The impetus for this work was the increasing demand from patients for body shape and form that appeared athletic, muscular, or sexy. As well as acquiring formal skills as an aesthetic surgeon, Hoyos's attributes as a sculptor and artist as well afforded him the unique ability to develop his passion for art through body contouring surgical techniques. His bold endeavors using novel techniques and painstakingly thorough liposuction yielded results that were hitherto unobtainable using conventional techniques. Since Hoyos published the results of his earlier experience with high-definition lipoplasty, he has refined the techniques, developed new instrumentation, and employed newer ultrasound and power-assisted devices to achieve optimum results. The results of total body sculpting are not just transformational; they are also reproducible.

In the following chapters, we provide to the liposuction surgeon an introduction to the advanced lipoplasty techniques employed in high-definition body sculpting. The book covers art and anatomy, concepts in human sculpting, ultrasound-assisted technology, instrumentation, and step-by-step techniques in all body applications for male and female patients. Numerous photographs and illustrations provide useful visual guides to the techniques, maneuvers, and results of high-definition body sculpting. The book is also intended as a manual to complement a formal preceptorship in high-definition lipoplasty.

High-definition body sculpting attempts to achieve aesthetically ideal human form by revealing underlying anatomical structures, rather than simply removing superfluous subcutaneous fat. The lipoplasty surgeon must work as a sculptor, manipulating light and shadows by adding or removing fat, and sculpting controlled irregularities to produce a convincing work of

human art. This book provides a unique practical insight into these advanced lipoplasty techniques. To this end, we are confident that the book will interest body contouring surgeons who can use the information, advice, and guidelines to broaden their practice and expand their horizons in this exciting field of aesthetic surgery.

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Justin Craig, Elise Taylor, and Mary Kate Wright produced the illustrations and artwork. Without their beautiful contributions, the book would not exist.

We wish also to extend our gratitude to the real pioneers: the patients who rightfully asked for more. Now more is the new standard.

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