

Body Shaping Innovations



Creating contours goes high-tech—with liposuction and body reshaping alternatives

WORDS Ingrid Schaefer Sprague

PHOTOGRAPHY Jim Arbogast

Ah, summer. Time to bare toned arms and chiseled midriffs, and to show off those perfect curves in the rears that you've worked diligently at the gym all winter to get. Yes, it's a nice thought... but if you're like most of us, a hectic lifestyle, food on the run, and a simple lack of time to fully commit to the gym have left you short of the perfect summer silhouette. But before you opt to simply cover it all up, we're bringing you the latest techniques that just might give you the results you're looking for with little discomfort and minimal downtime. The only question is, are you ready to bare it all?

A CURVE IN THE ROAD

Whether it's excess fat, sagging skin or fat deposits out of proportion, almost all of us have a reason we'd like a little (or a lot) of help getting better contours—from getting rid

muscles. The painless device both reduces cellulite by emulsifying fat and stimulates the muscles for better tone and definition.

FAT SCULPTING

Finally, in the battle to get your curves in all the right places, forget tossing the fat you thought you didn't want. Surgeons are embracing a new, greener era that recycles your own fat as the medium to create contours.

“What is happening is physicians aren't as quick to remove fat and throw it in a bucket anymore,” says **Sydney Coleman, MD**, Assistant Clinical Professor of Plastic Surgery at New York University Medical Center, N.Y. “They're putting it in the breast or buttock [for women], and in men, the pectoralis and male buttock.” Although there are several fat transfer techniques out there, Dr. **Coleman** has his own technique, which he calls Li-poStructure. Unlike previous attempts to graft fat, which often died, Dr. **Coleman** successfully processes fat to a stem cell and growth factor concentrate and injects it in small amounts via a cannula. He admits that fat is easy to kill, so refining and administering the fat in small doses is important. He injects tiny amounts of fat in syringes with up to 100 passes through a cannula and sculpts the fat in its new location.

Fat transferred from the abdomen can be used in the buttocks or breast. Although the fat cells have a “memory” of where they were transferred from, the fat takes its clues from hormones in the new area and will act more like the body site in which it is placed.

Fat transfer can also be used to disguise obvious implants, treat tuberous breasts, repair radiation damage from breast cancer and head and neck cancer treatment, as well as other aesthetic uses in the face. “Liposculpture can be used anywhere—it does different things in different places,” says **Dr. Coleman**. “It's really unbelievable.”