

# About Face

Volume 2, Issue 2 Winter 2001-2002 The LipoStructure® Newsletter

## Special Report

# Correction of Liposuction Deformities

In 1982, liposuction arrived in the United States from Europe and rapidly became the most commonly performed surgical procedure in this country. Unfortunately, even the most expertly performed liposuction can leave irregularities and depressions. Surgeons in the US, Europe and South America usually failed in their attempts to correct liposuction deformities, so they believed there was no way to make these patients' bodies normal again.



Dr. Sydney Coleman, a plastic surgeon in New York City, came up with a solution in the mid-1980's. He developed a distinctly different and dependable technique to graft fat into the liposuction deformities. His technique minimizes damage to the fragile fat tissue while placing large and small amounts into the depressions so that the fat feels natural. This purposeful, structured placement technique was eventually named LipoStructure®.



Patient 2: Aggressive liposuction resulted in a mutilated arm. One year after the second LipoStructure® procedure, the arm appears normal.

Dr. Coleman has used his technique over the last fourteen years to restore volume and contour to thighs, knees, buttocks, abdomens and arms disfigured by liposuction. He has followed some patients for over a decade, and the grafted fat has every indication

of being permanent. Due to his remarkable results, he has become the plastic surgeon to whom surgeons refer their



Patient 1: Liposuction left huge dents in these thighs (left). LipoStructure® restored a normal appearance. The photo on the right is ten years from the last LipoStructure® procedure.

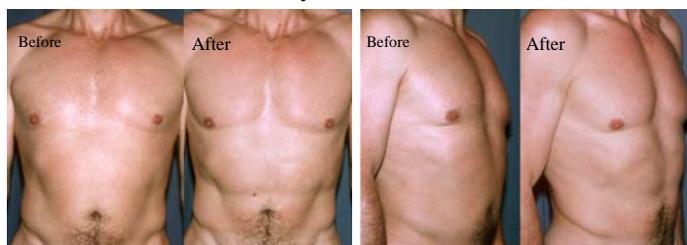
patients with liposuction deformities.

Dr. Coleman's first attempts at placing fat were successful: the thighs in the photograph to the immediate left (patient 1). In the photograph to the far left (patient 2), most of the fat in her arm was removed by liposuction.

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## Abdominal Etching

To create a quick "six-pack" on an abdomen, there is now a simple answer. Etching with well-thought-out depressions can sculpt a permanently carved, chiseled abdomen. Instead of the removal of a diffuse layer of abdominal fat, etching involves removal of selective amounts of fat. Full abdominal liposuctions may require months for recovery; however, with the much gentler technique of etching, the abdomen looks great with minimal recovery time.



Sculpting by removing small amounts of fat can create a "six-pack".

## Manual Lymphatic Drainage A Prescription for a Speedy Recovery

One of the ways that the body removes swelling (edema) is through lymphatic drainage. By increasing lymphatic drainage to eliminate swelling, massage can shorten recovery from LipoStructure® and liposuction.

### What is swelling?

Removing and placing fat involves the movement of small blunt metal instruments through the tissues. This movement can rupture some of the fragile cells. This releases the cells' protein into the spaces between cells. Protein between cells acts like a magnet to water. It pulls water from the body's circulatory system and then locks the water into place between the cells so that it cannot return to the blood vessels. Water tightly bound to protein makes the area swell and feel hard like wood or cardboard.

### The body uses the lymphatic system to eliminate swelling.

There is a fluid similar to edema (or swelling) which exists normally between the body's cells and tissues. This fluid is called lymph. Lymph is the colorless plasma-like fluid that helps to maintain the body's fluid balance and remove

invading organisms or substances. The lymphatic system moves lymph throughout the body in a method somewhat similar to blood in the circulatory system. Instead of arteries and veins, the lymph goes through thin tubes, called lymph vessels. While the heart muscle pumps blood through the body, lymph fluid moves through lymph vessels into lymph nodes by the pumping action generated by normal movement of the body's muscles.

### How does the lymphatic system eliminate swelling?

To remove swelling, the lymphatic system removes protein displaced between the cells. As the protein is removed, the trapped water trails behind it. The normal action of our body's muscles pumps the lymphatic vessels so as to facilitate the flow away from the swollen area into our lymph system.

### We can help the lymphatic system to remove swelling.

Manual lymphatic drainage is a technique developed originally in the nineteenth century for the treatment of lymphedema, a condition where the lymph vessels are blocked by cancer, parasites or surgery. Manual lymphatic drainage has since evolved into a technique for aiding patients to recover from liposuction or LipoStructure® procedures. In this therapy, light, rhythmical manipulations with fingers in the direction of the lymph flow stimulate lymph movement or drainage.

# Bodybuilders

## Treatment For Muscle Tears

Muscle injuries sustained during weightlifting can result not only in loss of strength, but also mutilating depressions. In 1991, Dr. Coleman began treating these deformities in bodybuilders with an innovative method. He diffusely infiltrates the biceps, triceps or pectoralis with structural fat to restore the muscle's contour and volume. The fat transplanted using this method no longer has the consistency of fat, and instead feels like normal muscle.

Treated bodybuilders have consistently observed an increase in strength of the reconstructed muscles after restoration of fullness. LipoStructure® enables bodybuilders to return to competition even after disfiguring muscle injuries.



A muscle tear while weightlifting resulted in loss of a large portion of this bodybuilder's biceps (left). After reconstruction with LipoStructure® (right) he was able to return to competitive bodybuilding.

# Smooth Body Scars

## Without Cutting

Indented scars on legs, arms, chests, and torsos have always troubled surgeons. Cutting out the old scars and revising them can result in a worse scar even with a meticulous closure by the best plastic surgeon. Dr. Coleman has developed a new technique for correcting depressed scars. Through a tiny (1/16<sup>th</sup> inch) incision, a special instrument first frees up the indented scar. Next, the same instrument layers structural fat underneath the scar. This raises the scar and smoothes the skin.



Disfiguring thigh scars from orthopedic surgery treated with one procedure three years earlier.

Dr. Coleman notes, "Although this type of scar revision will not work with overgrown scars or keloids, it should be considered for the revision of every indented scar."

Dr. Coleman has successfully revised body and facial scars using this method for over nine years.

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[www.LipoStructure.com](http://www.LipoStructure.com)

### Liposuction Deformities

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Reconstruction to a normal appearance was accomplished in two procedures. The first procedure restored the missing volume. The second procedure smoothed remaining surface irregularities.



Patient 3: Liposuction left these inner thighs with craters of missing fat (left). Four years after the last of two structural fat grafting sessions (right) the thighs look normal.

The inner thighs in the photographs to the right (patient 3) had distressing deformities after liposuction. Normal fullness was restored to the inner thighs after two sessions of fat grafting. Since 1987, Dr. Coleman has had significant successes using his LipoStructure® technique to restore volume and contour to deformities created by liposuction.

## Media Update

Dr. Coleman was selected for "W" magazine's August 2001 issue in their "Black Book...insider's guide to the world's finest." Also, Dr. Coleman was recently featured on the ABC program, "The Debra Duncan Show" as the "Father of LipoStructure®." Dr. Coleman's techniques for rejuvenation of the face and hands, correction of acne scarring, reconstruction of birth defects and restoring fullness in facial wasting were highlighted in the show.

## Frequently Asked Questions

**Q: I'm a bit on the lean side, should I gain weight prior to having a LipoStructure® procedure?**

**A:** Transplanted fat can gain or lose size with fluctuations in body weight. You should make every effort to weigh whatever you plan to be after the procedure.

**Q: How soon after my body LipoStructure® can I begin to exercise?**

**A:** We recommend two weeks before returning to strenuous exercise or weightlifting; but you can begin after one day with moderate exercises such as walking, climbing stairs slowly, and light stretching exercises.

**Q: If the transplanted fat seems to be permanent, I don't understand why it takes more than one procedure to correct liposuction deformities with LipoStructure®?**

**A:** Irregularities created by liposuction are a combination of scarring, missing fat volume and remaining irregularly positioned fat. The first reconstructive procedure with structural fat restores a normal volume and frees up scars and adhesions. Although this is a dramatic improvement, patients frequently want more of an improvement. In those patients we may operate another time.

**Call or e-mail Dr. Coleman's office for more answers to your questions.**

## Physician Seminar Update

The Saturday, December 1, 2001, LipoStructure® instructional course for physicians is full. To accommodate requests from physicians, Dr. Coleman has scheduled the exact same daylong course on the following day, Sunday, December 2, 2001. For further information, please contact Jamie at (212) 570-1808 or [jamie@lipostructure.com](mailto:jamie@lipostructure.com).

**News Flash:** The advanced LipoStructure® course dates have been set for 2002. Several courses will include body contouring.

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