

# Sounding out the Vaser

Older liposuction diminished volume without precision. **Alberto Di Giuseppe MD** uses the Vaser's ultrasound energy for greater skin retraction and to redefine the body lines with precision

**T**he Vaser is an ultrasound-assisted device for body contouring to help produce smooth, soft and painless liposuction. It has increased the quality of liposuction, diminished recovery time and post-op discomfort and pain.

The Vaser emits ultrasound energy that which gently emulsifies the targeted body fat after the fatty tissue has been led to tumescence status with a large infiltration of solution containing local anaesthetic and adrenaline to reduce blood-loss.

Undermined tissues retract as a result of the cavitation phenomenon connected with ultrasound waves. These emulsify fat, thus sparing elastic fibres and connective tissue. The exposed elastic fibres, denuded of the surrounding fat, tend to retract.

Another explanation comes from the internal stimulation by contact with tissue, which as an internal "trauma" or "burn" sustains a secondary retraction.

## Titanium probes

In the wet-fat Vaser, by utilising solid titanium probes—as small as standard liposuction cannulas, 2.2mm, 2.9mm and 3.7mm diameter—fat is gently emulsified, sparing the vessels, connective tissue and elastic fibres that normally support the skin and nerves, which, of course, provide sensation.

So it is able to accomplish both the criteria required in body shaping—reduce mass and volume, and redrape skin to achieve a better-shaped body and a smooth contour.

Surgical skill is still a key factor, as is the selection of suitable patients. Those with abdominal fat and bulges can benefit from the Vaser's deep and superficial double action, counting on a

substantial skin retraction, which often avoids the long, permanent, visible scar of an abdominoplasty.

In expert hands, long, unnecessary scars and a prolonged recovery time can be avoided with the Vaser. Post-op bruising is minimal. The procedure is absolutely soft and painless, as just a cream of the melty fat is produced and then extracted with the VentX aspiration system.

In the past, in male breast hypertrophy (gynaecomastia), the surgeon needed to excise the excess of breast tissue, eventually performing liposuction for fat volume removal.

## Tiny incision

With the Vaser, the surgeon makes a tiny incision in the inframammary crease and utilises ultrasound energy to emulsify the fatty tissue, avoiding a scar, and making a smooth contour of the treated area.

In female hypertrophy or ptosis, the Vaser is indicated to emulsify and thus reduce the fatty component of breast with a minimal incision at the inframammary crease to allow the titanium probe to work in the planes.

In the superficial planes, undermining of the subcutaneous tissue of the gland from overlying skin allows greater retraction. The deeper plane treatment allows volume reduction, with a natural lift of the breast, and a new, reduced shaped breast contour. The great advantage, when the patient is a selected candidate, is a scarless breast reduction.

Face remodelling with the Vaser for precision lipoplasty includes the treatment of thin, fatty faces, especially at the cheek, and submental neck

areas. Minimal incisions are placed at the pre-auricular sites and submental chin, where a 2.2mm probe is introduced to emulsify the localised fat. The operation is soft and the approach is gentle after proper infiltration of a dilute vasoconstrictor epinephrine solution.

## Undermining skin

Using the Vaser to undermine the skin promotes a new tissue adhesion and redraping, with secondary improvement of skin texture and contouring. This simulates the results of a subcutaneous face-lift and can produce a scarless operation with

quick recovery. The operation is performed under local anaesthesia (eventually with associated EV sedation). Early tissue adhesion is controlled by a supporting garment for three to seven days, and overnight for a month.

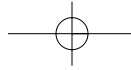
## Secondary surgeries

Correction of bulges, dimples, irregularities in contour are often referred to the plastic surgeon. Mainly, in lax skin, in "cellulitis" buttock, in thighs already presenting skin irregularities and poor skin tone, the quality of results obtainable is limited.

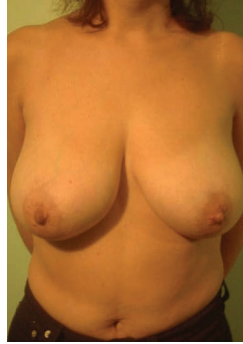
The Vaser can improve previ-



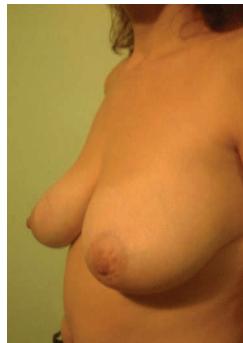
Top: submental and chin fat deposit plus skin laxity (left) and superficial remodelling with the Vaser (right). Result with skin retraction one month after surgery  
Above: two pairs of before and after photos showing how the 'Buffalo Hump' has been treated. The right pictures show one year post-op results



## LIPOSUCTION



*Top left: before gynecomastia and abdominal lipodystrophy with the Vaser. One month post-op*  
*Bottom left: pre-abdominal lipoplasty and one month post-op showing a newly shaped abdomen and flank. Skin retraction was excellent, with no need for an abdominoplasty scar*  
*Left: front and side views of a scarless breast reduction with the Vaser one week after surgery. Only minimal post-op bruising is evident*



ous defects by careful undermining, accomplished with fat auto-graft in areas of secondary defects.

In case of secondary surgeries, suggest a second-stage correction. Minor adjustments

are often required by patients looking for very good results.

### **Buffalo Hump**

Another application of the Vaser is the so-called "Buffalo Hump". This is a lipodystrophy

of the dorsum, secondary to the antiretroviral therapy (HAART) in HIV+ patients.

Probably the development of this ugly lipodystrophy is connected with the hormonal therapy; the growth is fast, and

standard liposuction may risk recurrence after suction.

The Vaser can offers a definitive reduction of the volume of the lipodystrophy, which is sometimes extended to the neck or abdomen and arms, with no recurrence. ■

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