

# Liposculpture



## Shaping the body into a work of art

By Thomas C. Balshi, MD

The demand for cosmetic body contouring in the United States is rapidly increasing as personal wellness goals are pursued with intensity. Liposculpture (the art of body shaping by liposuction) is an extraordinary life enhancement for patients with localized fat accumulations, difficult to eliminate with diet and exercise.

The procedure gained popularity because it can easily be performed in medical offices with great efficacy and unprecedented comfort and safety. The most common areas of concern for patients include the abdomen, "love handles," inner and outer thighs, inner knee areas, posterior arms and the neck (double chins).

Tumescent Liposuction was developed in 1976 by a dermatologic surgeon, Dr. Jeffrey Klein, and has been consistently refined for three decades. With this technique, a mixture of saline water, lidocaine anesthetic and small amounts of epinephrine are infused into the fatty area being treated. This local anesthesia enables the tissue to swell and allows your surgeon to gently remove unwanted fatty deposits. Using the authentic Tumescent technique, intravenous and general anesthesia risks are

eliminated. Because patients are coherent, the doctor can judge results in an upright position, a benefit that cannot be employed using heavier sedation. Additional advantages include little bleeding, less bruising, and quicker healing, and because micro-cannulas are used, there is no need for stitches or drains, thus reducing the risk of infection or scarring.

Laser liposuction is the most current addition to the Tumescent technique. "SmartLipo" was the first laser approved by the FDA for fat dissolution. Laser energy is used to break apart fat cells and facilitates removal of fat while promoting tissue tightening, resulting in smoother skin.

Other than mild bruising and soreness, patients have little down time after the procedure. Most patients return to work the next day and resume normal physical activity including exercise within a week. Liposculpture is not for the obese, but for patients who have disproportionate fat deposits. Those with realistic expectations, healthy diets and good exercise routines are the best candidates.

Dr. Balshi is double board certified by the American Board of Internal Medicine and the American Board of Physician Specialties for Dermatology. His educational background includes extensive training in both medical and surgical disciplines. Because of his expertise in internal medicine, Dr. Balshi approaches all cosmetic surgery from the standpoint of whole body wellness. His many fortes include esthetic skin cancer removal and cosmetic-enhancing dermatologic procedures such as chemical peels, laser skin rejuvenation, Botox, Dysport, Juvederm, Restylane and Perlane treatments and painless authentic tumescent liposuction. Dr. Balshi is the founder and medical director of the Dermatology and Liposculpture Center located at 2605 W. Atlantic Ave., C-101, Delray Beach, FL. He can be reached at 561-272-6000. Visit his website at [www.southFLderm.com](http://www.southFLderm.com).



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