

HIGH DEFINITION LIPOSUCTION



Arian Mowlavi MD FACS

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Arian Mowlavi MD, FACS



Dr. Mowlavi has been selected as one of the top 100 influencers in cosmetic plastic surgery from amongst over 20,000 surgeons nationally. For three consecutive years (2015, 2016 & 2017) Realself recognized Dr. Mowlavi as one of the top 100 surgeons transforming the plastic surgery community. In 2018, Dr. Mowlavi was adopted into the Realself 100 Hall of fame.



In addition to achieving these honorary designations, Dr. Mowlavi is considered one of the top body sculptors around the world. He has performed over 15,000 procedures and has been recognized by patients from around the globe.



As an official trainer for Solta Medical and Apyx Medical, Dr. Mowlavi teaches plastic and cosmetic surgeons internationally. Dr. Mowlavi founded Cosmetic Plastic Surgery Institute 16 years ago where he has developed the most advanced high definition liposuction protocols and surgical algorithms. He is also an avid sculptor and possesses an artistic eye which he translates to his body sculpting. As a frequent speaker at national cosmetic and plastic surgery conventions and with over 40 peer reviewed plastic surgery journal publications, he is a recognized trend-setter in cosmetic surgery. In summary, Dr. Mowlavi is well-regarded as a world-renowned face, body, and breast sculptor because of his superior outcomes and body transformations.



Distinctions & Credentials

- Board Certified: American Board of Plastic Surgery (2008 – Present)
- American College of Surgeons – Fellow (2012-Present)
- American Society of Plastic Surgeons (ASPS) – Member (2008 – Present)
- Orange County Plastic Surgery Society- Member (2008 – Present)
- Alpha Omega Alpha Honor Medical Society – Member (2003 – Present)
- Interdisciplinary Committee – Member (Memorial Medical Center) (2016- present)
- American Medical Association – Member (1998 – Present)
- PHI BETA KAPPA – Member (1995 – Present)
- Realself Medical Advisory Board Member (2019 – Present)
- Official Renuvion trainer for Apyx Medical (2018 – Present)
- Official VASER trainer for Solta Medical (2018 – Present)

Awards

Research Recognition Award. **Mowlavi A**
Plastic Surgery Institute
Southern Illinois University. Springfield, Illinois. June 31, 2004.

First Place. **Mowlavi A**, Marsden B, Neumeister MW.
The efficacy of nasal cleft repair: persistence of alar rim deformity.
Resident's Research Day, Southern Illinois University. April 22, 2004.

Gaspar Anastasi Award. **Mowlavi A**, Massouem S, Neumeister MW.
Conchal cartilage donor site during rhinoplasty: bowl parameters defined.
American Society of Aesthetic Plastic Surgery meeting. Vancouver, Canada. April 15-21, 2004.

Congenital Category Presentation Award. **Mowlavi A**, Marsden B, Neumeister MW,
Zook EG.
The efficacy of nasal cleft repair: persistence of alar rim deformity.
Plastic Surgery Senior Residents Conference. Milwaukee, WI. March 18-22, 2004.



First Place. **Mowlavi A**, Medling B, Meldrum G, Wilhelmi BJ, Neumeister MW.
Hypothermia, not hyperthermia, provides muscle flaps protection from IR injury.
American Society of Reconstructive Microsurgery meeting. Palm Springs, CA. January
17-20, 2004.

Excellence in Teaching Award. **Mowlavi A**
Department of Surgery.
Southern Illinois University. Springfield, Illinois. October 15, 2003.

First Place. **Mowlavi A**, Meldrum GD, Ghavami A, Kalkanis J, Wilhelmi BJ, Russell RC,
Zook EG.
Earlobe ptosis classification system, effects of aging and facelift surgery on earlobe height.
Plastic Surgery Education Foundation Junior Clinical Research Award. Arlington, IL
June 13, 2003.

First Place. Houle J, **Mowlavi A**, Medling B, Meldrum GD, Wilhelmi BJ, Neumeister MW.
Protective effects of hypothermia against secondary venous occlusion ischemia.
Resident's Research Day, Southern Illinois University. May 15, 2003.

First Place. Andrews K, **Mowlavi A**, Milner S.
The treatment of alkaline burns by neutralization: an old myth dispelled.
Investigator Category Essay. Plastic Surgery Education Foundation. Arlington, IL May 2,
2001.

First Place. **Mowlavi A**, Andrews K, Milner S.
The treatment of alkaline burns by neutralization: an old myth dispelled.
Combined Research Symposium, Southern Illinois University Foundation. April 18, 2001.

Lectures

Mowlavi A. High Definition Liposuction Protocol and Surgical Design. San Diego, CA,
Sep 19-22, 2019.

Mowlavi A. Optimizing Brazilian Buttock Lifts Using the Buttocks Assessment Tool.
San Diego, CA, Sep 19-22, 2019.

Mowlavi A. High Definition Liposuction for Treatment of Paradoxical Adipose
Hyperplasia after Cryolipolysis. Chicago, IL, Sep 6-7, 2019.



Mowlavi A. Successful back contouring using Ultrasound Assisted Liposuction and Helium Activated Radiofrequency. Chicago, IL, Sep 6-7, 2019.

Mowlavi A. Advances in High Definition Liposuction. 17th Annual Body Contouring Conference. Tijuana, Mexico, Aug 1 - 3, 2019.

Mowlavi A. Buttock Assessment Tool. 17th Annual Body Contouring Conference. Tijuana, Mexico, Aug 1 - 3, 2019.

Mowlavi A. High Definition Liposuction Body Scale- Dictates Surgical Design. 27th Body Contouring Conference. Tijuana, Mexico, Aug 1- 3, 2019.

Mowlavi A. Increased Tissue firmness through the use of Renuvion in subdermal applications. The Aesthetic Show. Las Vegas, July 11-14, 2019.

Mowlavi A. Helium activated radiofrequency device increases skin firmness. Vegas Cosmetic Surgery Conference. Las Vegas, Nevada, June 5-8, 2019.

Mowlavi A. High definition liposuction protocol. ARTS Master Class: The art of Liposculpture and Fat Grafting. Miami, FL, May 3-5, 2019.

Articles Published

Mowlavi A, Optimizing chest appearance for the male. Aesthetic Surgery Journal 2020. Publication Pending

Mowlavi A, Elimination of back rolls using high definition liposuction. Publication accepted to Aesthetic Surgery Journal 2020.

Mowlavi A, Definitive treatment of paradoxical adipose hyperplasia. Journal of Cosmetic Surgery 2020.

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Introduction to High Definition Liposuction (HDL)

High definition liposuction (HDL) has been coined to identify liposuction results that are “jaw dropping”. “Jaw dropping” results are appreciated when body contours are transformed in a radical manner with the ultimate goal of achieving a near PERFECT 9 or 10 body. High definition liposuction is considered a “Game Changer” in the body contouring arena as it allows your surgeon to precisely sculpt your body to previously unattainable results. Two factors are critical to attaining high definition liposuction results. The 1st requires mastery in the use of VASER technology and the 2nd involves appropriate patient selection.

VASER Mastery

The 1st critical factor involves VASER technology which provides a unique opportunity to remove fat both comprehensively from ALL layers and in a controlled and uniform manner from your problem areas. Whereas traditional liposuction was limited to removal of only the deep fat, VASER liposuction allows for controlled removal of both the superficial and deep fat in order to create TRANSFORMATIVE results. Mastery requires:

- Understanding VASER capacity Intimate knowledge of muscle anatomy
- Appropriate training in VASER application
- Surgical experience with VASER technology
- Artistic approach to sculpting the body
- 360 degree or circumferential body contouring
- Accurate preoperative high definition markings Strategically sound operative plan

Patient Selection

The 2nd critical factor for attaining HDL results is appropriate patient selection. Strategic sound planning of your surgery stresses the importance of patient



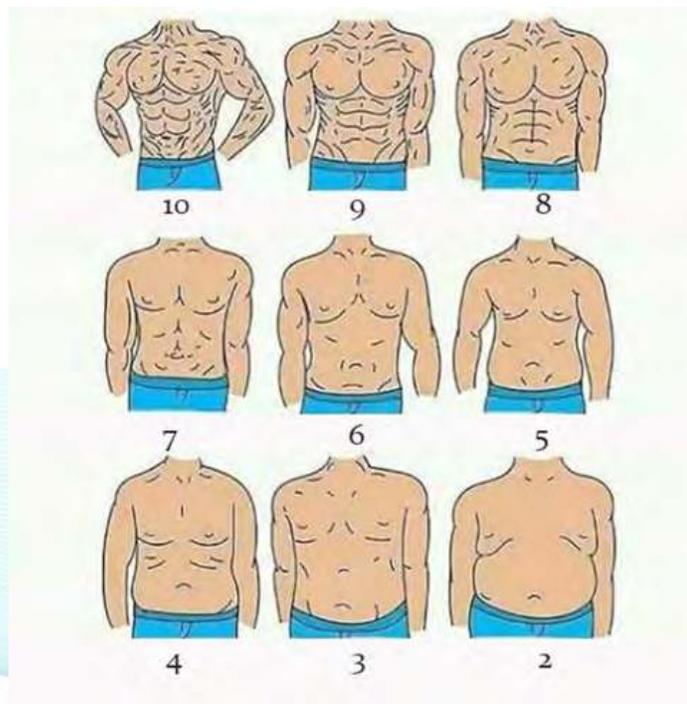
selection. High definition liposuction strives to achieve a near PERFECT 9 or 10 body. In order for your surgeon to achieve superior outcomes, he or she must acknowledge the importance of appropriate patient selection. Patient selection is dictated by degree of excess fat, amount of skin redundancy, and quality and extent of skin texture changes. The High Definition Liposuction (HDL) Body Scale has been designed to objectify patient selection considerations above and to guide surgical plan design, and to objectify improvements in patient outcomes.



HDL Body Scale & Surgical Algorithm

Patient selection is one of the most critical prerequisites to providing successful body contouring results. This involves assessing the degree of fat excess, amount of skin redundancy, and quality and extent of skin texture changes. Consideration of both fat excess and skin redundancy are required to determine whether comprehensive or only partial fat can be removed. Amount of skin redundancy will further guide whether a less invasive technology, such as the Renuvion, can tighten the skin or whether a simultaneous mini-tuck or even a staged full-tucking procedure will be required. First, patients are assigned a point score based on the High Definition Liposuction (HDL) Body Scale. Each patient's starting HDL body score is used to create a customized surgical plan with the goal of attaining a near perfect 9 or 10. The HDL Body Scale ranges from 2 to 10 scale (10 being a perfect and the ultimate ultra-high definition liposuction result) as below:

Male HDL Body Scale



Female HDL Body Scale

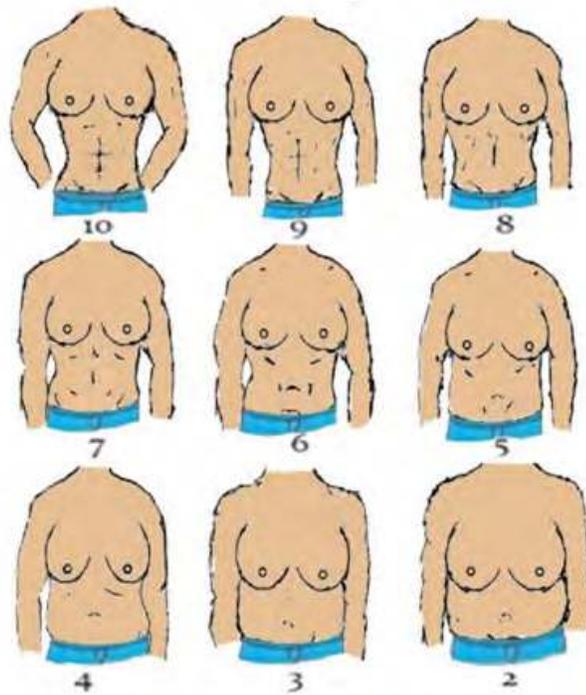


Table. High Definition Body Scale

HDL Body Score	Degree of Fat Excess	Amount of Skin Redundancy	Skin Texture	Extent
10	Minimal	Minimal	Excellent	
9	Minimal	Minimal	Excellent	
8	Minimal to Moderate	Minimal	Excellent	
7	Minimal to Moderate	Minimal to Moderate	Excellent	
6	Moderate	Minimal to Moderate	Excellent	
5	Moderate	Moderate	Poor to Excellent	Focal
4	Moderate to Severe	Moderate	Poor	Focal
3	Severe	Moderate to Severe	Poor	Focal to Extensive
2	Severe	Severe	Poor	Extensive



9 to 10 Points

- Denotes near perfection or a TRUE high definition liposuction result

7 to 9 Points

- Minimal to moderate fat excess
- Tight skin
- Excellent texture of skin

5 to 7 Points

- Minimal to moderate fat excess
- Minimally loose skin
- Good texture of skin

4 to 5 Points

- Moderate to severe fat excess
- Moderate loose skin
- Localized poor texture of skin

2 to 4 Points

- Moderate to severe fat excess
- Severe skin redundancy
- Diffusely poor textured skin



HDL BODY Score Intervals	Optimum Surgical Plan
9-10	True HD results that we strive for
7-9	VASER
5-7	VASER + Renuvion
4-5	VASER + Strategic tucking
2-4	Staged: 1st) Total Body Lift 2nd) VASER Liposuction



HDL Body Scale Case Studies

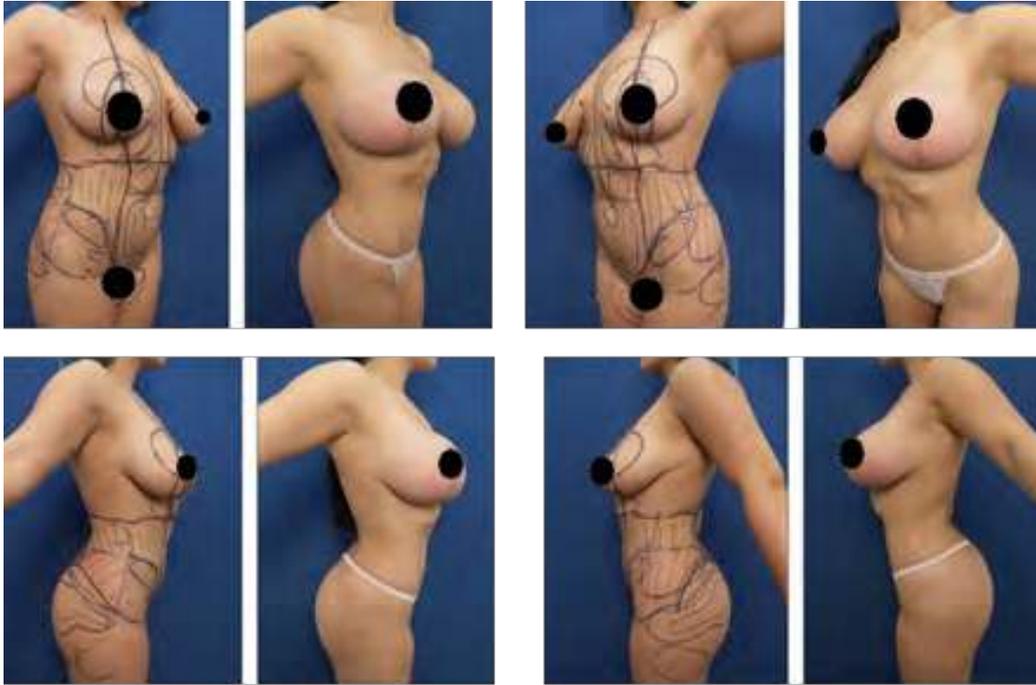
The HDL Body Scale ranges between 2 to 10 points and specifically takes into account excess fat, skin texture, dimples, and skin redundancy in order to assist with surgical design and surgical outcome.

For example, if you have excellent skin tone and only minimal to moderate fat (HDL Body Scale of 7 to 9 points), then VASER liposuction alone should help you achieve a near perfect 9 or 10 result.



A 23-year-old female following VASER liposuction to achieve abdominal and back etching with BBL. This patient shows a jump from 8 to 9 or 10 points.





A 25-year-old female following VASER high definition liposuction of the abdomen, back, and BBL, as well as a breast lift with implant augmentation. Please note detailed pre- operative markings. This patient demonstrates a jump from a 7 to 9-10 points.

If you have minimal to moderate skin redundancy, then skin tightening may be required. Skin tightening can be performed using minimally invasive modality with Renuvion subdermal coagulation (HDL Body Scale 5 to 7 points).



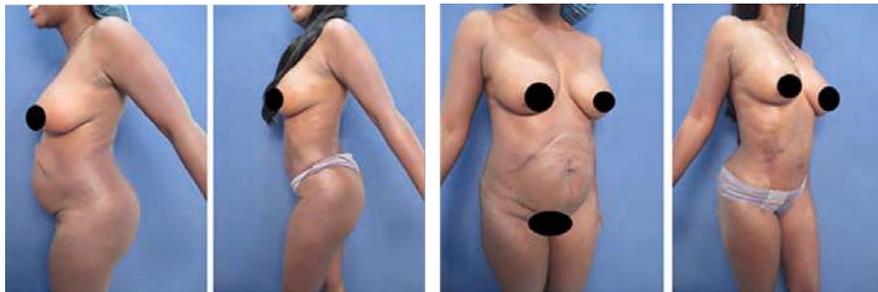
A 29-year-old female 8 weeks following high definition liposuction of the abdomen, medial thighs, lateral thighs, back, and flanks, as well as a BBL using VASER technology and skin tightening Renuvion technology. This patient demonstrates a jump from a 6 to 9-10 points.

Patients with a score of 4 to 5 will benefit from a simultaneous limited tucking procedure, such as a mini tummy tuck, reverse tummy tuck, lateral thigh tuck, upper body tuck, medial thigh tuck, or a brachioplasty. The limited tucking procedures below are performed alongside VASER Liposuction in order to remove modest amounts of skin. These tucking procedures will allow your surgeon the ability to comprehensively remove fat and allow for high definition outcomes. This is in contrast to partial fat removal that can only help your surgeon achieve mid-def results. In summary, the tucking procedures help avoid irregularities related to skin looseness especially when fat removal is maximized.



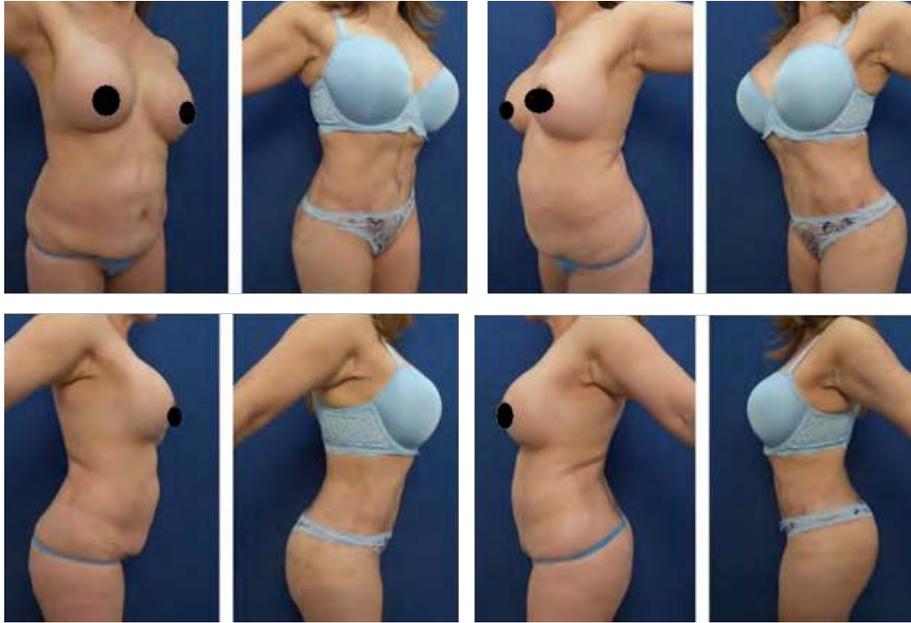


A 54-year-old female following VASER HD liposuction of the abdomen, flanks, chest, fat grafting to the buttocks, and mini tummy tuck. This patient demonstrates a jump from a 5 to 9-10 points.



A 45-year-old female following simultaneous VASER high definition liposuction of the abdomen, flanks, lower back, upper back, scar revision of the abdomen, abdominal flap advancement, mini tummy tuck, and fat grafting to the breast and buttocks to achieve waistline narrowing. This patient presents a jump from a 4 to 9-10 points.

Patients with a score of 2 to 4 will benefit from a staged full tucking procedure such as a full tummy tuck or lower body lift that will remove all redundant and poor textured skin prior to undergoing liposculpture. Following this initial stage, patients will be pulled from a 2-4 HDL Body score to a 7-8 Body score. As early as three months following these initial tucking procedures, patients may proceed with the second and final stage of their contouring surgical plan involving comprehensive fat removal using VASER technology to lift patients to a score of 9-10.



A 38-year-old female 3 months following VASER high definition liposuction of the abdomen, back, flanks, and fat transfer to the buttocks following a full tummy tuck procedure. This patient demonstrates a transformation from a 3 to 9-10 points.





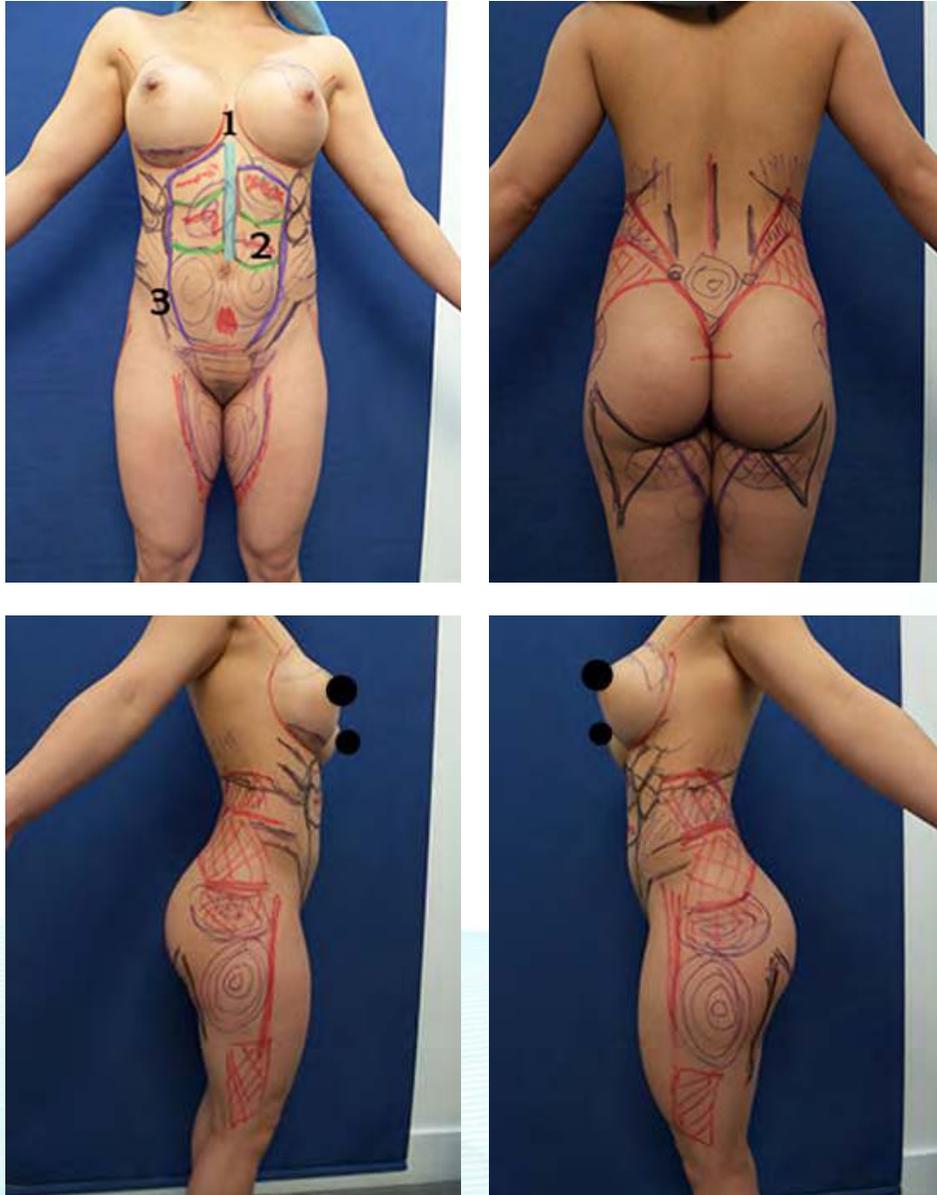
A 48-year-old female after a total body lift, followed by VASER high definition liposuction of the back, abdomen, flanks, lateral thighs, and fat transfer to the buttocks. This patient demonstrates a jump from a 2 to 9-10 points.

In summary, if you are looking to transform your body because you are unhappy about your appearance, you should consider High Definition Liposuction and Body Contouring. Whether you work out regularly or are too busy to get to the gym, VASER liposuction can help you look your best. After VASER high definition liposuction, you will absolutely fall in love with your body and appreciate your complete transformation every time you stare in the mirror!



High Definition Liposuction Preoperative Markings

Female



Abdominal markings

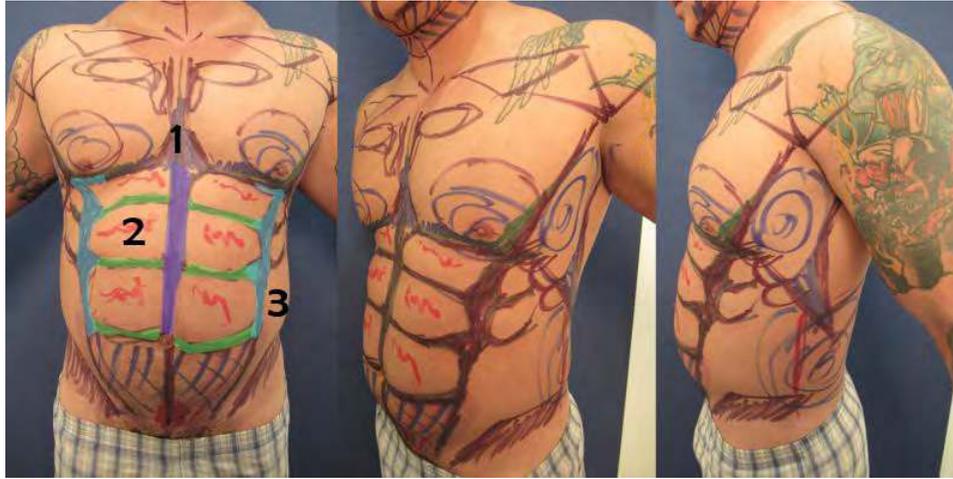
1. Linea alba (more prominent in females)
 - a. Slightly narrower than males
2. InscRIPTIONS (less prominent in females)
 - a. Create 4 packs versus 6 packs in males
 - b. Must create a smooth curved contour with the waistline
3. Semilunaris line
 - a. Curved down from breasts to the pubic area to create an aesthetically pleasing waistline contour.
4. External oblique (Flanks/Love Handles)
 - a. Must be maximally debulked as it defines the female waistline.
5. Lower back
 - a. Central diamond - must core out in females when compared to males
6. Waistline
 - a. Make sure to extend up the back to create a smooth Tilde Curve (~) with the buttocks

Buttocks

- a. Females prefer a smooth, curved appearance compared to the flat, strong appearance in males
- b. Buttock Assessment Tool results determine where fat transfer is required to achieve the ideal buttocks shape



Male



Abdominal markings

1. Linea alba
 - a. Slightly wider than females
2. Inscriptions
 - a. 3 sets instead of 2 for females (6 pack in males versus 4 pack in females)
3. Semilunaris line
 - a. More linear compared to female counterpart
4. Chest
 - a. Must masculinize the male chest; pentagonal shape with strong linear borders, like an Armor Plate
5. External oblique
 - a. Only minimally debulked compared to females to enhance prominence of muscle bulk

Back

- a. Lower back debulk completely
- b. Must create a Buttocks shelf (in comparison to smooth and gentle Tilde curve in females)
- c. Central diamond, cored out in females, but minimally debulked in males

Buttocks

- a. Buttocks shelf desirable (no Tilde Curve) - your pants need to hang off this shelf!

Upper aspect more square; mid buttocks flat (not rounded)



Maximizing Waistline Narrowing

Waistline Narrowing is one of the most popular requested procedures when it comes to women. The narrowing of the waist allows for creation of exaggerated curves, characterized by the Tilde curve “~” turned upright that depicts an optimized female silhouette. Until recently, achieving a dramatically narrower waistline was a difficult task for most surgeons. This was because the fat around the flanks and lower back that must be removed to narrow the waist is very fibrous. In addition, this fat is in three separate layers (superficial, middle, and deep) making it difficult to remove using traditional liposuction techniques.

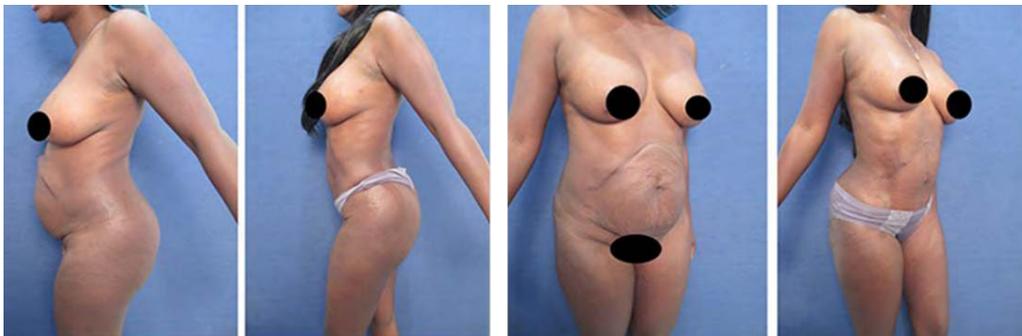
Fortunately, with the advent of VASER technology, all of these layers of fat can be removed comprehensively. With ultrasound assisted VASER liposuction, we can get over 90% reduction in fat volume around the waistline so that your skin retracts up to your muscles; this ability to remove the fat comprehensively makes knowledge of muscle anatomy of the lower back and flanks invaluable.

In addition to narrowing the waist, patients can also tighten any skin redundancy and/or back rolls that may become apparent using minimally invasive Renuvion subdermal coagulation treatments. This minimally invasive skin tightening can be performed simultaneously during your liposculpture procedure. Less frequently, a tucking procedure may be implemented either simultaneously or in a staged fashion to achieve desired results. Waistline narrowing using our high definition protocol will result in a dramatic waistline to buttocks differential that results in aesthetically superior contouring. Finally, strict postoperative protocols using custom fitted compression garments with foam in-lays as well as frequent lymphatic massages in the early postoperative period provided at our surgical centers will ensure maintenance of our optimized waistline narrowing results.

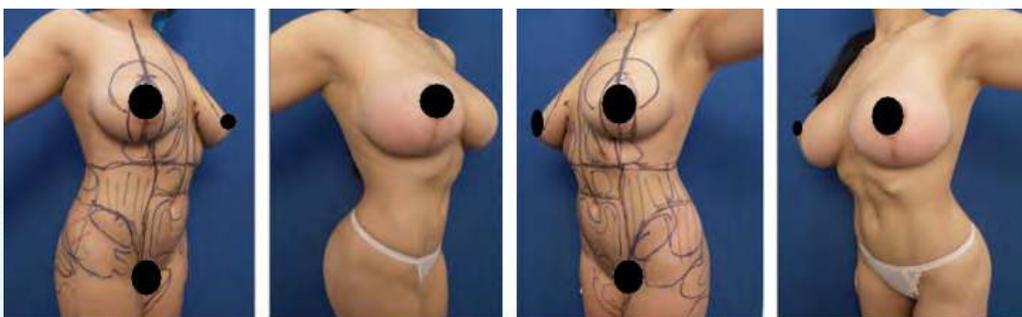




A 38-year-old female 3 months following VASER high definition liposuction of the abdomen, back, flanks, and fat transfer to the buttocks following mini-tucking procedure to achieve waistline narrowing.



A 45-year-old female following simultaneous VASER high definition liposuction of the abdomen, flanks, lower back, upper back, scar revision of the abdomen, abdominal flap advancement, mini tummy tuck, and fat grafting to the breast and buttocks to achieve waistline narrowing.



A 25-year-old female following VASER high definition liposuction of the abdomen, back, medial thigh, and lateral thighs, and fat transfer to the buttocks (BBL), as well as a breast lift with implant augmentation to achieve maximal waistline narrowing.





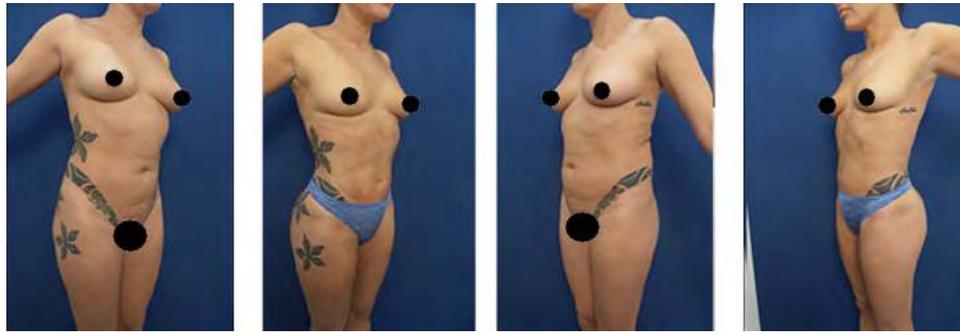
A 27-year-old female demonstrating Waistline Narrowing following a full tummy tuck with muscle plication in the front and Vaser high definition liposuction with Renuvion® skin tightening of the back and flanks as well as fat transfer to the buttocks.



A 43-year-old female showing Waistline Narrowing using VASER high definition liposuction of the medial thighs, flanks, lower back, and abdomen, as well as a mini tummy tuck and BBL.



A 21-year-old female following VASER high definition liposuction of the abdomen, flanks, back, and buttocks reshaping to achieve waistline narrowing.



A 29-year-old female who shows Waistline Narrowing after VASER high definition liposuction of the abdomen, medial thighs, lateral thighs, back, and flanks, as well as a BBL and skin tightening Renuvion technology.



A 39-year-old female who has undergone VASER high definition liposuction of the flanks, lateral thighs, and lower back and breast revision with implant exchange and abdominoplasty to achieve Waistline Narrowing.



A 35-year-old female following VASER high definition liposuction of the abdomen, flanks, lower back, middle back, upper back, fat grafting to the buttock, and breast augmentation.



Ideal Buttock Enhancement

Our patients in the U.S. are starting to shift their focus from the breasts to the buttocks. Desire for the ideal buttocks shape has incentivized physicians to focus on improving techniques to deliver improved buttocks shape and augmented buttocks size. At our surgical centers, we provide every patient the opportunity to choose their ideal buttocks shape and size in order to convey their goals to their surgeons prior to surgery. In addition, we provide a safe approach to buttock fat grafting that utilizes ultrasound assisted fat transfer that minimizes risk of fat emboli. Next, VASER liposuction is used to assure permanent buttock enhancement outcomes. Finally, skin redundancy is addressed to avoid a sagging buttock when necessary.

Buttock Assessment Tool

The Buttock Assessment tool was designed to ensure that patients could clearly communicate both their desired buttock size and shape to their surgeon. Patients have the opportunity to select amongst a multitude of buttock size and shape permutations from both a back view (PA view) as well as from the side (Profile view). Patients are allowed to choose amongst figures that have a constant waistline width but varied buttocks widths ranging over seven sizes. In addition, maximum buttock width position is altered to range from upper to lower maximum fullness with 5 permutations. Finally, buttock projection is varied in size with respect to a constant waist width on profile view ranging over 4 sizes. In addition, maximum projection is altered to range from upper to lower maximum projection with 5 permutations. This tool has served invaluable in helping Dr. Mowlavi hone in the exact buttock style desired. Several trends have been observed that are affected by patient age, ethnicity, and even religion!



Buttock Assessment Tool: Lateral and PA Views



SCUBA – Safe California Ultrasound Assisted Liposuction

Safe California Ultrasound assisted buttock augmentation (SCUBA) allows for the safe transfer of fat by minimizing risk of a potentially detrimental fat emboli. Using our proprietary fat grafting cannula, we are able to directly visualize placement of fat such that entry into the gluteal muscle is avoided. This is because fat emboli have been associated with intramuscular fat grafting of the gluteus muscle. Avoidance of intramuscular fat grafting has been identified as the number 1 risk factor for fat emboli. As such, using our proprietary fat cannula, we are able to avoid any fat graft transfer into the gluteus muscle thus minimizing this potentially detrimental complication.



Superior Harvesting using VASER Technology

Technical advances in fat graft transfer to the buttocks have become possible with VASER technology. Using the VASER liposuction technology, we can harvest 30-40% more fat than when using traditional liposuction techniques. As a result, we can now optimize transfer of fat to the buttocks, coined the Brazilian Buttocks Lift (BBL). In addition, the ability of VASER to cavitate or melt the fat prior to suctioning has allowed increased fat viability of 90% compared to the 60% viability observed with traditional liposuction. The ability to improve harvest volumes and fat transfer viability has opened up the door to numerous patients who previously were not considered good candidates for a Brazilian Buttocks Lift. VASER technology not only allows for fat transfer to the buttocks, but also allows for optimal narrowing of the regions around the buttocks. We treat the buttocks like it is the focal point of a painting and reinforce the importance of shrinking the frame around that painting. We frame the butt by eliminating the bulk of the love handles (i.e. flanks), the central lower back, coined the central diamond, as well as narrowing the medial and lateral thighs. This contrast in surgical objectives regarding tidying up the framework around the buttocks is just as critical as adding to and reshaping the buttocks itself.

Managing Skin Redundancy

The final factor in optimizing buttock enhancement involves managing skin redundancy. For patients with minimal lateral thigh skin redundancy, minimally invasive Renuvion skin tightening can be offered. For patients demonstrating sagging of the buttock cheeks or moderate to severe cellulite of the posterior thighs, then more invasive tucking procedure such as a lateral thigh and buttocks tuck may be necessary.

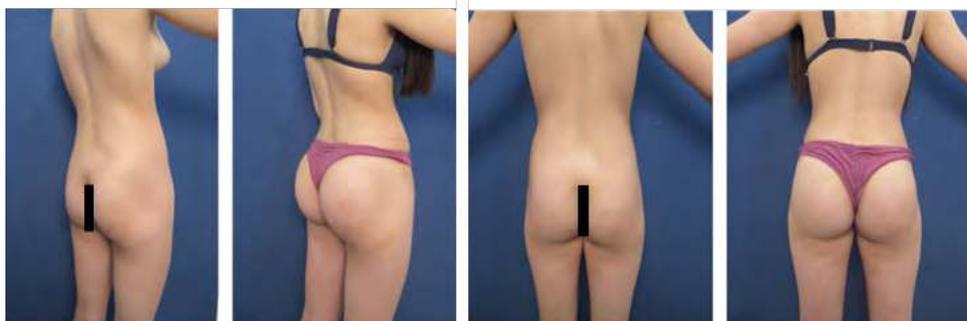
Conclusion

Superior results are only achieved through true artistry in sculpting. Not only are you going to add fat to the buttocks to create shape, but you might actually remove a little fat to contour the buttock cheeks for the best outcome. Furthermore, you must debulk the frame, i.e. the lower back, flanks, and thighs, around the buttocks. In summary, appreciation of aesthetic lines and even gender specific differences will influence ultimate outcomes





A 41-year-old female demonstrates an Ideal Buttocks Shape after VASER high definition liposuction of the back, flanks, and fat grafting to the buttocks as well as a lateral thigh and buttocks tuck.



A female patient 3 months following VASER high definition liposuction of flanks, and buttocks augmentation to achieve an Ideal Buttocks Shape.



A 27-year-old female who shows an Ideal Buttocks Shape after she has undergone Brazillian buttocks augmentation following harvesting of fat from the abdomen, back, flanks, and medial thighs.





A 31-year-old female following VASER high definition liposuction of the belly, thighs, fat grafting to the breast and buttocks, Renuvion of the thighs, back and butt to achieve ideal buttocks shape.



A 22-year-old female following BBL and VASER high definition liposuction of abdomen, flanks, and lateral and medial thighs to achieve ideal buttocks shape.



A 23-year-old female with an Ideal Buttocks Shape following VASER high definition liposuction of the abdomen, flanks, and fat grafting to the buttocks.





A 28-year-old following a breast augmentation, BBL and VASER high definition liposuction of the abdomen, back, and flanks to achieve ideal buttocks shape.

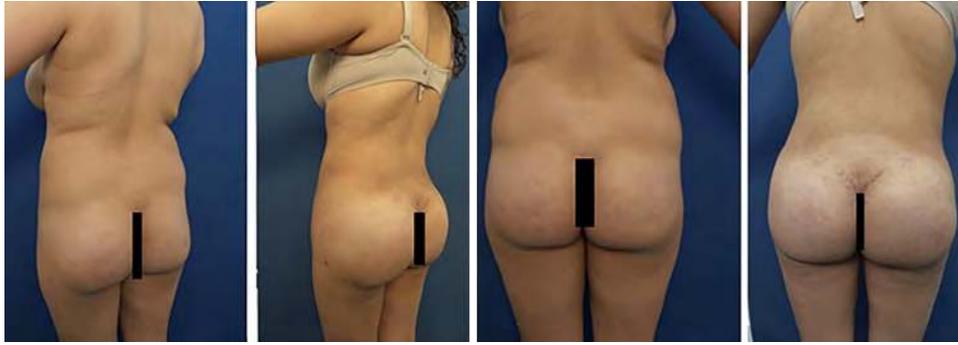


A 37-year-old female following a BBL and VASER high definition liposuction of the abdomen, back and flanks to achieve ideal buttocks shape.



A 29-year-old female following lateral thigh and buttock tuck and VASER high definition liposuction of the lower back and flanks to achieve ideal buttocks shape.





A 21-year-old female following VASER high definition liposuction of the upper and lower back, flanks, lower lateral thighs, and fat grafting to the lateral buttocks and lateral hips as well as buttocks implant augmentation to create an Ideal Buttocks Shape.



A 38-year-old female that shows an Ideal Buttocks Shape following VASER high definition liposuction of the abdomen, back, flanks, and BBL following mini-tucking procedure.





A 29-year-old female following high definition liposuction of the abdomen, medial thighs, lateral thighs, back, and flanks, as well as a BBL using VASER technology and skin tightening Renuvion technology to create an Ideal Buttocks Shape.

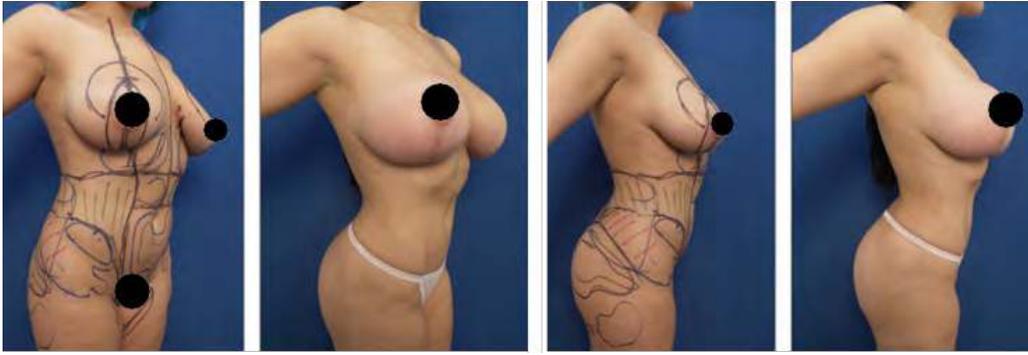


A 35-year-old female following VASER high definition liposuction of the abdomen, flanks, back and BBL to achieve ideal buttocks shape.



A 27-year-old female demonstrating an Ideal Buttocks Shape VASER high definition liposuction of the medial thighs, abdomen, back, flanks, lateral thighs, and fat transfer to the buttocks (BBL).





A 25-year-old female following VASER high definition liposuction of the abdomen, back, medial thigh, and lateral thighs, and fat transfer to the buttocks (BBL) to achieve ideal buttocks shape.



Abdominal Etching

Using VASER technology, we can now remove fat from the abdomen comprehensively. This means removing not only the deep fat which was the limit of traditional liposuction, but also the superficial fat that we previously had to leave behind. Patients can choose to be chiseled as desired by most men or to look lean as desired by most women. The abdomen can now be contoured to your desired look. Surgical times can vary and require 1.5 hours to get you to a toned look and an additional hour to make you chiseled. If scarring is present from prior liposuction attempts even longer operative times should be expected.

Detailed knowledge of abdominal muscles allows experienced surgeons to give you “jaw dropping” results. Abdominal etching requires artistry and surgical precision. In fact, it is not simply comprehensive fat removal that allows your sculptor to get dramatic results, but selective removal that makes the muscle highlights apparent. Specifically, selective fat removal allows the 3-Dimensional contour of the muscles to come to life.



A 44-year-old male showing Abdominal Etching following VASER high definition liposuction of the abdomen, flanks, lower back, chest, mini abdominoplasty and Renuvion skin tightening of the flanks.





A 23-year-old female following VASER liposuction to achieve abdominal and back etching.



A 39-year-old male following VASER high definition liposuction of abdomen, chest, and flanks to show Abdominal Etching



A 34-year-old male demonstrating Abdominal Etching following VASER high definition liposuction of the abdomen, lateral chest, pubic region, flanks, and fat grafting to the chest.



A 54-year-old female following VASER high definition liposuction of the abdomen, flanks, chest, and mini tummy tuck to achieve Abdominal Etching

By removing both the superficial and deep layers we are able to appreciate the underlying muscle anatomy of your abdomen, that defines abdominal etching. Removal of the fat selectively allows for superior sculpting of the abdomen to achieve a six pack in men and a four pack in women. Specifically, abdominal etching includes defining the lateral abdominal line (called the semilunaris line), the vertical midline (called the linea alba), as well as the horizontal lines (called the inscriptions) utilizing comprehensive fat removal. In contrast, selective fat removal will be implemented over the apex of the muscles to create a 3-Dimensional construct that reveals muscle highlights. Ancillary muscle groups may also require sculpting such as the serratus muscle and the external oblique muscle depending on the look desired.

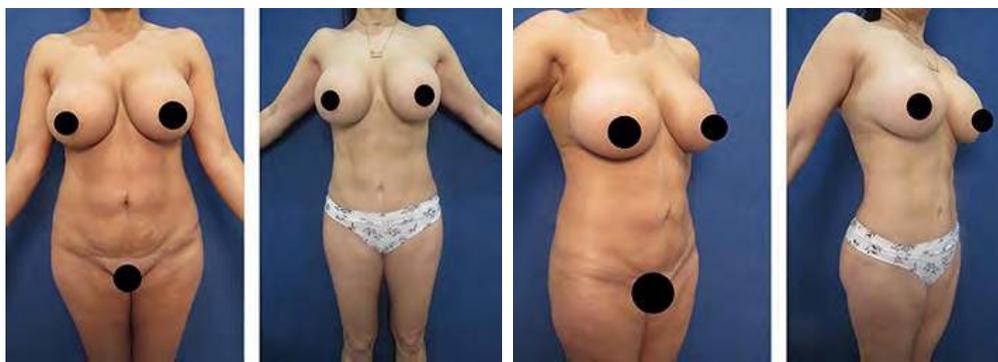


A 31-year-old male following VASER high definition liposuction of the chest, lower back, flanks, abdomen, fat grafting to the buttock, deltoid region and chest, and a mini tummy tuck to achieve Abdominal Etching.

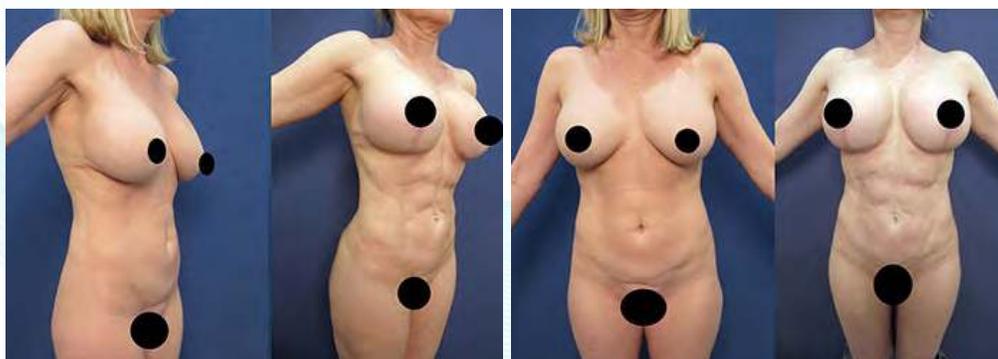




30-year-old male following Abdominal Etching with high definition ultrasound assisted liposuction and RENUVION skin tightening.



A 46-year-old female following VASER high definition liposuction of the arms, axilla, upper and lower back, flanks, and abdomen to achieve Abdominal Etching.



A 53-year-old female following VASER high definition liposuction of abdomen, back, flanks, medial thighs, and lateral thighs, as well as breast lift and implant exchange with silicone implants to achieve Abdominal Etching.

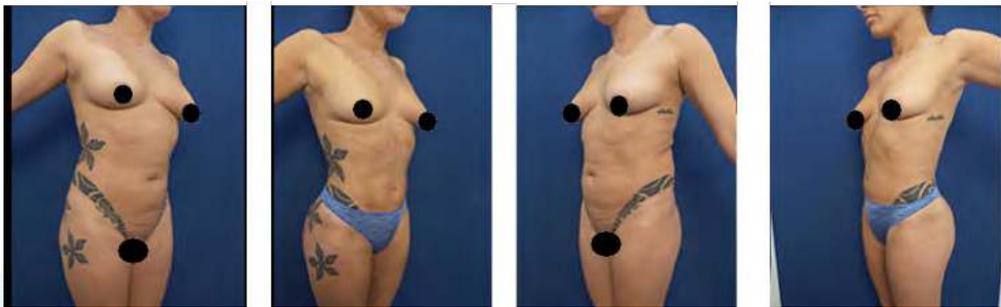




36-year-old patient following VASER high definition liposuction of the abdomen, chest, arms, flank, and armpits to achieve Abdominal Etching.



A 37-year-old male following VASER high definition liposuction of the flanks and abdomen to achieve Abdominal Etching.



29-year-old female following VASER high definition liposuction of the abdomen, medial thighs, lateral thighs, back, and flanks, as well as a BBL and skin tightening using Renuvion technology to achieve Abdominal Etching.



Back Contouring

Back contouring refers to improving the overall aesthetics of your backside. In order to achieve optimum contour, knowledge of back aesthetics is crucial.

One of the keys to back contouring is the narrowing of the waistline achieved through the removal of fat in the love handles and flank region. Removal of this fat is really difficult with traditional liposuction techniques because this fat is very fibrotic. Additionally, the fat in the flank region is comprised of a superficial, middle, and deep fat layer rather than just superficial and deep fat layers found over the rest of the body. In particular, the middle and superficial fat layers of the back are very fibrous and tethered by retaining ligaments that make fat removal difficult with traditional techniques. Fortunately, 90+% of this fat can be removable with VASER ultrasound assisted liposuction.

Creation of an exaggerated back arch characterized by the Tilde curve “~” is critical to achieving aesthetically optimal outcomes. Please review back curves created in patients presented below to appreciate the transformations possible using the “Tilde” curve guide on the right:

Finally, superior back contouring requires management of upper, middle and lower back skin redundancy. When present, skin redundancy can cause “back rolls” that may compromise aesthetic results. Fortunately, VASER liposuction alone usually creates enough retraction of the skin to eliminate minimal to moderate skin redundancy. If moderate skin redundancy is present, Renuvion subdermal coagulation can be used to further tighten skin and eliminate back rolls. In the case of more extensive skin redundancy, an upper body lift and/or lateral thigh tuck, buttocks tuck, or even a lower body lift (circumferential tuck) may be required.





A 26-year-old female (Left) and a 23-year-old female (Right) following VASER high definition liposuction of the back and fat transfer to the buttocks (BBL). Please appreciate the “Tilde” curve created along the back arch of these patients.



A 35-year-old female following VASER high definition liposuction of the back, flanks, lateral thighs, and buttocks reshaping to achieve optimal back contouring.





A 38-year-old female 3 months following VASER high definition liposuction of the abdomen, back, flanks, and fat transfer to the buttocks. Please appreciate the created "Tilde" curves.



A 21-year-old female following high definition liposuction of the upper and lower back, flanks, lower lateral thighs, and fat grafting to the lateral buttocks and lateral hips and buttocks implant augmentation to achieve optimal back contouring.



A 29-year-old female demonstrating optimized Back Contouring following liposuction of the abdomen, medial thighs, lateral thighs, back, and flanks, as well as a BBL using VASER technology and skin tightening Renuvion technology.



A 21-year-old female 3 months following VASER liposuction of the abdomen, arms, back, and thighs, as well as a BBL to achieve optimal back contouring.



A 41-year-old female after high definition liposuction of the upper back, lower back, flanks, and fat grafting to the buttocks as well as lateral thigh and buttocks tuck to achieve optimal back contouring.





A 61-year-old female following HD liposuction of the back, lateral thighs, Renuvion skin tightening and fat grafting to the buttocks to achieve optimal back contouring.



A 51-year-old female that shows optimal Back Contouring results following mini abdominoplasty, high definition liposuction of the back, flanks, abdomen, medial thighs, and arms, as well as fat grafting to the buttocks.



Chin and Neck Contouring

With improved medical science, patients are living longer and demanding rejuvenation procedures at an older age. Until recently, the only option for neck rejuvenation was a face and neck lift. However, older patients often want to avoid more invasive procedures requiring general anesthesia. A second, younger patient population also wishes to avoid surgical intervention. For these patients, avoiding the stigma of a surgical incision line is a high priority.

Fortunately, combining VASER liposuction with Renuvion skin tightening has revolutionized the rejuvenation industry by providing a minimally invasive option to neck and jawline contouring for these two patient populations. First, VASER liposuction is used strategically by your surgeon to remove any excess fat in the submental region and undermine the entire neck and chin region. Then, Renuvion is used to tighten the redundant skin of the overlying neck skin using subdermal coagulation technology.

Chin and neck contouring can now be definitively performed using minimally invasive techniques. We can now routinely achieve 70% of the results of a traditional neck lift without having to put patients under general anesthesia or having to perform invasive surgeries with the stigma of surgical incision lines. In addition, this procedure is minimally invasive and much quicker than a traditional neck lift since the neck rejuvenation procedure can be performed in less than half an hour. Finally, the recovery period for high definition, minimally invasive neck contouring is much more tolerable when compared to the traditional neck lift alternative. Of note, patients undergoing chin and neck contouring also have the opportunity to improve the sun damaged and aging changes in the facial skin texture. This is because Renuvion technology allows for ablative skin resurfacing of the face. In summary, both your face and neck can now be simultaneously treated!





A 50-year-old female following VASER high definition liposuction and Renuvion subdermal coagulation of the chin and neck.



A 33-year-old female status following VASER high definition liposuction and Renuvion skin tightening of the chin and neck to correct a PAH deformity.



A 49-year-old female following VASER high definition Liposuction and Renuvion skin tightenin of submental and jowl region to achieve chin and neck contouring.



A 59-year old female 1 month following Renuvion facial ablative resurfacing and subdermal coagulation of the neck to achieve improved facial skin texture and chin and neck skin tightening, respectively.



A 53-year old female before, 4 weeks after and 1 year after minimally invasive facial rejuvenation using lower blepharoplasty, Renuvion ablative skin resurfacing of the cheeks, and facial fat grafting.



High Definition Arms

High definition sculpting goals of the arms varies between men and women. High definition arm contouring requires emphasizing masculinity for men, as defined by strong biceps, prominent deltoids, and bulky triceps on the back side of the arm. Men desire a “Popeye” looking arm with bulky muscles and strong definition. In contrast, women want a sleek looking arm with light definition, achieved with elimination of all underarm fat and skin redundancy.

Whereas traditional liposuction could be used to remove underarm fat, it could not be used to sculpt the muscles, for example, by defining the anterior and posterior deltoid grooves. VASER technology now allows us to optimize arm contouring by providing the ability to create high definition arm results. Using VASER technology we have advanced liposuction regimens to treat the arms circumferentially and to define the deltoids, biceps, and triceps. Muscle girth is also maximized by utilizing strategic fat grafting techniques to add volume to the deltoids, biceps, and triceps. It is critical for your surgeon to have an intimate knowledge of muscle anatomy when performing high definition arm contouring.

The addition of Renuvion skin tightening technology allows us to treat the excess skin of the under arms yet avoid potentially unattractive incision line scars associated with traditional brachioplasty. Before Renuvion technology, most arm contouring patients were in their 40-60-year range, but now we are able to offer both older and younger patients arm contouring options that avoid the surgical incision lines of a brachioplasty, i.e. arm tucking procedure. Older patients may not want invasive surgery, but they don't want the stigma of saggy grandma arms! Similarly, younger patients desire lean looking arms, but want they want to avoid surgical incision lines for these patients. Surgical incision lines and potential arm scars will make wearing short sleeve shirts inconvenient.





A 43-year-old male following VASER high definition liposuction of the arms as demonstrated by etched out anterior deltoid groove.



A 47-year-old female 3 months following VASER high definition liposuction of the arms, as seen by the defined anterior deltoid groove.



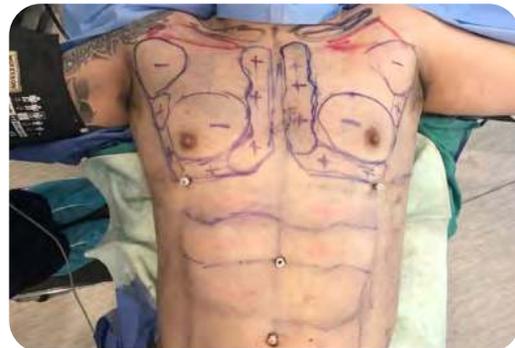
A 57-year-old female following VASER high definition liposuction and Renuvion skin tightening of the arms demonstrating elimination of under arm fat and skin redundancy with no surgical tucking.



Optimized Chest Appearance

In order to achieve high definition contouring of the male chest, we utilize a two-step approach during surgery. First, we strategically remove the breast mammary tissues. This surgery requires either liposuction or direct excision of the firmer disc of mammary tissues located under the nipple and areola. This firm disc like tissue is actually the male version of the female mammary glands which cannot always be removed with liposuction alone. The second component of chest contouring includes both liposuction of and fat transfer to selected areas that will create the necessary contour changes to give a sculpted and defined armor plate look that is desired in males.

Intraoperative view demonstrating areas of debulking denoted by “-” and areas of fat transfer denoted by “+”.



To attain high definition contouring of the chest wall, we have to appreciate a patient's muscular and bony chest anatomy. The major muscle groups include the pectoralis muscle, which creates the bulk of central chest fullness, as well as the latissimus muscle and the serratus anterior muscles. The latissimus muscle creates the most lateral border creating a shield like border; the latissimus is bordered medially by rib cartilages and smaller interdigitating serratus muscles.

To achieve the armor plate appearance that is indicative of a masculine appearance, several factor must be established. First, the chest borders must be made bold and linear. This requires a pentagonal appearance as demonstrated above by fat grafting the borders as indicated by the “+” sign. This will create central pillars that are bordering the midline vertical sternal line. In addition, creating a linear lower border just above the inframammary crease is imperative to make the lower border of the armor plate appearance as indicated by the “+” sign. Finally, the central chest around and under the nipple and areola as well as the anterior axilla (near the origin of the arm) must be flattened as indicated by the “-” sign. Flattening of this region will eliminate the rounded appearance that is associated with a feminized chest appearance.



A 31-year-old male following VASER high definition liposuction of the abdomen, lateral chest, flanks and back as well as fat grafting to the chest and deltoids to achieve an optimized squared chest appearance.



A 42-year-old male following gynecomastia repair to defeminize his breasts and achieve a flat chest that was the standard of male breast surgery prior to the age of abdominal etching and the newly desired masculinized chest.



A 34-year-old male following VASER high definition liposuction of the abdomen, lateral chest, pubic region, flanks, and fat grafting to the breasts to masculinize his chest appearance.



Scarless Skin Tightening

Scarless skin tightening™ refers to the ability to tighten the skin without the need for cutting. High definition liposuction attempts to provide transformative body contouring improvements as indicative of superior outcomes that were not previously feasible when patients presented with skin redundancy.

Using the High Definition Liposuction (HDL) Grading Scale, patients are scored based on the degree of 1) excess fat 2) redundant skin, and 3) skin texture changes. High definition liposuction surgical plans attempt to transform patients to a near perfect 9 or 10 regardless of their initial HDL scale point value! Whereas removal of fat could be accomplished with VASER liposuction, management of skin redundancy remained an unsurmountable obstacle until recently. Today, patients with redundant skin can be offered a minimally invasive skin tightening procedure thus avoiding the need for surgical excision and potential scarring.

Skin redundancy is a definite concern for High Definition Liposuction surgeons since VASER liposuction is more aggressive in removing fat than traditional liposuction. Intuitively when you remove more fat, you will be left with more skin! This is a bigger concern in older patients desiring body contouring. After the age of 45, skin can lose elasticity (meaning its recoil potential) as levels of the recoil protein “elastin” become depleted. Traditionally skin tightening has required surgical cutting out of redundant skin. However, the advent of Renuvion skin tightening now allows for elimination of minimal to moderate skin redundancy without the need for surgical incisions and potential scars. Renuvion is able to heat up the collagen in your skin to tighten it (called subdermal coagulation), like shrink-wrap. When HD VASER liposuction is coupled with Renuvion technology, several concern areas that were previously untreatable can now be treated optimally. Please make a consultation with one of our High Definition Liposuction surgeons to appreciate the improvements that you could expect.





A 57-year-old female following VASER high definition liposuction and Renuvion Scarless Skin Tightening of the arms with no surgical tucking.



A 28-year-old female following VASER HD liposuction of the abdomen, flanks, lateral thighs, and lower back, coupled with Renuvion skin tightening of the flanks to eliminate back rolls.



A 65-year-old female following VASER high definition liposuction of the abdomen, medial and lateral thighs, flanks, and lower back with Renuvion skin tightening of the thighs demonstrating significant reduction of cellulite appearance.





A 60-year-old female following VASER high definition liposuction to the abdomen, back, flanks and BBL and Scarless Skin Tightening using Renuvion technology.



Revision of Body Contouring Complications

Traditional liposuction results have been plagued by limitations in degree of fat removal. Universally, the fat under the skin is divided into two layers, the superficial and deep planes. The superficial fat is located just beneath the skin and held in a fibrous network made up of structural supportive pillars called retaining ligament; this layer is not amenable to reduction using traditional liposuction techniques because the retaining ligaments do not allow for the entry and free movement of the fat removing cannulas. In contrast, the deep fat is located just above the muscles and under the superficial fat above and is held in a loose “areolar” plane that is void of tight structural fibrous network; this layer only is amenable to fat removal using traditional liposuction techniques as it allows for the entry and free movement of the fat removing cannulas.

There are several known reasons for observed complications involving contour irregularity. The first is caused by the novice liposuction practitioner who is not able to completely eliminate the deep fat layer. This usually results in a wavy or asymmetric appearance in body contour caused by removing more of the deep fat from one side than the other. The second is caused by the cavalier surgeon, who tries to push the threshold of traditional liposuction by attempting to remove superficial fat. Unfortunately, the solid cannulas cannot uniformly penetrate this layer due to the retaining ligament pillars discussed above, and thus divots are created. This botched result often occurs over the abdomen and has been termed the “checker board” abdomen which is riddled with extensive divots throughout.



A 35-year-old female after VASER high definition liposuction of the abdomen, flanks, back and BBL.



In contrast, VASER liposuction allows for use of an ultrasound probe that emulsifies the fat into a liquid form in both the deep but as well as the superficial layer; once in a liquid form, the fat can be drained comprehensively from both the superficial as well as the deep layers. Since both layers can be comprehensively removed, VASER technology is the only modality that allows for revision of all contour irregularities regardless of whether the deformities involved inappropriate or uneven removal of deep and/or superficial fat layers.

In addition, the ultrasound power of the VASER probe is the ONLY technology that allows for removal of any and all scar tissue that have formed from prior liposuction procedures. Creation of scar tissue has become most evident in a contour deformity, termed paradoxical adipose hyperplasia (PAH), that has been observed in cryotherapy (CoolSculpting) patients. Patients that undergo Cool Sculpting end up freezing the superficial layer of fat which can improve your contour. Unfortunately, if weight gain occurs after the procedure, patients may notice growth of fat bulges in the areas of cryo treatment, coined PAH. The only viable solution for these patients is to use VASER liposuction to remove not only any residual superficial fat, but also subsequent scar tissue and all of the deep fat so that it cannot regrow and bulge out again. Moreover, any residual skin redundancy or irregularity observed after removal of the fat from the above bulges can be corrected using the Renuvion skin tightening tool. If you have undergone a botched liposuction procedure, we encourage you to make a consultation with one of our specialists to see how VASER high definition liposuction can help you definitively correct your deformities and regain your outer beauty.



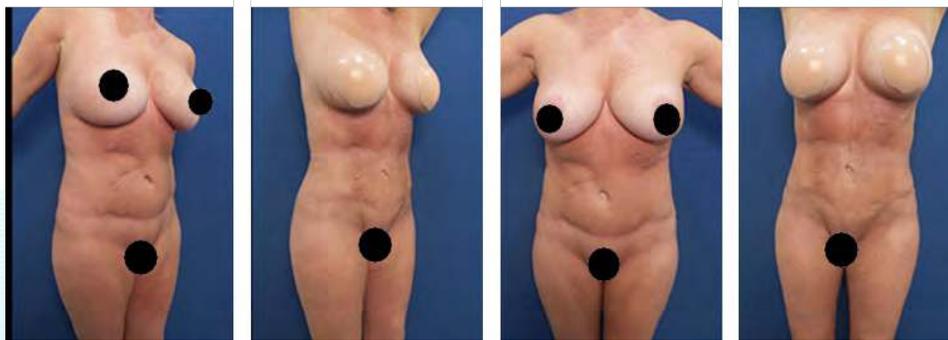
A 44-year-old female following VASER high definition liposuction of the abdomen, flanks, back and BBL, and Renuvion skin tightening with a full tummy tuck to complete her HD body contouring revision.



A 53-year-old male after VASER high definition liposuction of the lower back, abdomen and flanks to correct PAH deformity.



A 63-year-old female following VASER high definition liposuction of the abdomen, flanks, upper back, lower back, and lateral thighs, full abdominoplasty with muscle plication, as well as breast lift with implants and BBL with fat grafting to the buttocks to correct prior contour deformities.

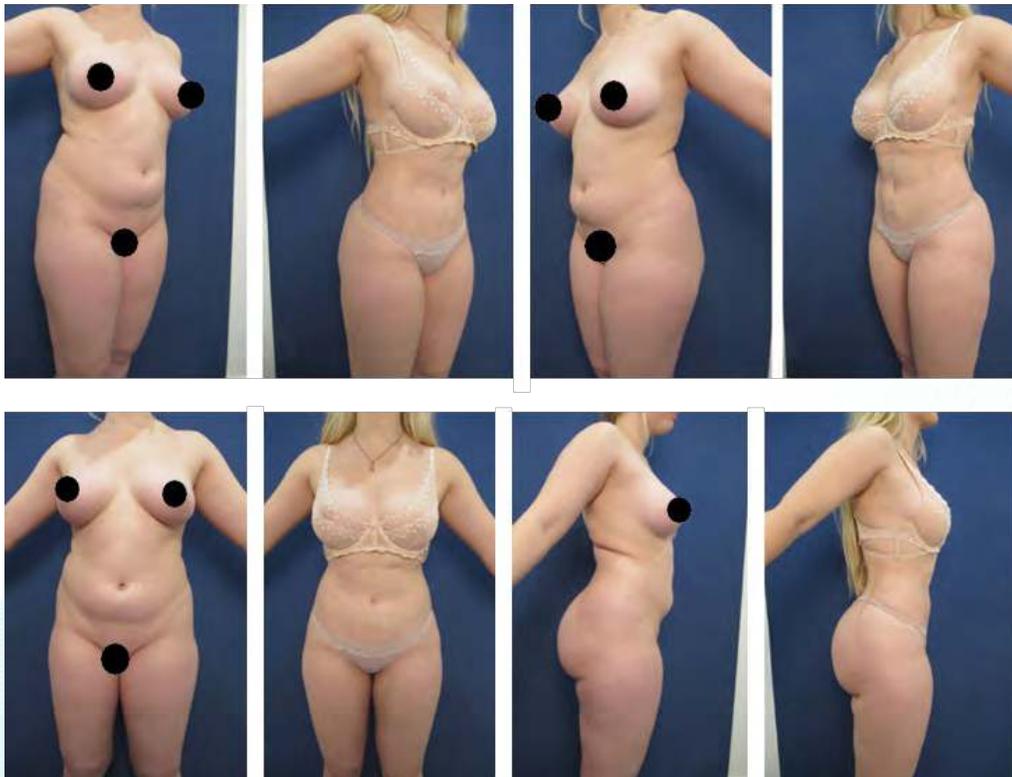


A 49-year-old female following VASER high definition used to correct contour irregularities created from prior contouring procedures.





A 49-year-old female following VASER high definition liposuction of the abdomen, flanks, back, BBL, breast lift with implant replacement, mini tummy tuck and Renuvion skin tightening to correct various contour irregularities from prior surgery.



A 21-year-old female following VASER high definition liposuction to treat contour irregularities of the abdomen and flanks.

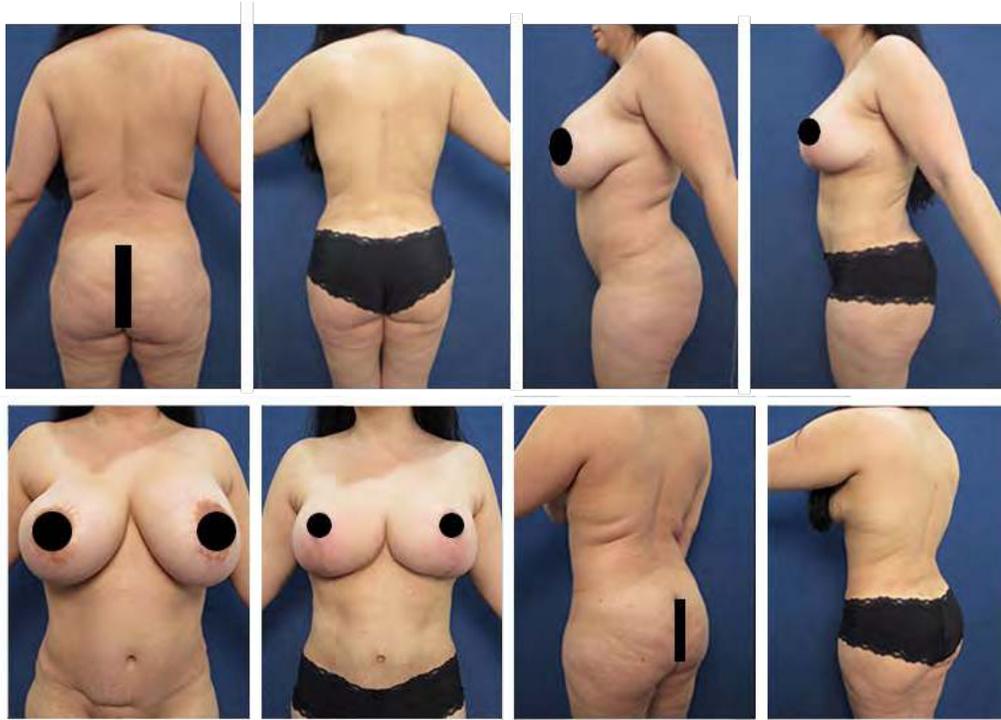


Before and After Gallery: 360 Body Contouring



A 23-year-old female following VASER high definition liposuction of the abdomen and flanks. The patient demonstrates a jump from 8 to 9-10 points.

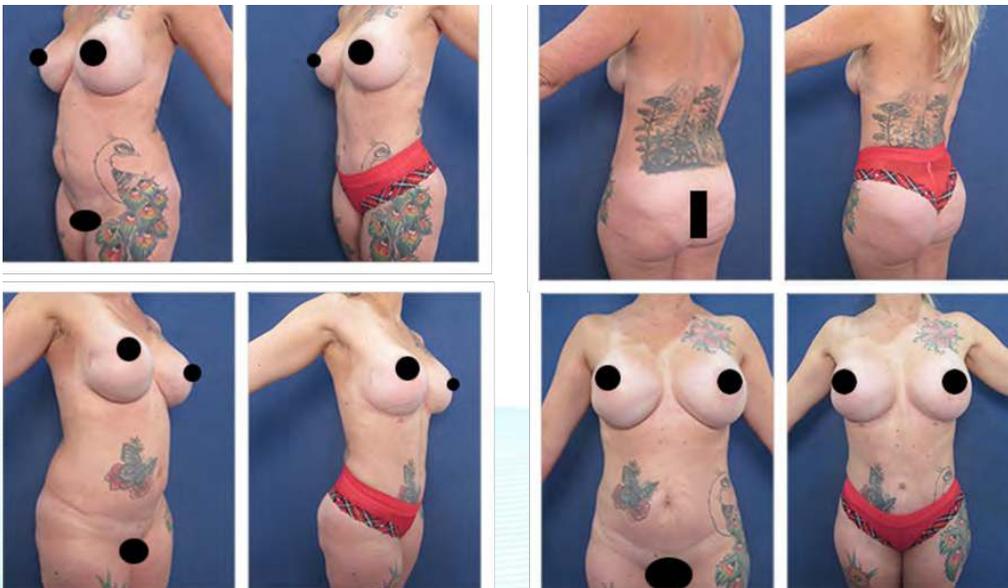




A 39-year-old female following VASER high definition liposuction of the back, flanks, abdominoplasty and bilateral breast lift and implant augmentation. The patient demonstrates a jump from 7 to 9-10 points in the back and a 3 to 7-8 points in the front.



A 62-year-old female following VASER liposuction and Renuvion skin tightening of the abdomen, back and flanks. The patient demonstrates a jump from 6 to 9-10 points.

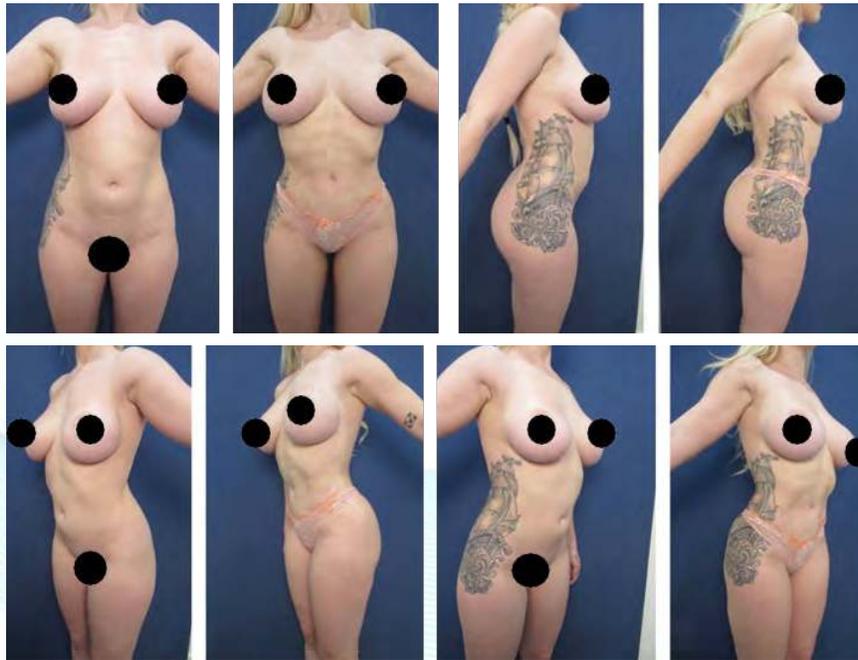


A 43-year-old female following VASER liposuction and Renuvion of abdomen, thighs, flanks, back, fat grafting to the buttocks, and mini tummy tuck and bilateral breast reconstruction revision. This patient demonstrates a jump from a 5 to 9-10 points



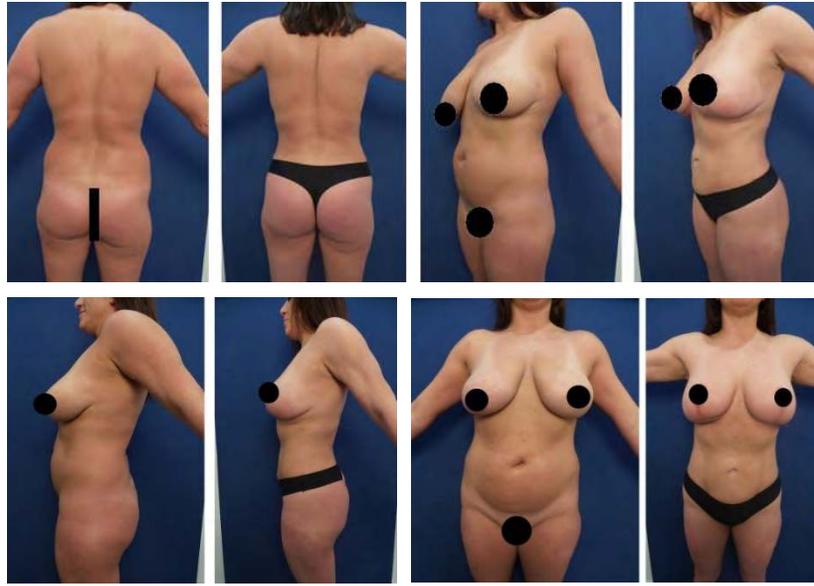


A 42-year-old female following a mini tummy tuck, VASER high definition liposuction and Renuvion skin tightening and BBL. The patient demonstrates a jump from 5 to 9-10 in the front and from a 7 to 9-10 points in the back.

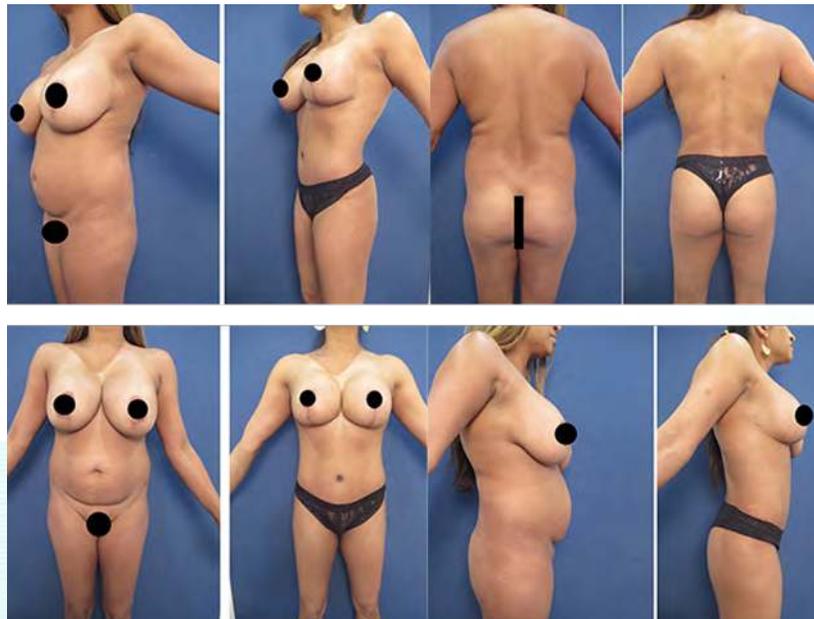


A 23-year-old female following VASER high definition liposuction of the abdomen, flanks, thighs, back, and BBL. This patient demonstrates a jump from 8 to 9-10 points.





A 33-year-old female following VASER high definition liposuction of the abdomen, back, flanks, medial and lateral thighs, and fat transfer to buttocks, and mini tummy tuck. This patient demonstrates a jump from 5 to 9-10 points in the front and from 7 to 9-10 points in the back.

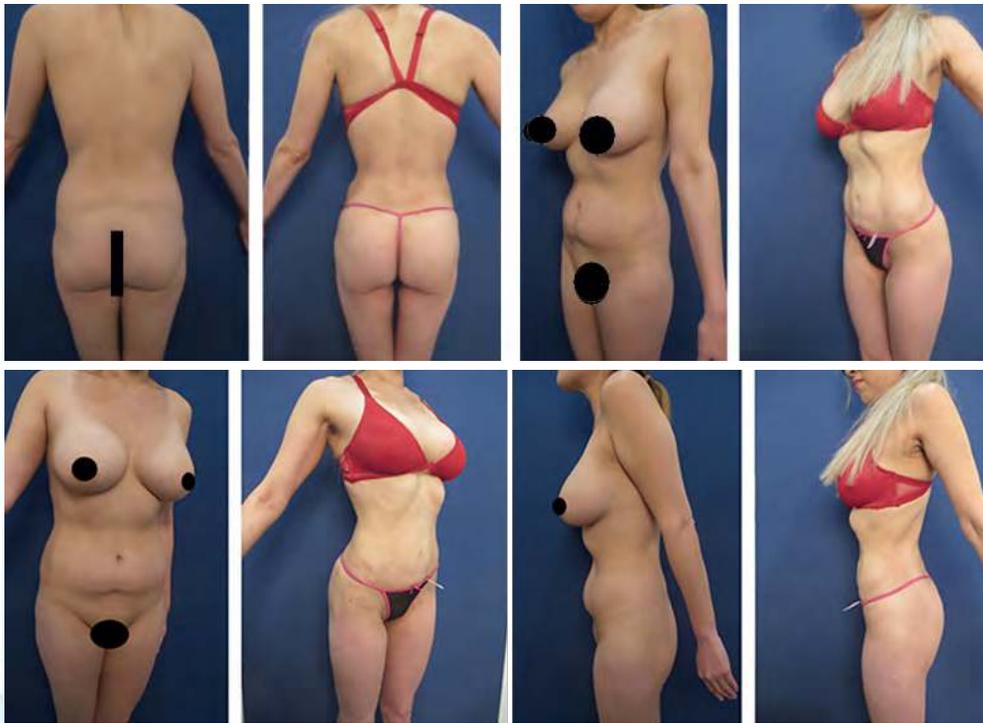


A 39-year-old female following VASER high definition liposuction of the flanks, lateral thighs, and lower back and breast revision and abdominoplasty. The patient demonstrates a jump from 5 to 9-10 points in the front and 7 to 9-10 points in the back.



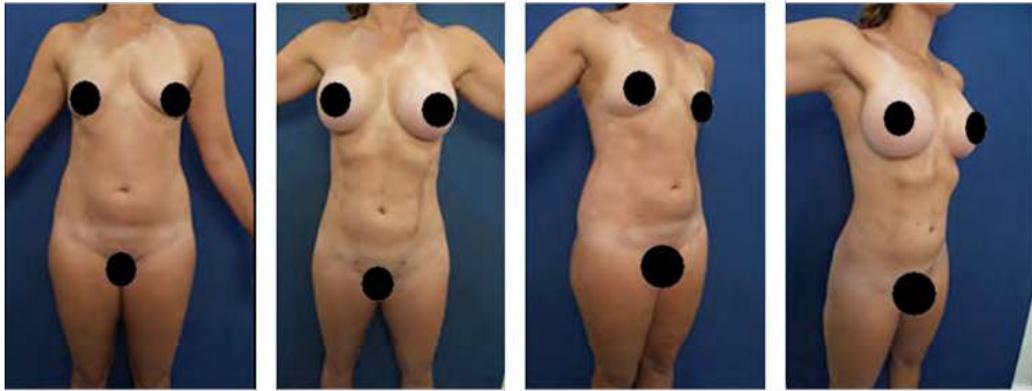


A 26-year-old female following VASER high definition liposuction of the upper back, mid back, lower back, flanks, lateral thighs, and fat grafting to the buttocks. The patient demonstrates a jump from 7 to 9-10 points.

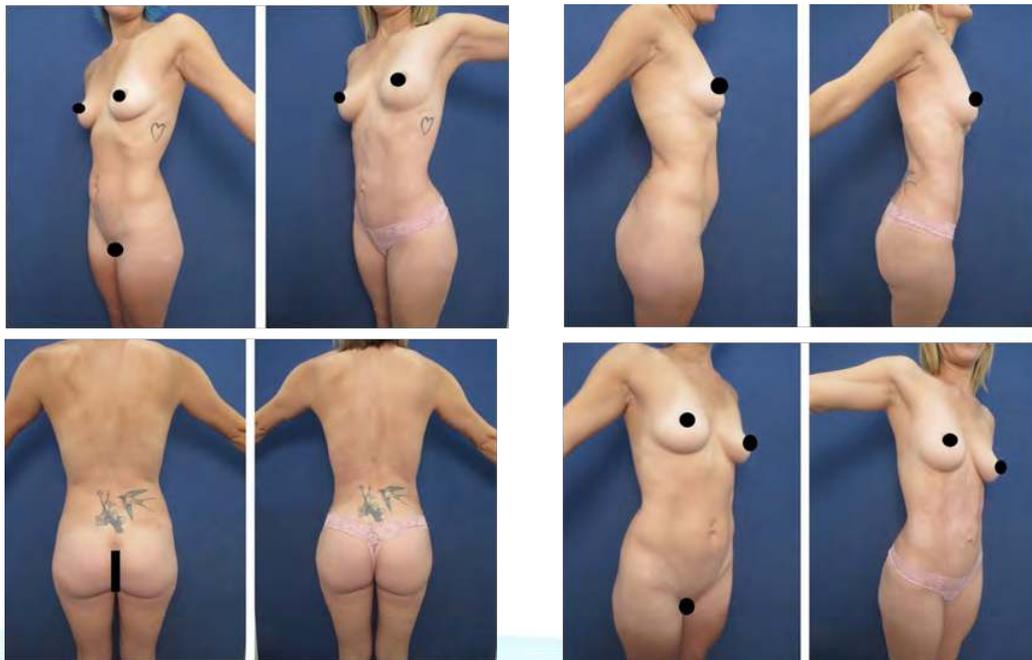


A 26-year-old female following VASER high definition liposuction of the medial and lateral thighs, upper and lower back, and abdomen to transform her body. The patient demonstrates a jump from 8 to 9-10 points.





A 31-year-old female following VASER high definition liposuction of the abdomen, back, flanks, medial and lateral thighs, and fat transfer to buttocks, and bilateral breast augmentation with silicone implants. The patient demonstrates a jump from 8 to 9-10 points.



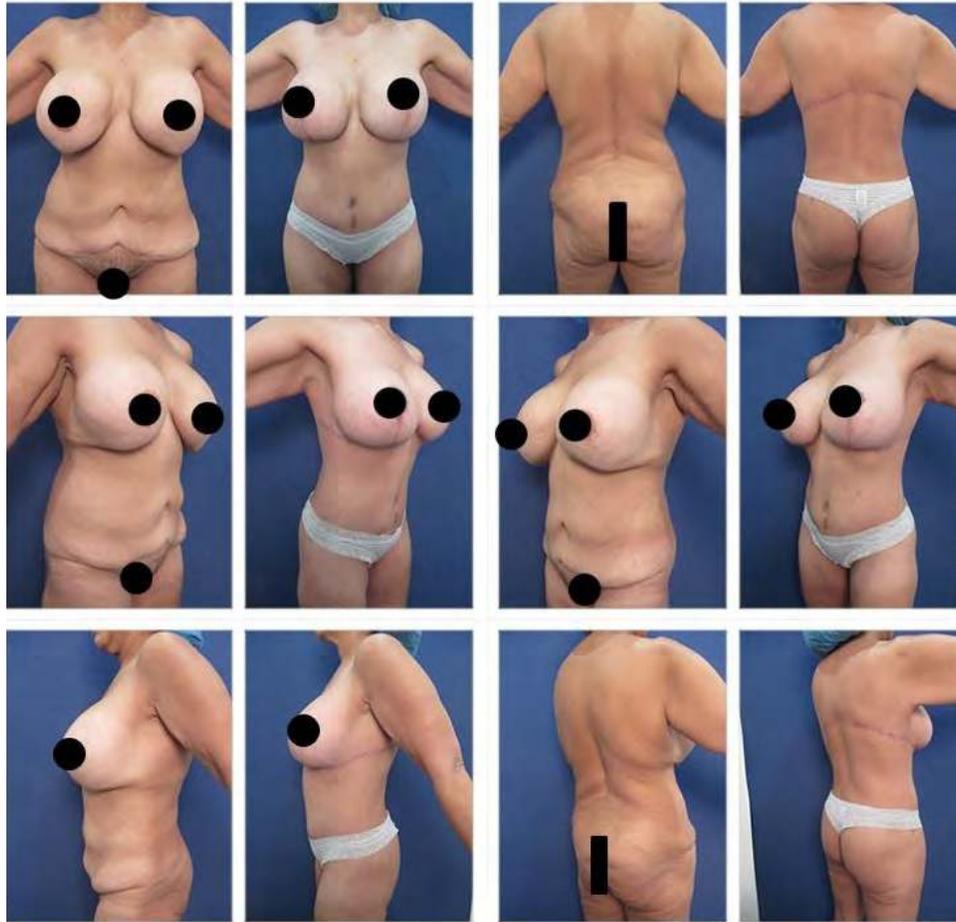
A 37-year-old female following high definition liposuction of the medial thighs, abdomen, back, flanks, lateral thighs, and fat transfer BBL and a mini tummy tuck. The patient demonstrates a jump from 5 to 9-10 points in the front and an 8 to 9-10 points in the back.





A 37-year-old female following VASER high definition liposuction of the abdomen, arms, neck, medial thighs, lateral thighs, pubic region, flanks, back, lateral chest, pubic mound, BBL, and breast lift. The patient demonstrates a jump from 7 to 9-10 points.





A 51-year-old VASER liposuction of flanks, lower back, middle back, upper back, abdominoplasty with muscle plication, upper body lift, lower body lift, and bilateral breast surgery, BBL. The patient demonstrates a jump from 3 to 7-8 points in the front and a 5 to 9-10 points in the back.



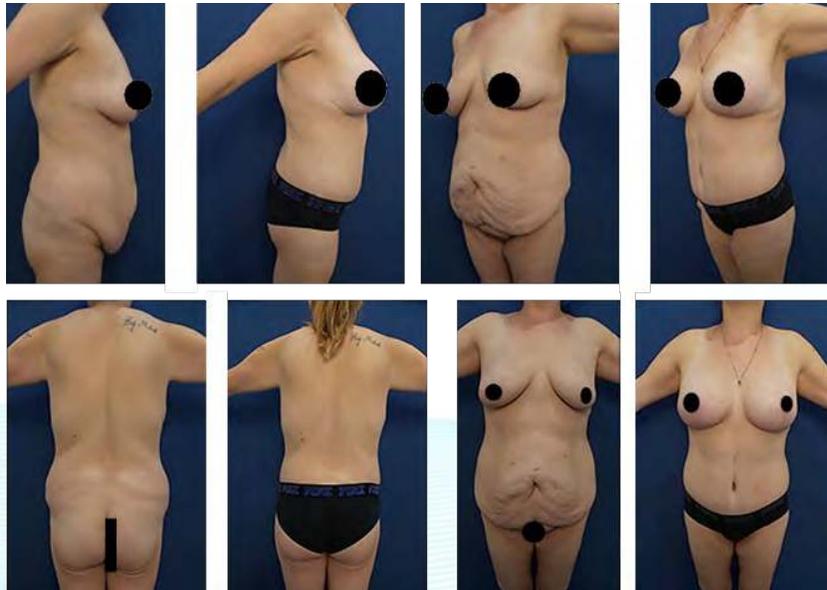


A 27-year-old female following a full tummy tuck and VASER high definition liposuction to the middle and lower back, flanks, and BBL. This patient demonstrates a jump from a 4 to a 7-8 in the front and a 6 in the back to 9-10 points.





A 35-year-old female following high definition VASER high definition liposuction of the flanks, lower back, upper back, fat grafting to the buttocks, (BBL), and abdominoplasty with muscle plication. This patient demonstrates a jump from a 3 to a 7-8 in the front and a 6 in the back to 9-10 points.



A 35-year-old female following extended tummy tuck and lateral thigh and buttocks tuck, bilateral breast lift and augmentation, VASER liposuction of the flanks and lower back and BBL. This patient demonstrates a jump from a 2 to a 7-8 in the front and a 6 in the back to 9-10 points.



Full Spectrum High Definition Liposuction Center

To ensure optimum high definition liposuction results, it is critical to choose a surgeon that offers a full spectrum high definition liposuction body contouring center. Cosmetic Plastic Surgery Institute (CPSI), founded by Dr. Arian Mowlavi, offers state of the art equipment such as the edition Renuvion skin tightening and ablative machine as well as two 3rd generation VASER liposuction towers. The Operating Room has been certified by the state for over 15 years and provides a safe operative and postoperative recovery center. In addition, the center must provide an experienced patient coordinator who can guide you through this journey. At CPSI, we have designed a comprehensive step by step program that will ensure a seamless journey. This program is called the Perfect Change Program, and will help you:

- ✓ Learn how to prepare for surgery and minimize preoperative anxiety
- ✓ Learn how to optimize your healing ability with preoperative nutrition
- ✓ Learn how we avoid operative and postoperative anesthesia nausea and grogginess
- ✓ Learn how we ensure comfort, making your surgery virtually pain free
- ✓ Learn how we customize your surgery so that it is tailored to achieve your goals
- ✓ Learn how we can make your plastic surgery journey seamless

Also, you may speak to prior patients of the same procedures as a part of the Perfect Change Program. Remember to ask your patient coordinator about this unique and valuable service. Finally, the ideal high definition liposuction center must provide comprehensive postoperative message accommodations. Lymphatic massages are provided to every high definition liposuction patient and are critical to achieving high definition liposuction outcomes.

This is because the fat is melted with VASER ultrasound energy prior to removal. Even though 90% of the fat is removed, the remaining 10% must be drained for the first 7 to 10 days following surgery so that it does not accumulate in the gullies created that are responsible for the muscle highlights. Furthermore, as

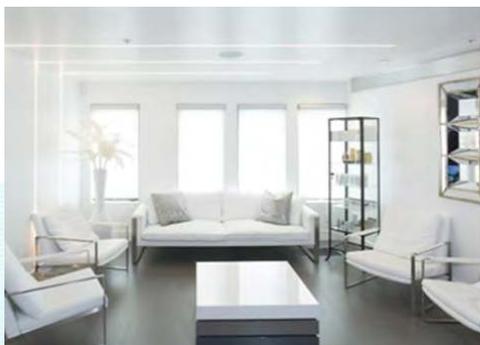


you start standing up and walking, the fat may accumulate over dependent areas such as the pubic region and the central lower back. This liquid fat must be removed regularly so that it does not create a bulge deformity. Fortunately, after 7 to 10 days, the fat converts back to a solid form and your body contours become permanent.

As a result, patients are seen daily for the first 7-10 postoperative days by our experience masseurs who perform an hour of lymphatic massage, drainage of fluid, and muscle desensitization. Not only is postoperative commitment essential to achieving these transformative results, it also ensures for a seamless recovery.



Theresa (left) and Polly (right) have over 20 years of experience in lymphatic massage and are crucial to ensuring smooth postoperative recovery and transformative results.



Front office waiting room



Operating Room Suite



Experienced Staff

The staff at the Cosmetic Plastic Surgery Institute has over 100 years of combined experience in the medical and cosmetic plastic surgery industry.



Jaime is our Front Office Coordinator. From Boston, Jaime went to school for nursing in addition to business and marketing. She has dedicated 7 years to providing excellent customer service to a wide range of clientele. From your initial consultation to after your surgery, her goal is to ensure that your experience at Cosmetic Plastic Surgery Institute is both positive and enjoyable.



Claudia is our Patient Coordinator. She understands the important aspects of plastic surgery and its individualized plan for each and every patient. Her 25 years of experience are clearly seen in her ability to answer the many questions that may arise during your surgical plan and is eager to aid her patients in finding the best financing for their procedure. She plays an instrumental role in providing a seamless transition from the initial consultation to post surgery and will set your mind at ease throughout the process.



James is our main surgical technician. He provides us with over 35 years of surgical experience in the operating room. He is army trained, has trauma experience and has 12 years of cosmetic surgery experience. His kindness and dedication to patient care are his greatest assets.

