

High-Definition Liposuction Body Scale: Expanding Indications for High-Definition Liposuction

The American Journal of
Cosmetic Surgery
1–9

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DOI: 10.1177/07488068211060958

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Abstract

Introduction: Performing optimal gluteal augmentation using traditional methods in moderate to severe weight-loss patients poses a surgical challenge as such patients typically present with (1) severe skin redundancy, (2) soft tissues containing high-density connective tissues than fat content, and (3) ptotic buttock cheeks.

Materials and Methods: This procedure uses a modified lateral thigh and buttock tuck excision not only to lift the buttock cheek complex but also to create a dermal fat flap that is transposed into the upper buttock pole to achieve upper buttock fullness. The remainder of the excised tissue undergoes novel ex vivo liposuction while remaining sterile, which allows for simultaneous repair of the created excision line.

Results: This novel ex vivo liposuction technique provides several advantages that include (1) limiting operative time, (2) allowing for maximal fat removal while avoiding unnecessary trauma to the patient, and (3) providing improved quality with less blood and fat volumes. This ex vivo fat is then transferred to the mid- and lower buttock to complete buttock augmentation for the Brazilian buttock lift.

Discussion: Excess skin redundancy and buttock cheek ptosis require consideration of supplemental excisional tucking to achieve optimal results. In addition, subcutaneous tissues that maintain more connective tissue pose difficulty with fat removal using traditional liposuction techniques. As such, we present a novel surgical technique to optimally augment and shape the buttock in patients who have undergone weight loss.

Conclusion: In summary, we present a novel Brazilian buttock lift technique to augment the buttock in weight-loss patients that maximizes both patient safety and efficacy.

Keywords

high definition, high-definition body scale, Renuvion J plasma skin tightening, VASER liposuction, skin redundancy, waistline narrowing, patient selection, surgical plan

Introduction

High-definition liposuction (HDL) describes a higher standard of body contouring compared with traditional liposuction techniques. Bold, refined, and aesthetically ideal contour lines are the focal point of superior HDL outcomes.¹ High-definition liposuction outcomes are superior to traditional body contouring results in that they allow for transformation of body contours that are circumferential, termed 360, and allow for creation of stunning, 3- and 4-dimensional liposculpture muscle outlines.^{2,3} To achieve HDL results, several factors must be fulfilled and these include mastery in ultrasound-assisted liposuction and helium-activated plasma radiofrequency skin contraction, as well as appropriate patient selection and sound surgical planning. The HDL Body Scale allows for expansion of candidates who may benefit from HDL body contouring.

Ultrasound-Assisted Liposuction

The first critical factor in achieving HDL contouring results involves mastery in ultrasound-assisted liposuction technology.⁴ Ultrasound energy allows for cavitation of not only the deep fat but also the superficial fat that is not amenable to controlled removal using traditional liposuction cannulas. This is because the superficial layer of fat contains a high density of cutaneous retaining ligaments that attach the skin to the deeper fascia, but which compartmentalize the superficial layer of fat.⁵ This compartmentalization disallows

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