

Body Contouring For An Active Lifestyle

by Mark D. Epstein, M.D., F.A.C.S.



Recent technological advances in the performance of body contouring procedures have resulted in significant improvements in the quality of results, shortened recovery time and dramatically diminished post-operative discomfort as well as improving patient safety.

Liposuction has been around

for over twenty years. Although this technique can produce good results, there have been significant improvements.

VASER LipoSelection is quickly becoming the new standard of care for body contouring. The key to the VASER LipoSelection difference is tissue selectivity. Simply put, traditional liposuction procedures are limited by their inability to differentiate between the bad (excess fat) and the good (nerves, blood vessels, connective tissues, etc.). While traditional procedures do remove fat, a considerable amount of damage can be done to other important tissues. This can cause bleeding, bruising, and swelling, and lead to a longer recovery. In addition, damaged collagen and connective tissues can compromise the final shape, leaving behind lumps and bumps where uneven amounts of fat have been removed. Advanced ultrasound energy employed by the VASER System ruptures fat cells on contact, while conserving important tissues vital to optimal recovery and consistent results. Only

VASER technology provides the tissue selective LipoSelection procedure, which, targets fatty deposits while minimally disturbing other important tissues. As a result, our VASER LipoSelection patients consistently report minimal pain and bruising, and quick recovery times.

Advances in breast augmentation surgery have resulted in more natural looking breasts and, with the availability of silicone gel filled breast implants, a more nat-

ural "feel" as well. Post-operative pain is rapidly becoming a thing of the past as well. Our patients can put their hands high above their heads before leaving our surgical facility. The vast majority of our patients require no medication for discomfort other than ibuprofen (Motrin). Many breast augmentation patients report going out shopping, dinner, etc the same day as their surgery!

Nowadays, more patients are opting to combine breast augmentation with other aesthetic surgical procedures at the same time. With advances in surgical and anesthetic techniques, this can be done safely, often in an office-

based surgical setting.

For additional information on breast augmentation, including an extensive photographic gallery, please visit our website at www.epsteinplasticsurgery.com. ♦

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