

Recent applications of liposuction in body contouring

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Liposuction is the most desired procedure for body contouring and to remove the resistant fat deposits. The new technology of using power-assisted tumescent liposuction has made liposuction straightforward to perform. Liposuction techniques have evolved over the years and its use other than body contouring has long been studied. In recent days, liposuction has become a necessity than a cosmetic procedure. Tumescent liposuction is now an effective method to manage gynecomastia in males. The advantage being that, it gives less scarring and less recovery time (3 days). The incision is placed away from the areola, on the sides of chest, which makes it less noticeable and aesthetically appealing. There are various studies reporting the efficacy of liposuction in primary and secondary lymphedema. Importantly, in addition to controlled compression therapy, liposuction is more valuable in managing arm lymphedema following mastectomy. Breast reduction in females previously involved an inverted T incision, which gave a bad scarring. Now liposuction seems to be a safe modality to reduce the volume of the breast and provide an acceptable breast lift as the natural elastic tissue in the breast retracts after liposuction. Thus, tumescent liposuction offers a scar free breast reduction. Currently, liposuction is applied in skin rejuvenation. Especially, the fat extracted during liposuction is employed in filling wrinkles, volumising the cheeks and for purpose of breast augmentation. By far, the various case reports and studies have proved that liposuction with its varied applications, is a major breakthrough in the field of cosmetic surgery.

Biography

Karthik.R is a National board certified plastic surgeon whose passion is cosmetic surgery, among other varied interests. After having finished his MBBS from PSG medical college Coimbatore, he went on to do general surgery from Stanley Medical College which is known for its hand and plastic surgery department. He then developed a liking for plastic surgery and thus proceeded to do his National board in plastic surgery from Apollo Hospitals, Chennai. Wanting to explore other facets of plastic surgery he underwent training in the famous plastic surgery department at St. Andrews hospital, Chelmsford, UK and later completed his MRCS at Edinburgh. He is presently the chief cosmetic surgeon from Chennai Plastic Surgery, Chennai, a specialized center for invasive and non-invasive cosmetic techniques. His field of expertise is in body contouring.

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