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More than 10 years' experience on Hi def liposculpture: 10 golden rules to avoid complications and unsatisfactory results

Although plastic and aesthetic surgery is a very comprehensive branch, many physicians are increasingly focusing on special areas and developing themselves. Advanced body shaping is also one of these areas. Both with the help of developing technology and the pressure of patient demand in this direction, surgeons' interest in this field is extremely intense. This intense interest and rapid progress in technology have revealed a long learning curve in order to be successful in this field. As a surgeon who has been dealing with body surgery for more than 10 years, here are the 10 basic rules I have set step by step in order to keep patient satisfaction at the highest level and to stay away from complications. While determining the 10 basic rules, 119 patients (67 female, 52 male) among the patients who have undergone surgery in the last 7 years, according to their dermographic characteristics, were evaluated with BMI, height, kg, vaser working time, forehead fat ratios, Hgb-htc value changes, MRI examinations and satisfaction factors, evaluated and recorded.

- 1. Patient Eligibility:** The first to consider when making patient selection. The point is patient expectation. Patients whose expectations cannot be met scientifically are not suitable for this operation. Other important points can be listed as subcutaneous fat tissue localization, skin quality, and muscle and bone structure. It should be kept in mind that with the right evaluation, the right patient will meet with the right procedure.
- 2. Pre-operative preparation and Markings:** The general health history of the patient must be taken before the operation and precautions must be taken. Preoperative drawings must be made by following the patient's

natural anatomy. The results, which are made with only estimated lines and tried to be revealed by shaping with fat, will appear as both insufficient and artificial appearance and will lead to undesirable results in the process. While marking, muscle movements, muscle shadows, bone structure and subcutaneous fat tissue morphology should be taken into account. Correctly made drawings will guide the correct operation.

- 3. The technology or technologies to be used:** The two basic technologies I prefer in my operations are fat breakdown with ultrasound and skin tightening with radiofrequency and helium gas technology. Since both technologies emit heat energy during use, the main points to be considered in order to stay away from seroma and burn complications should be known.
- 4. Surgical scars:** There should be no traces that will reveal the surgery after the surgery. At the end of the day, it is important to reach the most natural result with the most confidential signature as a plastic surgeon.
- 5. Burns and their causes:** The main causes of burns and skin necrosis after liposuction can be listed as unrecognized fat morphology, incorrect use of technology and incorrect surgical technique.
- 6. Ultrasonic liposuction and surgical technique:** If ultrasonic liposuction is used correctly in the right parameters, it is very innocuous, but it can be very dangerous if used incorrectly. Superficial use causes serious problems. Superficial liposuction should not be preferred to provide definition, contrary to what is known.

- 7. Undesirable irregularities, fibrosis and fluctuations in the skin:** All major problems are related to incorrect preoperative evaluation and incorrect surgical technique during the operation.
- 8. Fat embolism and its causes and treatment:** The development of fat embolism mostly occurs with the uncontrolled migration of fat cells after traumatic applications and large vessel injuries during fat injections, as well as after excessive fat applications. The measures to be taken against them will ensure that we stay away from this complication.
- 9. Seroma and its treatment:** The most important point in the early period is Drain application; compression corset and manual massage treatments. In this context, especially the entry points should be left open.
- 10. Post-operative care:** 3 main points are indispensable after the operation, drain, manual massages, and the use of corsets.

Biography

Huseyin Kandulu was born in 1979 in Nicosia, TRNC. After completing his primary and high school education in Cyprus, he received medical education at Trakya University Faculty of Medicine between 1997-2003 and he was entitled to become Medical Doctor. After working as general practitioner for a short period, he completed his specialty training in the field of Plastic Reconstructive and Aesthetic Surgery at Trakya University Faculty of Medicine between 2005-2010 by presenting his microsurgery thesis titled "The Effect of Chitosan in Micro vascular Anastomosis Applications with Minimal Suture Technique". A lot of his articles were published international refereed journals during the specialty education and later on.

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