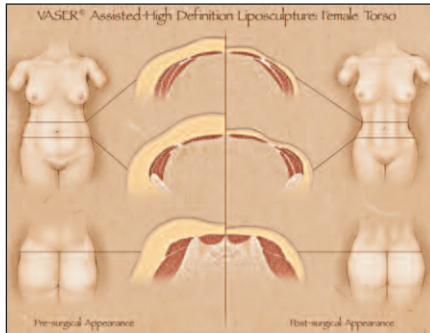


# VASER Hi Def Selectively Sculpts and Removes Fat

By Bob Kronemyer, Associate Editor



Males and females alike can now achieve a sculpted athletic appearance by removing both superficial and deep fat around muscle groups, thus enhancing the visibility of the underlying musculature. VASER-Assisted High-Definition Liposculpture, or VASER Hi Def, was developed in 2002 by Alfredo Hoyos, M.D., a plastic surgeon in private practice in Bogotá, Colombia. This treatment method uses the VASER (Vibration Amplification of Sound Energy at Resonance) Ultrasonic Lipo System developed by Sound Surgical Technologies (Louisville, Colo.).

However, he cautioned that VASER Hi Def is a challenging and time consuming procedure, requiring an in-depth knowledge of the superficial anatomy and the treatment of various fat layers.

John Millard, M.D., a plastic surgeon in private practice in Lone Tree, Colo., discovered Dr. Hoyos' innovative procedure in Colombia and introduced it to the U.S. in late 2005. "VASER Hi Def is a marriage of technology and technique," Dr. Millard explained. "The VASER technology is an enabling technology that allows us to elevate liposuction to a whole new level. Prior to this technique, liposuction was essentially relegated to a lack of imagination. We would just go in and debulk people, possibly making them thinner and smoother. However, it ignored the fact that there is much more to beauty than bumps and lumps."



Before Tx After VASER Hi Def Tx  
Photos courtesy of Alfredo Hoyos, M.D.



Alfredo Hoyos, M.D.  
Plastic Surgeon  
Bogotá, Columbia

"VASER Hi Def started as a small refinement in liposuction," Dr. Hoyos said. "A lot of patients desired a more sculpted body without the general body contouring of traditional liposuction. VASER Hi Def is primarily designed to create an athletic look, rather than the appearance of losing a lot of weight."



John A. Millard, M.D.  
Plastic Surgeon  
Lone Tree, CO

Dr. Millard, who co-authored the VASER Hi Def study, pointed out that when people look at a beautiful human body, "most of us don't ask why it looks beautiful. VASER Hi Def does. We've basically recognized the shadows, the bumps and lumps, as well as the contributions muscle groups play, the relationships between the muscle groups, and the relationship between bony structures. VASER Hi Def allows us to manipulate the fat to maximize or accentuate what's already present in a lot of us, but is sometimes hidden."



Before Tx After VASER Hi Def Tx  
Photos courtesy of John A. Millard, M.D.

Dr. Hoyos was the lead investigator of a patient study on VASER Hi Def that appeared in the November/December issue of the *Aesthetic Surgery Journal*. Of the 306 patients treated with this aggressive approach to body contouring, 84% achieved satisfactory results. "These results are better than any traditional lipo," Dr. Hoyos stated. "Most of the patients felt that it was the best surgery they had ever undergone for body contouring."

Patients were also more motivated after treatment to embrace a healthy lifestyle, including exercise and diet. Hence, "results are longer lasting than any other form of lipo," Dr. Hoyos noted. Minor complications included 20 cases of seroma, nine cases of port site burns and five cases of prolonged swelling.

Up until about a year ago, VASER Hi Def was limited to torso treatment in one session. "But now we have the capability of extending these same principles into the arms, the female breast and the legs (including calves and ankles)," Dr. Millard said. "In theory, you could do the entire body – from toes to nose – in probably two or three sessions." The first domestic courses for the procedure will begin this summer.

"In the future, I think VASER Hi Def will become the gold standard of body contouring in a certain group of people who never believed they would schedule a lipo procedure," Dr. Hoyos said.

