Correction of Liposuction Deformities

In 1982, liposuction arrived in the United States from Europe and rapidly became the most commonly performed surgical procedure in this country. Unfortunately, even the most expertly performed liposuction can leave irregularities and depressions. Surgeons in the US, Europe and South America usually failed in their attempts to correct liposuction deformities, so they believed there was no way to make these patients’ bodies normal again. Dr. Sydney Coleman, a plastic surgeon in New York City, came up with a solution in the mid-1980’s. He developed a distinctly different and dependable technique to graft fat into the liposuction deformities. His technique minimizes damage to the fragile fat tissue while placing large and small amounts into the depressions so that the fat feels natural. This purposeful, structured placement technique was eventually named LipoStructure®.

Dr. Coleman has used his technique over the last fourteen years to restore volume and contour to thighs, knees, buttocks, abdomens and arms disfigured by liposuction. He has followed some patients for over a decade, and the grafted fat has every indication of being permanent. Due to his remarkable results, he has become the plastic surgeon to whom surgeons refer their patients with liposuction deformities. Dr. Coleman’s first attempts at placing fat were successful: the thighs in the photograph to the immediate left (patient 1). In the photograph to the far left (patient 2), most of the fat in her arm was removed by liposuction. (Continued on page 2)

Manual Lymphatic Drainage

One of the ways that the body removes swelling (edema) is through lymphatic drainage. By increasing lymphatic drainage to eliminate swelling, massage can shorten recovery from liposuction and liposuction.

What is swelling?

Removing and placing fat involves the movement of small blunt metal instruments through the tissues. This movement can rupture some of the fragile cells. This releases the cell’s protein into the spaces between cells. Protein between cells acts like a magnet to water. It pulls water from the body’s capillary system and then locks the water into place between the cells so that it cannot return to the blood vessels. Water tightly bound to protein makes the area swell and feel hard like wood or cardboard.

The body uses the lymphatic system to eliminate swelling. There is a fluid similar to edema (or swelling) which exists normally between the body’s cells and tissues. This fluid is called lymph. Lymph is the colorless plasma-like fluid that helps to maintain the body’s fluid balance and remove invading organisms or substances. The lymphatic system moves lymph throughout the body in a method somewhat similar to blood in the circulatory system. Instead of arteries and veins, the lymph goes through thin tubes, called lymph vessels. While the heart muscle pumps blood through the body, lymph fluid moves through lymph vessels into lymph nodes by the pumping action generated by normal movement of the body’s muscles.

How does the lymphatic system eliminate swelling?

To remove swelling, the lymphatic system removes protein displaced between the cells. As the protein is removed, the trapped water trails behind it. The normal action of our body’s muscles pumps the lymphatic vessels so as to facilitate the water flow away from the swollen area into our lymph system.

We can help the lymphatic system to remove swelling.

Manual lymphatic drainage is a technique developed originally in the nineteenth century for the treatment of lymphedema, a condition where the lymph vessels are blocked by cancer, parasites or surgery. Manual lymphatic drainage has since evolved into a technique for aiding patients to recover from liposuction or LipoStructure® procedures. In this therapy, light, rhythmic manipulations with fingers in the direction of the lymph flow stimulate lymph movement or drainage.

Abdominal Etching

To create a quick “six-pack” on an abdomen, there is now a simple answer. Etching with well-thought-out depressions can sculpt a permanently carved, chiseled abdomen. Instead of the removal of a diffuse layer of abdominal fat, etching involves removal of selective amounts of fat. Full abdominal liposuctions may require months for recovery; however, with the much gentler technique of etching, the abdomen looks great with minimal recovery time.

Sculpting by removing small amounts of fat can create a “six-pack”.

About Face

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The LipoStructure® Newsletter

Special Report

Correction of Liposuction Deformities
**Bodybuilders**

**Treatment For Muscle Tears**

Muscle injuries sustained during weightlifting can result not only in loss of strength, but also mutilating depressions. In 1991, Dr. Coleman began treating these deformities in bodybuilders with an innovative method. He diffusely infiltrates the biceps, triceps or pectoralis with structural fat to restore the muscle’s contour and volume. The fat transplanted using this method no longer has the consistency of fat, and instead feels like normal muscle.

Treated bodybuilders have consistently observed an increase in strength of the reconstructed muscles after restoration of fullness. LipoStructure® enables bodybuilders to return to competition even after disfiguring muscle injuries.

A muscle tear while weightlifting resulted in loss of a large portion of this bodybuilder’s biceps (left). After reconstruction with LipoStructure® (right) he was able to return to competitive bodybuilding.

**Smooth Body Scars Without Cutting**

Indented scars on legs, arms, chests, and torsos have always troubled surgeons. Cutting out the old scars and revising them can result in a worse scar even with a meticulous closure by the best plastic surgeon. Dr. Coleman has developed a new technique for correcting depressed scars. Through a tiny (1/16th inch) incision, a special instrument first frees up the indented scar. Next, the same instrument layers structural fat underneath the scar. This raises the scar and smoothes the skin.

Disfiguring thigh scars from orthopedic surgery treated with one procedure three years earlier.

Dr. Coleman notes, “Although this type of scar revision will not work with overgrown scars or keloids, it should be considered for the revision of every indented scar.”

Dr. Coleman has successfully revised body and facial scars using this method for over nine years.

**Frequently Asked Questions**

**Q:** If the transplanted fat seems to be permanent, I don’t understand why it takes more than one procedure to correct liposuction deformities with LipoStructure®?

**A:** Irregularities created by liposuction are a combination of scarring, missing fat volume and remaining irregularly positioned fat. The first reconstructive procedure with structural fat restores a normal volume and frees up scars and adhesions. Although this is a dramatic improvement, patients frequently want more of an improvement. In those patients we may operate another time.

**Q:** How soon after my body LipoStructure® can I begin to exercise?

**A:** We recommend two weeks before returning to strenuous exercise or weightlifting, but you can begin after one day with moderate exercises such as walking, climbing stairs slowly, and light stretching exercises.

**Q:** I’m a bit on the lean side, should I gain weight prior to having a LipoStructure® procedure?

**A:** Transplanted fat can gain or lose size with fluctuations in body weight. You should make every effort to weigh whatever you plan to be after the procedure.

**Q:** If my body LipoStructure® feel too firm, should I add more fat?

**A:** We have created a softening technique by using a special instrument to diffuse fat in the area. The resulting fat is not dense, and you can begin to exercise after one day.

**Physician Seminar Update**

The Saturday, December 1, 2001, LipoStructure® instructional course for physicians is full. To accommodate requests from physicians, Dr. Coleman has scheduled the exact same daylong course on the following day, Sunday, December 2, 2001. For further information, please contact Jamie at (212) 570-1808 or jamie@lipostructure.com.

**News Flash:** The advanced LipoStructure® course dates have been set for 2002. Several courses will include body contouring.

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