

# SAFELipo®

## The latest method in **fat** removal

A pioneering new liposuction technique has been growing in popularity, as it promises to remove fat in a smooth and gentle manner. This procedure is known as SAFELipo® - and has been recognized for exactly what its name implies: a safer alternative.

**DR VERNON CHING** reports...



**F**ighting fat cells can feel like an endless battle against the bulge. You diet, you exercise, but to no avail as those saddle bags, love handles and tummy pouches, have set up permanent residence. Sound familiar? If so, then perhaps it's time to discover if SAFELipo® can help you.

### What is SAFELipo®?

This is a type of operation that has a new approach to performing liposuction, and was created and developed by Louisiana plastic surgeon, Dr Simeon Wall Jr.

Dr Wall was recently in Cape Town at the Association of Plastic and Reconstructive Surgeons of South Africa's annual meeting, to demonstrate and teach his advanced technique of performing liposuction in a series of Master Classes.

This technique evolved initially from him having to redo and retreat his plastic surgeon father's previously operated on liposuction patients, who presented with areas of irregularity and contour defects. After seeing the excellent results obtained from treating these patients, this procedure is now being used to treat first-time and repeat liposuction patients.

Fatty areas of the body including the hips, knees, waist, neck and arms can be treated with SAFELipo®. The surgeon permanently removes fat cells in a gentle and smooth manner, which is radically different from traditional liposuction. SAFELipo® can also be combined with other body contouring procedures, including abdominoplasty, breast lifts and Mommy Make Overs.

### The Surgery

Depending on which areas need treatment, the operation can be performed using either local

anaesthetic, local and sedation or general anaesthesia.

To remove extra fat evenly and gently, SAFELipo® is performed in a 3-step S-A-FE process, consisting of fat **Separation**, fat **Aspiration** and Fat **Equalization**.

Fat Separation and Equalization is accomplished with a specially designed "exploded" **cannula**.

The **Aspiration** of the separated fat can be performed quickly and gently, with a much smaller cannula designed to remove this now "liquefied" fat. Fragile blood vessels and nerves are minimally harmed, compared with laser and ultrasonic liposuction devices that can create significant heat and destroy these structures.

The last step in SAFELipo®, **Fat Equalization**, is completed after all the excess fat has been removed. This important step ensures a smooth look by levelling the remaining thin layer of fat below the skin. Fat equalization avoids a "wavy," rippled, lumpy, or unnatural appearance of the skin, which gives an extraordinary liposuction result.

Incisions heal quickly, and patients are back to normal after only a few days. Soreness usually subsides within one to two weeks, and most swelling is resolved within the first eight weeks.

### Results

Patients who choose SAFELipo® will be able to see results straight away, and further improvement will be seen as swelling decreases. As an added benefit, skin tightening can continue for up to a year after surgery.

It's important to keep your weight constant after your SAFELipo® operation, because although your surgeon has removed fat cells, the remaining fat cells can increase in size if you put on weight. If you follow a healthy diet and fitness plan, your

liposuction can continue to improve your body's shape. You'll feel inspired to do so as you will undoubtedly feel more attractive and self-confident about your body, both in and out of clothing.

### Who Needs It?


SAFELipo® is most successful for men and women who are at, or near their optimal BMI (Body Mass Index) - yet have fatty pockets resistant to diet and exercise. People with good skin tone will achieve better results than those with lax or damaged skin. In these patients, SAFELipo® liposuction can be added to body contouring operations such as tummy tuck or breast surgery to contour those areas that liposuction alone would not address.

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Also, if your underarms sweat profusely (a condition called hyperhidrosis), SAFELipo® can decrease perspiration and odour. When performed in this area, SAFELipo® damages and deactivates the apocrine (sweat and odour producing) glands to reduce hyperhidrosis permanently.

Dr Wall says that SAFELipo® provides a better solution in the effort to achieve greater effectiveness with fewer irregularities. "It's also nice not to have to worry about burning the skin and other tissues. The equalized fat we leave behind with SAFELipo® is viable, in a receptive, healthy tissue bed - as opposed to a tissue bed that has been burned, coagulated and inflamed by an internal thermal device."

In contrast to other types of Liposuction, SAFELipo® does not produce any heat. The absence of heat minimizes damage to the skin, blood vessels, nerves, and the remaining fat layer. SAFELipo® not only produces more dramatic and smoother results without the lumpiness and waviness that can result from traditional tumescent, UAL, or laser liposuction, but it also results in minimal to no bruising, which shortens downtime. According to Dr. Wall, whether fat is being removed (liposuction) or added (grafting), surgeons should aim to protect and preserve all the remaining fat and surrounding structures for optimal results.

In essence, SAFELipo® liposuction removes unwanted fatty tissue in a significantly less traumatic fashion than normal liposuction, and without causing bleeding. The body then uses the preserved fat cells left behind at site in the minimally traumatized fertile bed to smooth and contour the liposuctioned areas. 



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