



A NEW LIPOSUCTION
TREATMENT
S.L.A.B.S.
SEQUENTIAL
LIPOSUCTION AND
BODY SCULPTING

by Patricia Stuart

Since the introduction of liposuction to Palm Beach County by Dr. Douglas Dedo in 1983, the procedure has undergone several advances that improve the results and make it safer.

In 1986 Dr. Jeffrey Klein introduced tumescent anesthesia, which revolutionized liposuction. By allowing the operation to be done under local infiltration with the patient fully awake, general anesthesia was eliminated, along with the associated risks of any general anesthetic. Now the patient was literally capable of walking out of the operating room immediately after the surgery. To date, there have been no fatalities associated with straight local as reported in the dermatology literature. Furthermore, this tumescent anesthesia allowed the safe extraction of larger volumes of fat without fear of bleeding or the need of a transfusion.

In 2000 Dr. Rodrigo Neira introduced the 635nm low level laser. In contrast to the hot lasers that basically heated the tissues, the 635 was a "cold" laser that worked by modulating the tissues exposed to the laser energy. Fat cells ruptured, facilitating their removal; nerves were turned off, reducing pain; and the biological wound-healing process was sped up. The addition of a power cannula markedly reduced the operating time, as efficiency of fat removal was enhanced and surgeon fatigue reduced.

The latest addition for liposuction is the hot laser, aka SmartLipo, Cool Touch or Sciton. Touted by the manufacturers for "laser lipolysis" as a smart way to remove fat, it actually increased operating time and did little to facilitate fat removal. Instead, what the latest generation of "hot" lasers does is tighten the skin without long painful incisions. It has been shown that when skin is heated to a proper temperature, it will tighten. As a result, with "awake" anesthesia, procedures like mini tummy tucks, neck lifts and arm tucks are now being performed with excellent results.

The latest development by Dr. Dedo is the S.L.A.B.S. procedure – the acronym for Sequential Liposuction And Body Sculpting. It is the safe solution for the obese patient contemplating gastric bypass surgery. Instead of undergoing general anesthesia for gastric surgery, the patient has the local "awake" anesthesia for liposuction to remove fat throughout the body. In accordance with the statutes of the State of Florida, the volume of fat removed at each session is limited to 4000 cc (four liters). Sequential liposuctions are done for the abdomen, back, flanks, arms, thighs, legs and neck. After de-bulking the different areas, the skin is further tightened with the laser, by heating it to 39 – 40° C. The amazing effect of liposuction and laser for skin tightening eliminates the need for massive skin excision necessary after gastric bypass. Furthermore, the potential postoperative complications associated with the bypass surgery have been eliminated. As with any weight loss procedure, be it gastric bypass or liposuction, the patient has to change their lifestyle, reduce their caloric intake and begin to exercise.

Beginning next month, we will follow the progress of a pa-

tient who will undergo a complete body makeover; a series of S.L.A.B. procedures beginning with her abdomen and then including her sides, arms, waistline, inner thighs, outer thighs, back and buttocks. A breast and chin lift will then complete her total makeover.

Patient X is a woman of sixty who weighs 220 pounds and has battled weight issues her entire adult life. There are few diets and treatments available she hasn't tried, including prescription diet pills, starvation and liquid diets. She purchased numerous memberships to weight loss and gym centers in her desperate journey to meet her goal weight of 130 pounds. Although she would diligently exercise and reduce her caloric intake, the weight loss would never allow her frame to decline by more than twenty pounds.

Patient X's condition worsened in the late '90s after she had surgery to remove her thyroid and parathyroid glands due to an illness. Although she was put on thyroid replacement therapy, the thyroidectomy slowed down her metabolic rate and made losing weight much more difficult. She quickly gained weight and was soon tipping the scales at over 200 pounds. Her bones and body were suffering from this additional weight, and within a few years she needed a total knee replacement. Two years later, it appeared she would need another knee replacement and possibly hip replacement as well, so the patient decided to look into gastric bypass and lap band surgeries.

"I attended a meeting at Jupiter Medical Center to learn the pros and cons of surgeries of this type," stated Patient X. "I knew I needed help with my situation, however, both of these surgeries seemed too drastic for me." She remained after the meeting to speak with attendees who already had undergone these treatments. She evaluated their testimonials and left feeling the benefits did not outshine the risks.

Upon consultation with her primary physician, she elected the S.L.A.B. procedures. Patient X will also be on a weight-loss diet program and exercise plan, she's chosen the Jenny Craig meal plan to reduce her caloric intake and purchased a stationary bike to begin daily exercise.

Each month *PBG Lifestyle* will update you on Patient X's condition and progress along with photos to show you the significant difference in her body shape that will be achieved with minimal risk and limited down-time.

"My hope is to feel and look better without putting myself in jeopardy," Patient X said, "and each month I will add my honest comments on aspects of each procedure. Right now, I feel excited at the anticipation of the end result. I'm very confident in Dr. Dedo's skills, knowledge, insight and reputation. I can't wait to get started!"