

# VASER Hi Def Vastly Alters Physicians' View of Liposuction

By Bob Kronemyer, Associate Editor

By selectively sculpting and removing fat, VASER-Assisted High Definition Liposculpture, or VASER Hi Def, adds another dimension to the level of liposuction that physicians can now achieve. The core technology from Sound Surgical Technologies (Louisville, Colo.) is the VASER (Vibration Amplification of Sound Energy at Resonance) Lipo System.

"VASER Hi Def refines the ultrasonic techniques and represents the next step in the natural evolution of body contouring," stated Steven Wallach, M.D., a plastic surgeon in private practice in Manhattan, N.Y. "Traditionally, we have been concerned with flattening out surfaces and debulking them, but now we're seeking to refine the appearance of areas – not necessarily completely debulk, but actually sculpt. VASER Hi Def allows us to accentuate different muscles and depressions in the anatomy."



**Steven Wallach, M.D.**  
Plastic Surgeon  
Manhattan, NY

Dr. Wallach noted that VASER Hi Def is particularly helpful for thinner patients. This procedure is also beneficial for people "who are very active in the gym, but are unable to achieve sculpting of their abdomens, hips, arms or legs." Patients can be treated for up to three body areas in a single session, such as the abdomen and back. However, Dr. Wallach prefers to wait two to three months before treating a second set of areas.

In August, Dr. Wallach was trained in Denver, Colo., to perform VASER Hi Def by Alfredo Hoyos, M.D., the creator of this procedure and a plastic surgeon in Bogotá, Colombia and John Millard, M.D., a plastic surgeon in Lone Tree, Colo., who discovered Dr. Hoyos' innovative procedure and introduced it to the U.S. in late 2005. "The training was very eye-opening," Dr. Wallach conveyed. "Results were better than I expected and my patients seem very interested in this new technology."

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"VASER Hi Def has proved the skeptics wrong," added Jeffrey Adelglass, M.D., F.A.C.S., a cosmetic surgeon in private practice in Dallas, Texas, who attended the same training course. "People thought the world was flat, only to discover that the world is round. This is basically what we have gone through with VASER Hi Def liposuction. It has changed the parameters and my way of thinking 360°."

According to Dr. Adelglass, the ideal candidate for VASER Hi Def is someone who is young, still has good skin elasticity and has a body mass index (BMI) of 30 or under. Most patients range in age from mid 20s to late 40s.

With VASER Hi Def, traditional liposuction cannulas are modified so that they are smaller, less traumatic and more adapted to the curvature of the body. The combination of these cannulas with the VASER system's advanced fat selectivity means that successful outcomes are dependent on using the proper technology. However, the procedure is also highly technique dependent.



**Jeffrey Adelglass, M.D., F.A.C.S.**  
Cosmetic Surgeon  
Dallas, TX

"It has changed me from looking at patients just through a surgeon's eyes to looking at them from an artist's or sculptor's point of view," Dr. Adelglass explained. "I'm concentrating on shaping, contouring and defining bodies to uncover the beauty in each individual patient's figure. It's all about definition, muscles, shaping and shadowing. It's not about just sucking out the fat. Patients end up looking as if they've been exercising for at least six months. In fact, they look like Olympians." Combined with a good diet and fitness regime, "these results should last forever."