

## **Ultrasound Assisted Lipoplasty (UAL/ Laser Assisted Lipoplasty (LAL)**

Liposuction is a surgical procedure that can help sculpt the body by removing unwanted fat from specific areas, including the abdomen, hips, buttocks, thighs, knees, upper arms, chin, cheeks and neck. During the past decade, liposuction, which is also known as "lipoplasty" or "suction lipectomy," has benefited from several new technological refinements. Today, a number of new techniques, including ultrasound-assisted lipoplasty (UAL), the tumescent technique, laser assisted and irrigation techniques, are helping many plastic surgeons to provide selected patients with more precise results and quicker recovery times. Although no type of liposuction is a substitute for dieting and exercise, liposuction can remove stubborn areas of fat that don't respond to traditional weight-loss and toning methods. Areas of excessive skin may have to be removed at the time of your procedure.

Ultrasound-assisted lipoplasty, commonly known as UAL, is a relatively new liposuction technique that uses sound waves to liquefy unwanted fat. Although it is not a substitute for traditional liposuction, UAL can be an effective tool for removing fat from fibrous body areas, such as the male breasts or the back, or for removing larger volumes of fat in a single procedure. Often, traditional liposuction is performed with UAL to help shape UAL-treated areas.

Laser Assisted Liposuction is a new liposuction technique. Lasers are utilized at the time of liposuction as an adjuvant to break up fat deposits, possibly heat skin to cause it to shrink and decrease surgeon fatigue when performing liposuction. Several different types of lasers are available to assist in liposuction. These are expensive devices and can add additional costs to your procedure. Consult with your plastic surgeon to determine which device would be best for you.

Liposuction can enhance your appearance and your self confidence, but it won't necessarily change your looks to match your ideal, or cause other people to treat you differently. Before you decide to have UAL/ LAL or liposuction of any type, think carefully about your expectations and discuss them with your surgeon. The best candidates for UAL/ LAL are generally no different than candidates for the traditional liposuction procedure: normal-weight people with firm, elastic skin who have pockets of excess fat in particular areas. UAL/ LAL candidates should be physically healthy, psychologically stable and realistic in their expectations.

As with traditional liposuction, serious medical complications from UAL/ LAL are infrequent. One potential complication specifically related to the UAL/ LAL technique is thermal skin injury or burn caused by the heat from the device. Also, temporary collections of fluid beneath the skin surface (seromas) are more common with UAL. Also, you should be aware that at present, the tube-like instruments or cannulas used to perform UAL are larger than the cannulas used for traditional liposuction. For this reason, some surgeons prefer to use the traditional liposuction technique in areas where an obvious scar may result. Cosmetic complications from all types of liposuction

include: irregularities of the skin's surface, areas of uneven pigmentation, and asymmetry. Some problems can be treated with additional surgery.