Body Contouring
Body Contouring

Art, Science, and Clinical Practice
Dedication

This book is dedicated to the women of my life, to my mother, Sara, who died at the age of 82 in December 2008, who was the dearest angel of my young age and to my wife, Isabella, married for 20 years, who was my unique love and who has been patient and helpful in sustaining all my work and dedication. I wish the new generation of nephews, Diana, Federico, and Saverio, to continue our work following the same principles that have imprinted our lives. Special thanks to my dearest friend, Melvin, a man of special talent and humanity, sensible, and creative, who has made the greatest effort to realize this book.

Dr. Alberto Di Giuseppe
As plastic surgeons, we seek to combine art and science to improve the results we see in clinical practice. Through our artistic sensibilities, we try to understand and obtain aesthetic results. Scientific analysis provides the data to predict which approaches will be successful and safe. Both art and science connote a high level of skill or mastery.

At the present time, our literature is replete with descriptions of specific procedures for body contouring. However, there remains a need for a definitive reference describing the basic principles to address the complete scope of body contouring including the postbariatric patient and their plastic surgery deformities. Dr. Shiffman and Dr. Di Giuseppe saw this need and sought to address the needs of plastic surgeons faced with the complexities of body contouring surgery. This is a comprehensive text aimed at providing multiple perspectives. The numerous sections, which include adiposity and lipolysis, the breast, abdomen, chest, and buttocks, the extremities, and liposuction, offer various approaches from the foremost authors.

Indeed it is with a tremendous amount of skill and mastery that Dr. Shiffman and Dr. Di Giuseppe have successfully edited and collated the numerous contributions to this work. In addition, they have authored individually or, in collaboration, over a dozen of the 87 total chapters. Their combined work as editors and authors are evident throughout their text. The final result is a comprehensive contribution that will benefit all plastic surgeons seeking to improve their approach to body contouring.

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Contouring of the body includes shaping of the neck, torso, breasts, hip, abdomen, and extremities. The types of procedures performed to shape the body involve surgical excisions, liposuction, implantation, injection of fillers, and in rare instances other modalities. Since the advent of bariatric surgery with extreme weight loss and sagging of tissues, body contouring has become more extensive and consequently with more possible complications.

Clothes have been used to accentuate the body contour in certain areas and minimize in other areas. However, clothes that expose more of the body contour will accentuate the body’s defects. Therefore, patients are requesting improvement in the shape of their bodies in order to accommodate the clothes that are fashionable. There are limits as to what surgery will accomplish but certainly the procedures that are available can improve the shape but rarely can make it perfect. Patients should be made to understand the limits of the procedures, the limits of correction that can be obtained, and the possibility of complications that may permanently mar the patient’s appearance. The cosmetic surgery patient usually expects perfection without complications even when the possible risks and complications are thoroughly discussed. These are elective procedures on patients who are usually in good health although this is not necessarily true for the post bariatric surgery patient. Obesity increases the risks of surgery and the patient who is overweight should be specifically informed of this problem.

This book is an attempt to bring to the student and practicing plastic and cosmetic surgeon, or any specialty where body contouring may be performed, the types of procedures available, the techniques of performing these procedures, and their possible risks and complications. Special attention is paid to the procedures and problems of the post bariatric patient since this is a separate specialty of body contouring.

Many international specialists have been selected to contribute to this book in order to expand the knowledge of those performing body contouring surgery. Knowledge is international and should not be restricted to local or national ideas only. The reader will be introduced to old and new techniques and variations in techniques in order to better understand what is available to the aesthetic surgeon. Students and experienced surgeons of body contouring surgery will greatly benefit by the extensive information available that is not otherwise to be found in one book but mainly in a variety of papers in the medical literature.

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