

Tumescent “Power-Assisted” Liposuction: Provides Faster Recovery with Improved Cosmetic Results

Twenty years ago, removing unwanted body fat from the abdomen or buttocks took major surgery, a general anesthetic, and several days' hospitalization. Dramatic changes came, in part, through the efforts of **Dr. Howard Sobel, M.D., F.A.A.C.S.**, a pioneer in wedding dermatology with cosmetic surgery. Today, dermatologic surgeons use liposuction to safely and effectively remove unwanted fat from nearly any body area. “Liposuction is not for weight loss or an excuse not to diet, but can change your silhouette—in combination with healthful eating and exercise,” explains Dr. Sobel.

Dr. Sobel notes that in 1986 he was one of the first physicians to perform liposuction using the tumescent solution purely under local anesthesia. Since then, the nationally recognized, board-certified dermatologic cosmetic surgeon has safely and successfully performed

over 2,000 liposuction surgeries with the procedure.

According to the American Society of Dermatologic Surgery, tumescent liposuction enables a surgeon, using local anesthesia, to safely and successfully remove fat deposits with relatively little patient discomfort, virtually no complications and excellent cosmetic results. The technique produces few skin irregularities and much less bleeding and bruising than conventional liposuction. The anesthetic tumescent solution Dr. Sobel injects under the skin before performing the procedure is a saline solution of lidocaine and epinephrine. “This solution eases suctioning dramatically, slows any bleeding, numbs the area and helps replace fluids,” says Dr. Sobel.

Dr. Sobel's technique improved with the advent of the electrically power-assisted reciprocating cannula, the small,

hollow instrument used in the suctioning process, approved by the Food and Drug Administration in 1998. “Today's cannulas are as small as 2 millimeters, eliminating the need for suturing and leaving a barely detectable quarter-inch incision,” says Dr. Sobel. The back and forth motion of the cannula's tip makes it easier to move through the fat more quickly with less bruising. According to Dr. Sobel, power-assisted liposuction takes 40 percent less time to perform and reduces post-operative pain by 50 percent and bruising and swelling by 40 percent over traditional liposuction. Women's most popular liposuction targets are the hips, thighs, saddlebags, abdomen, chin, jowls, calves and ankles—for men, the love handles, abdomen, chin, jowls and breasts.

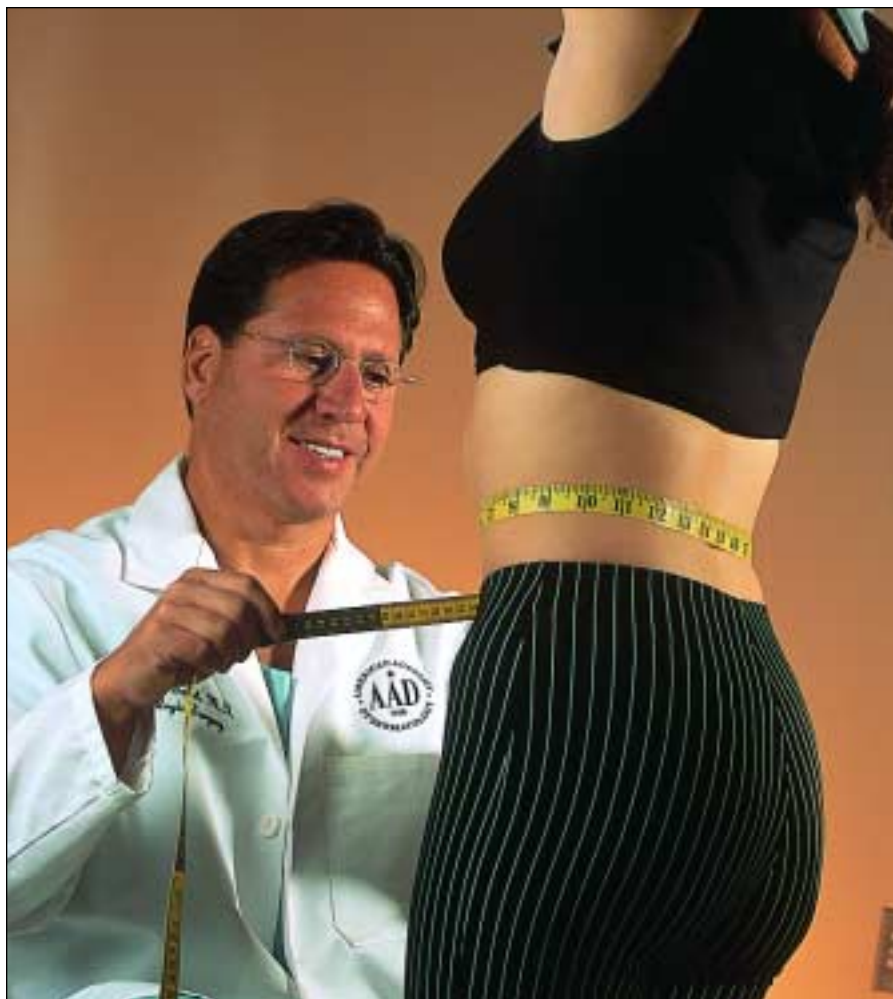
Dr. Sobel performs power-assisted liposuction in the fully AAAHC-accredited, state-of-the art operating room that is part of his luxurious 4,000 square-foot Park Avenue Skin and Spa Cosmetic Surgery Center. “Adults of any age are candidates, as long as skin elasticity is moderately good,” says Dr. Sobel. “For some, the skin actually adheres better after the procedure than beforehand. Furthermore, using local sedation avoids many of the potentially serious risks posed by a general anesthetic.”

Why are results so much better with local anesthesia? The reason is partly because patients now have a role. Dr. Sobel's secret is really no secret at all: gravity. “You can't know the end result, when patients are lying down. When you stand people up, gravity plays a role,” he says. Dr. Sobel marks areas for correction on standing patients. Patients then lie down for the procedure and stand up again to check the results. “You can tell whether the effect is symmetrical. If not, I remark them and suction more where needed.” Dr. Sobel's patients seldom require touch-ups, unlike about 15 to 20 percent of traditional liposuction patients.

A graduate of the Albert Einstein School of Medicine, Dr. Sobel completed a dermatology and dermatologic surgery residency at Emory University School of Medicine. He's a clinical attending physician in dermatology and dermatologic surgery at Lenox Hill Hospital, Beth Israel Hospital and Cabrini Medical Center, and the founder of Doctor's Dermatologic Formula, a



Dr. Howard Sobel in one of his state-of-the-art operating rooms at the Skin and Spa Cosmetic Surgery Center on Park Avenue.



Dr. Howard Sobel gets consistently good results with tumescent liposuction.

comprehensive skincare treatment product line formulated at HDS Labs in Harrison, New York. Dr. Sobel is a fellow or member of the American Academy of Dermatology, the American Academy of Cosmetic Surgery, the American Academy of Dermatological Surgery, the American Society of Liposuction Surgery, the American Society of Hair Restoration Surgery and the American Society of Laser Surgery. He's editor-in-chief and cofounder of the *International Journal of Cosmetic Surgery and Aesthetic Dermatology*.

The Skin and Spa Cosmetic Surgery Center uses a customized approach and a coordinated network of assorted board-certified physicians, a cosmetic dentist, registered nurses and estheticians to meet a client's medical and cosmetic needs. Services also include a customized skin care regimen, therapeutic skin treatments, hair laser removal, chemical peels, microdermabrasion, body treatments, botox and collagen, lasers (for pigmentation, age spots, sun damage and dilated blood vessels), spider vein treatment, hair transplant, blepharoplasty (eyelift) and browlift by an ophthalmic plastic surgeon.

For more information or referrals: (212) 288-0060. ■

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