



Response to: Weight Changes After High Definition Abdominal Liposculpture: Tricks and Tips

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Dear Editor,

I read with interest the article by Tambasco et al regarding the article on weight loss following liposuction.

The goal of our research was to examine the variations in body weight and BMI in patients after liposuction and identify the demographic characteristics associated with these alterations.

Decreases in average body weight and average BMI were observed in both men and women but weight loss after VASER-assisted hi-def liposuction was not substantially related to gender, age, aspirated volume, or fat volume [1]. The study included patients who had multi-site liposuction, mostly in a holistic fashion without concentrating on a particular area such as the abdomen or waist, however patients with special conditions who had undergone procedures like abdominoplasty and bariatric surgery were excluded from the study.

As a plastic surgeon performing body contouring procedures for over a decade, I would like to offer the following perspectives:

Firstly, hi-def liposuction is still misinterpreted both in society and also among plastic surgeons. Our study

highlighted that liposuction does not cause weight loss by itself but that weight loss occurs as an anticipated outcome in relation to the amount of fat removed from the body.

However, the patient group benefiting most from hi-def liposuction is limited. Strict patient selection is key to achieving long-lasting results.

These patients must have good skin elasticity, not have issues like frequent weight fluctuations, have the necessary muscle tone and volume, and therefore have an athletic background. Although hi-def liposuction procedures involve fat injections into muscle groups like the deltoid, pectoralis major, biceps, triceps, trapezius, and rectus abdominis, they are essentially based on removing the fat tissue over and between these muscle groups that show natural protrusion in an attempt to reveal the natural definition. In fact, the term Natural Definition Liposuction would be more precise.

Secondly, there is a concern that the body shape achieved by Hi-Def Liposuction through removing fat from certain areas while leaving fat behind in certain areas may disappear with weight loss or that weight loss will lead to loss of muscle volume. Nevertheless, after the surgery, a protein-rich diet is helpful in preserving muscle mass, and in the rapid regression of edema due to liposuction, and is recommended for the initial 15–30 days following the procedure. In fact, according to my observations, after holistic liposuction, even if the weight change is $\pm 5\text{--}7$ kg, the change in body shape is preserved in three dimensions, and patient satisfaction continues. Contrary to perceptions, weight loss after hi-def liposuction does not compromise outcomes. Furthermore, muscle mass and grafted fat are usually maintained according to our findings [2].

In summary, while liposuction alone does not directly cause substantial weight loss, it can improve body contour

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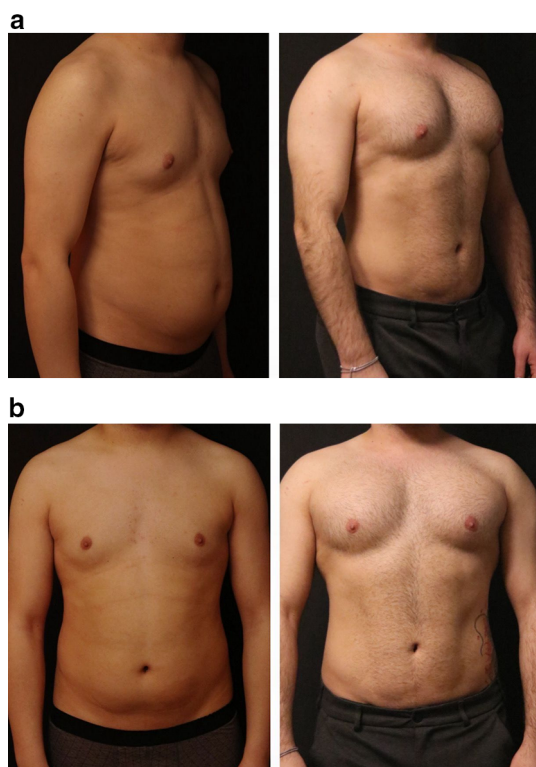


Fig. 1. Pre- and 19 months postoperative photographs of a male patient from the study group, who underwent VASER-assisted hi-def liposuction and autologous fat grafting

when performed as hi-def liposuction in carefully selected patients. Strict patient selection, surgical technique, and postoperative diet influence long-term outcomes more than weight fluctuations (Fig. 1).

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Declarations

Conflict of interest Dr. H. Kandulu has nothing to disclose.

Informed Consent This article does not contain any studies with human participants or animals performed by any of the authors For this type of study informed consent is not required.

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