



High Definition Body Sculpting: Art and Advanced Lipoplasty Techniques

By Alfredo E. Hoyos, Peter M. Prendergast

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This unique book details advanced techniques in lipoplasty and autologous fat grafting for high-definition body sculpting. Clear step-by-step explanations of techniques are accompanied by numerous color illustrations and photographs. The first section includes chapters on surface and muscular anatomy, anesthesia, assessment, technologies for ultrasound-assisted lipoplasty, and postoperative care. High-definition sculpting of the male and female abdomen, trunk, back, chest, and upper and lower limbs is then described in detail, and clear instruction is provided on autologous fat grafting for contouring the buttocks, breasts, and pectoral areas. The book will provide a fascinating insight into the art and practice of high-definition body sculpting for all surgeons who perform lipoplasty and body contouring techniques. It will also serve as an ideal aid for all practitioners who are pursuing workshops and practical training in this exciting new area of aesthetic surgery.

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- Sales Rank: #872300 in Books
- Published on: 2014-07-30
- Original language: English
- Number of items: 1
- Dimensions: 10.25" h x .66" w x 7.29" l, .0 pounds
- Binding: Hardcover
- 244 pages

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Editorial Review

Review

“This text is a well-written and elegantly illustrated work that is useful for plastic surgeons interested in improving their overall patient satisfaction and outcomes in cosmetic body contouring surgery. ... The density of the information provided is appropriate and the illustrations and photographs help keep the reader engaged and motivated to enhance their liposuction results provides cosmetic plastic surgeons with detail-oriented descriptions of advanced liposculpture techniques to help propel liposuction results to a more sophisticated level.” (Megan C. Jack, *Aesthetic Surgery Journal*, Vol. 36 (2), 2016)

“The authors, Drs. Alfred Hoyos and Peter Prendergast, working together on this book, present a unique approach to body contouring for cosmetic surgeons interested in improving their results in liposuction and fat transfer. ... All in all, this is a good book on the upcoming and increasingly popular subject of body-sculpting surgery. Books on this medical specialty are rather rare. This is a highly useful resource on this rare subject.” (Nano Khilnani, *Biz India Online News*, bizindia.net, August, 2015)

“Using both ultrasonic and power-assisted liposuction along with fat transfer, the authors demonstrate their techniques for dynamic sculpting of the human form. ... Surgeons who wish to hone their sculpting skills of the human form using liposuction and fat transfer methodology will benefit from this book.” (Jeffrey S. Rosenthal, *Doody's Book Reviews*, May, 2015)

From the Back Cover

This unique book details advanced techniques in lipoplasty and autologous fat grafting for high-definition body sculpting. Clear step-by-step explanations of techniques are accompanied by numerous color illustrations and photographs. The first section includes chapters on surface and muscular anatomy, anesthesia, assessment, technologies for ultrasound-assisted lipoplasty, and postoperative care. High-definition sculpting of the male and female abdomen, trunk, back, chest, and upper and lower limbs is then described in detail, and clear instruction is provided on autologous fat grafting for contouring the buttocks, breasts, and pectoral areas. Postoperative care is also carefully considered. The book will provide a fascinating insight into the art and practice of high-definition body sculpting for all surgeons who perform lipoplasty and body contouring techniques. It will also serve as an ideal aid for all practitioners who are pursuing workshops and practical training in this exciting new area of aesthetic surgery.

About the Author

Alfredo Hoyos, MD, is a board-certified Plastic Surgeon from Bogotá, Colombia. He undertook his medical training at Rosario University and subsequently specialized in plastic surgery. Dr. Hoyos is the inventor of high-definition liposculpture (HDL) and other advanced body contouring techniques. Making use of cutting-edge VASER technology, he designed VASER Hi-Definition Lipoplasty (VHD), which produces a high muscle definition in both men and women. Dr. Hoyos and his associates have performed more than 1500 procedures with reliable, consistent, and safe results. Dr. Hoyos continues to refine these techniques as well as to develop and create new applications of HDL to additional anatomical regions. Furthermore, he has extensive experience as a lecturer and trainer for both VASER and Smartlipo. Dr. Hoyos is also a medical illustrator, painter, and sculptor. Peter Michael Prendergast, BMedSc, MB, BCh, BAO (Hons), MRCSI,

graduated from the National University of Ireland in Cork and De La Salle College in Waterford. After a final medical clerkship at Harvard Medical School and Massachusetts General Hospital, he completed his surgical training at the Adelaide and Meath Hospital, Dublin. Since 2005 he has been in private practice in aesthetic medicine as the Medical Director of Venus Medical. He is an official trainer for VASER-assisted lipoplasty. Dr. Prendergast is Founder and President of the European College of Aesthetic Medicine and a Founder Member of the Irish Association of Cosmetic Doctors. He has delivered courses and lectures across the world on a range of topics in aesthetic medicine and is the author of many book chapters and journal articles. In 2011, Dr. Prendergast co-edited the book Aesthetic Medicine: Art and Techniques with Melvin A. Shiffman.

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