

THE ULTIMATE GUIDE TO

# *Liposuction*



Vol. I

AN INSIDER'S VIEW OF THIS  
POPULAR PROCEDURE

**SAM M. SUKKAR, M.D.**

# **The High-Definition LIPOSUCTION Solution**

The Ultimate guide to getting the  
body of your dreams

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FACS

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## **DEDICATION**

To my parents - Ma'moun and Julie Sukkar  
who provided the inspiration for my  
education and showing me the doors that  
could be opened with it.

To my wife and soulmate - Laura Christine  
Staffa Sukkar. You make me a better person,  
husband, father, surgeon, and friend on a  
daily basis and have helped me to develop  
and improve myself in areas that I was  
inadequate or unaware, and for that I thank  
you.

To my children: you, by far, are the greatest  
thing I have, or ever will create!

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## ACKNOWLEDGEMENTS

I would like to thank all of the teachers I have had over the many years who helped shape my education. The nurturing, yet challenging environment at Baton Rouge Magnet High School helped instill the study habits necessary for the marathon stamina required of a medical education. I often say, my senior year in high school was the hardest one of my life.

Going down the street to Louisiana State University for college allowed me to live with my family. And while it may not have been that fun at the time, it let a young, immature college student remain at home for a bit of supervision and helped me stay out of trouble.

Four years of medical school at LSU in New Orleans was a blur, but it provided the foundation required to live a life of science.

The University of Texas in Houston and Hermann Hospital taught me how to stay awake for days at a time. General Surgery and Trauma training with Dr. Red Duke was as hard as it gets and provided additional mental and physical toughness. Five years of General Surgery training and one year of research convinced me that Plastic Surgery was what I wanted to do for the rest of my life.

My three-year Plastic Surgery fellowship at Northwestern University in Chicago was the ultimate experience in surgical education. My mentors in the division of Plastic Surgery took a rough-around-the-edges surgeon trainee accustomed to trauma surgery and helped craft me into one capable of artistic finesse; rekindling the creative side that I always had from my childhood. My teachers and mentors at Northwestern provided a treasure trove of learning opportunities that I carried back to Houston and use on a daily basis.

At the age of 35, I returned to Houston and opened a Plastic Surgery office. Always the tortoise, and never the hare, I methodically built up my practice. Building a medical practice is harder work than most people realize. I painstakingly assembled the necessary pieces,

much like a good plastic surgeon performing an operation. What starts out as a jigsaw puzzle comes into focus when the necessary pieces are put together in the right place and in the right order. Incorporating an operating room was an essential ingredient and allowed for convenience as well as efficiency. Staff are essential members of the team and can make or break a practice. Getting the right team on the bus and in the right seats is challenging, but having an awareness in this area is the key to making this happen- you will know you have it right when you get there.

At the age of 50, I went back and obtained a Master's in Business Administration at Tulane University. This was an important time for me to learn the science of Business. It also taught this frustrated perfectionist how to delegate responsibilities. I learned to get out of my own way and let those around me put their skills to good use without my interference. A very humbling life lesson if I must say so! Armed with these new found skills in business and a more than capable team around me, I knew there was nothing we couldn't accomplish!

During those two years, I was still able to run the practice, and over that time period, each year was our best year ever. I wouldn't have been able to do this without my rock-star staff who were essential to keeping things running smoothly at the Practice. A special thank you to my practice administrator, Leticia Sifuentes. We would not be where we are today without her unique skillset. She has freed me up to concentrate on the things I am most passionate about. Her ability to keep order with an office of female humanoids is truly remarkable!

I would also like to make a special acknowledgement and thank my patients, who since 1992, have put their lives in my hands. Undergoing surgery is a scary process and I don't ever take their trust for granted. Every day of my life, I continue to dedicate myself to learning something new or figuring out an innovative way to make a procedure better or more effective.

Thank you to Alfredo Hoyos, MD, for his artistic ability that led to the development of the High-Definition Liposuction technique and his willingness to share it with

others. This technique has transformed liposuction from an indiscriminate removal of fat (practiced by most liposuction surgeons) into one that allows the surgeon to sculpt and carve the human physique in an artistic fashion - revealing the musculoskeletal framework that God created by carefully and selectively removing the fatty camouflage lying beneath.

I thank my immediate family for allowing me to selfishly do what I love over the last 28 years. Often, I missed family functions and special times when duty called. I appreciate their patience and understanding. I hope I have set an example for my children to be proud of. I have always tried to lead by example, and I hope I set the bar high so they can craft lofty goals and work a lifetime to achieve them. Nothing good in life is easy! Success is a journey, not a destination! Enjoy, and safe travels!

Finally, I would not be where I am today without the support and mentally stimulating environment provided by my parents. All children want the support, love and approval of their parents. This child is no exception and I hope I have made you proud.

This book is for you.

## **1. Is it really possible to get the body of your dreams with High-Definition Liposuction?**

The answer to this question is unequivocally, Yes! I have been performing liposuction procedures in high volume since 2001. During this time, I have seen many patients with many different body types. I have performed thousands of liposuction procedures with many different types of liposuction machines and techniques. While my patients were satisfied, I was still on a personal quest to find a technique to deliver even better results. For this reason, I continued to search for a procedure that did more than just remove fat.

In 2009, I discovered High-Definition Liposuction (HDL) and my search for a procedure that could deliver defined, athletic, beautiful results was over.

If you are reading this book, I am assuming you are a lay person and probably not in the medical field. I get calls to my office every day from people just like you who are interested in liposuction. What they don't realize is that there is a whole spectrum of deliverable results when it comes to the various liposuction procedures. Many of these people are also confused by much of the misleading information parlayed over the internet about the different liposuction machines and techniques available. Some of these companies have done a deceptively brilliant job of marketing and have contributed to the confusion in an effort to sell as many machines as they could to many surgeon and non-surgeon physicians with no regard for patient safety or procedure outcome.

I am here to clear the confusion on liposuction and cut through all of the hype with regards to this popular procedure for you. Amazing technology and techniques are now available, and in properly trained hands, have transformed standard traditional liposuction procedures. Unlike standard traditional liposuction, these advanced techniques are designed to selectively remove fat from key areas to reveal the muscular skeletal framework being hidden by fatty excess. These new techniques allow for finesse and

artistry, with the end result being a creation of defined, muscular beauty.

So, if you are one of the millions of people out there suffering in silence without the body of your dreams, I wrote this book for you. My intent is to inform you of the great treatments available for liposuction that now exist. In addition, my intent is to delineate the key differences between regular liposuction and high-definition liposuction, or what those in the know affectionately call HI-DEF.

So, what are you waiting for? Let's get started!

### **First, who am I?**

My name is Dr. Sam Sukkar. I was coaxed, or rather STRONGLY encouraged, to pursue a career in medicine from a young age (I suspect it started before I was born). Fortunately, I always loved science and numbers, but I had a strong creative side, which undoubtedly lead me to the field of Plastic Surgery. We get to create things every day! We call our plastic surgery specialty and what we do - the art and science of surgery.

I didn't always know I wanted to be a plastic surgeon- too much science and math can beat the creativity out of you. After years of studying, I could no longer even spell the word create! What I did know was that I loved to do things with my hands. Growing up in a household with a hands-on dad and older brother, I was mostly delegated to holding the flashlight when it came to tool time. I do recall very long building sessions with Lincoln Logs and jigsaw puzzles. And I usually won the games of Operation. However, by the time I started college, most of my daily activities involved a pencil, paper and a lot of learning. I did find time to work at a local hospital drawing blood samples which lead to assisting on autopsies and working at the Lion's Eye Bank procuring donor corneas. These experiences confirmed my desire to become a physician.

By the time I started medical school, I was fairly certain that a surgical career was a good path to pursue. After I finished 4-years of medical school, I began a surgical

residency at the University of Texas/ Hermann Hospital in Houston, Texas, and was exposed to all that medicine and surgery had to offer. My first rotation on Plastic Surgery was a life changing experience for me and like an old friend, my long-lost creativity consumed me once again. In order to effectively create in surgery, one must learn the ways of surgery and how to operate. The years spent in this endeavor in a variety of specialties was well worth it. Perfecting and honing the craft of surgery laid the foundation for what was to come.

Looking back now, it all makes perfect sense. All of the dots I collected over the years were now able to be connected and assembled just like all of those jigsaw puzzles I used to excel at as a young boy. In retrospect, I know now that Plastic Surgery was a great choice for me.

### **Why do I specialize in Liposuction Surgery?**

Before we get started, I have a confession to make. I used to dread liposuction surgeries. This came from a perception that I think most surgeons who perform liposuction also feel - an inability to completely control the outcome and deliver the desired result. What this means is that traditional liposuction allows for the non-selective removal of fatty tissue. This takes fat out and makes the patient smaller, and in most cases, happy. You are probably asking yourself - "So what is the problem with that?"

In my mind, I always wanted to deliver more. I didn't want to just make a patient smaller. I wanted that and much, much more. With an advanced understanding of human anatomy, I understood, from an artistic standpoint, that beauty comes in a variety of ways. For most body contouring patients, it involves light, shadow, hills and valleys (or what we call positive and negative spaces). When we look at a well-defined body, our eye does not see small and flat- it sees contour, shadow, muscular and bony prominences-- definition.

At this point in my liposuction journey, I knew what I wanted to deliver but I just didn't know how to

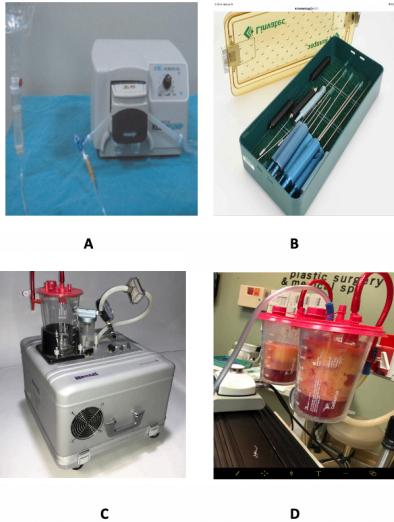
consistently and reliably accomplish it. So, I did what seemed logical at the time. I kept looking for a solution. Now keep in mind that at this point there was no non-invasive liposuction alternative, so most of my search involved surgical solutions.

I trained and learned from the leading surgeons at the time and I slowly accumulated all of the knowledge, equipment, and machine technology that existed when it came to liposuction. The journey was well worth the time! It provided me with a wealth of experience with every liposuction machine and technique out there. I gleaned the good and the bad of each as I fervently refined my competencies on my quest for the perfect technique. Before we discuss this technique, we need to back up and start from the beginning with regards to liposuction.



## 2. What is Liposuction Surgery?

Fig1.



A. Tumescent tubing with Infiltration Pump,  
B. Liposuction Cannulas,  
C. Traditional Liposuction Aspirator,  
D. Cannister of Fatty Aspirate

**Liposuction**, sometimes referred to as "lipo" by patients, slims and reshapes specific areas of the body by removing excess fat deposits and improving the body's contours and proportions.

Liposuction can treat any area where there might be fatty excess, but the most common areas treated are the abdomen, trunk, arms and legs.

There are several contraindications (factors that we use to withhold treatment) to the procedure, but the most common ones are patients who are seeking an obesity treatment or a patient who has no fatty excess. In both of these extremes, liposuction would not be the best choice. We categorize liposuction patients by their body mass index (BMI). In general, the higher the BMI, the greater the amount of fatty tissue.

BMI 17.5      BMI 18.5      BMI 22.0      BMI 24.9      BMI 30      BMI 40

**Underweight**      **Normal**      **Overweight**

← Anorexia      Lowest Normal      Middle Normal      Highest Normal      Obesity      Morbid Obesity →

Liposuction is also not a substitute for proper diet and exercise. It is also not an effective treatment to tighten skin or an effective treatment for cellulite. Good candidates for liposuction are within 30% of their ideal body weight and have good skin and muscle tone.

At its core, all liposuction surgeries have three things in common, regardless of the technology or technique being used to perform the procedure.

- These maneuvers must be performed in the stated order so that the proper effect is realized.

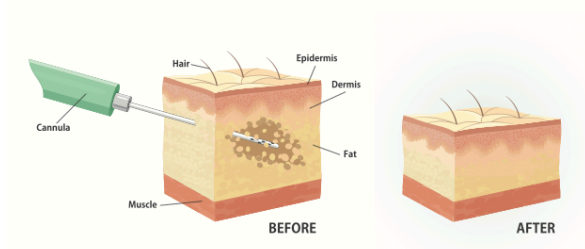
Small (hopefully concealed) incisions are made through the skin and the fluid is infused with a blunt multi-hole cannula, similar to a soaked hose, into the fatty tissue target area. The lidocaine helps to numb the targeted areas and the epinephrine constricts the

blood vessels and shrinks them down to minimize bleeding.

The **SECOND STEP** is the preparation of the fatty tissue target. This can be accomplished by a variety of methods: mechanical, thermal or other forms of energy can all be utilized to help prepare the fat for its removal. I compare this to shaking a fruit tree to help loosen the fruit so it can be safely harvested.

The **THIRD STEP** is the actual removal or aspiration of the fatty tissue target. This is usually accomplished with a blunt cannula hooked to suction, hence the term liposuction.

**Fig 3**  
**LIPOSUCTION PROCESS**



**Fig 3: Liposuction Process**

Once again, these three steps should all be performed in every liposuction surgery regardless of the technique or the technology utilized to perform the procedure.

So, with this understanding in mind, it becomes evident that there are **THREE** important variables to consider when discussing and evaluating liposuction surgery:

1. Technique
2. Technology
3. The person performing the surgery

We will dive into this in greater detail in a bit, but first we need to cover some other important areas.

### 3. What Non-Surgical Options Are Available For Patients with Lipodystrophy?

In the last few years, there have been new innovations in the field of body contouring resulting in several non-invasive alternatives to a liposuction procedure. These non-invasive alternatives are not at the same level of predictability as liposuction, and patients should be carefully screened to determine if they are appropriate candidates for one of these alternatives.

**Genetic Factors** - We all know some people that seem to be able to do whatever they want and eat indiscriminately with no consequence. We can't necessarily control our genetics, but we should have an awareness of them. If you happen to be one of these lucky people, you probably don't need to keep reading!

**Diet** - It is often said that '6-packs are made in the kitchen.' What this means is that diet plays a huge role in how our bodies look. Many people, myself included, believe that if you had to choose between diet and exercise, you would probably be better off with a proper diet and good nutrition. All the exercise and working-out may build big muscles, but if you can't see them because they are hidden by all of the fatty camouflage, who cares? Sounds kind of like the difference between regular liposuction and high-definition liposuction, doesn't it? Patience-We will get to that soon enough!

**Exercise** - Exercise is essential to building good muscle tone, bulk and structure. It also aids in burning excess fatty tissues and makes you feel better, so it should be an essential part of your life. Many of us tend to put off exercising because we can't do it perfectly. What I have found is that *some exercise is better than no exercise at all*. A little bit of activity on a daily basis surprises even me with what it can accomplish. I must admit that for most of my 30s and 40s, I was not overly excited about exercise. But as I approached my 5th decade of life, I realized that the alternative to exercise was not good. When I looked in the mirror, I was starting to not like what I was seeing. Even though my weight

was fairly stable, my muscle mass seemed to be disappearing on a yearly basis. More importantly, I started to feel like my decreasing strength would eventually affect my work. Most people don't realize how physically demanding the life of a surgeon is!

For these reasons, at the age of 52, I resolved to make exercise a daily habit in my life, and I am happy to say I have completed my second year with this healthy mindset intact. My physical transformation has been incredible.

The **THREE** factors listed above are all important. If you can achieve the look you want with their help, then the rest of this book might not be necessary for you. For most of us, this is not the case. And that is where an understanding of what is out there is imperative to arming us with the knowledge that we need to choose what is the right procedure for us *individually*.

I have always tried to let others evaluate the never-ending, new technology that we are inundated with. When the data collected shows that a technology works, I will then incorporate it into my practice. I will review some of the newer non-invasive technology below and give you my take on the advantages and disadvantages of them.

### **Who is a good candidate for a non-surgical option?**

The best candidates for the non-invasive market are those individuals who are closer to their ideal body weight. A body mass index of 25 or less is ideal and these patients would have several small problem areas that they were focused on. A higher BMI patient who might have issues from head to toe would not be an ideal candidate for this non-invasive modality.

### **What are the advantages of a non-surgical option?**

The main advantages of all of the non-invasive procedures are that they don't require a formal surgical procedure and there is very little to no downtime with regards to recovery.

### **What are the disadvantages of a non-surgical option?**

The main disadvantages of these non-invasive options are that they are less predictable and often require more than 1 procedure or maintenance procedures over time. In addition, patient selection is crucial, and there are more and more unscrupulous individuals out there who have illegally purchased these machines and have decided that anyone with a credit card is a good candidate. Remember, when you only have a hammer, everything looks like a nail. When you have access to a complete toolbox, you can select the right tool for the job.

### **Who should perform a non-surgical procedure?**

Non-invasive body contouring procedures are still considered medical procedures and should therefore be performed in the setting of a medical practice. Properly trained practitioners and staff should carefully evaluate patients on an individual basis to determine if they are good candidates for this procedure. In addition, a practice that offers both invasive and non-invasive modalities will be best equipped to perform a proper assessment and recommend a procedure that will deliver the desired result. Fly-by-night offices and rogue medical spas with no physician supervision should be avoided at all costs! I have treated a multitude of patients who have been taken advantage of at these places, oftentimes undergoing treatments that were not appropriate or individualized for them. In addition, there have been several of these medical spas shut down and the staff arrested for practicing medicine without a license. By law, a licensed physician is required to diagnose and prescribe treatment for a patient. A medical license is also required to purchase these various medical devices that are used to perform these non-invasive treatments. Despite this, many medical boards currently choose to look the other way in the rapidly changing landscape of medical spas.

## What is CoolSculpting?



This is probably the most popular and well-known of the non-invasive fat reduction procedures. It has been around for almost a decade now. The technical term is cryolipolysis and it uses a cooling applicator to freeze the fat cells so that the body can naturally eliminate them as a waste byproduct. Estimates are that it can decrease the fat in an area of treatment by 15-20% with 1 treatment.

The main advantage of cool sculpt is that it is non-invasive and there is no downtime. The main disadvantages are that it is not entirely predictable, it is only good for small areas, and more than one treatment is needed to get the desired result.

Despite these limitations, our cool sculpting machines stay busy as many of our patients feel the advantages of this approach outweigh the disadvantages.

## What is CoolTone?



CoolTone is the newest kid on the block and is one of several machines that are designed to stimulate muscle contractions, which lead to improvements in muscle tone. The strategy is to decrease the fat layer with CoolSculpting and then tone the muscle layer with

CoolTone. It is possible that this combination will be synergistic, much like diet and exercise are. The preliminary data is promising, and time will tell if this is a viable option for the noninvasive body contouring market.



## 4. What Surgical Options are Available for Patients with Lipodystrophy?

Liposuction is a surgical option that removes fatty tissues from problem areas. It can be performed as a stand-alone procedure or in conjunction with other procedures, such as an abdominoplasty (Tummy Tuck)

### Isn't liposuction surgery risky and painful?

All surgical procedures carry some risk. In the early days of liposuction, before the advent of tumescent fluid, blood loss requiring transfusions was frequent. Fortunately, this is a rare occurrence in 2020. With proper patient selection, good anesthesia, and detailed pre-operative, intra-operative and post-operative care, liposuction procedures can be accomplished in a very safe and effective manner. In addition, with early ambulation (walking/movement), proper garment wear and daily soft tissue massages, patients return to normal fairly quickly.

### Tell me about the different types of liposuction?

As discussed earlier, all liposuction surgeries have **THREE** main steps. There are some differences, however, with the differing technologies and techniques. Despite the popular misconceptions about the different technologies, the most important factor in your liposuction procedure is the skill and experience level of your surgeon.

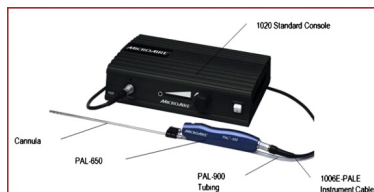
### What is traditional liposuction?



Traditional liposuction uses a blunt cannula, in conjunction with the surgeon's mechanical energy, to

loosen, and then suction the fatty tissue through the cannula tubing and into a collection canister where it can be quantified. Because the liposuction cannulas are blunt, there is minimal damage to the surrounding blood vessels and fibrous network which have been constricted by the epinephrine in the tumescent fluid. This form of liposuction was popularized in the early 80s. And until the use of tumescent fluid infiltration was commonplace in the early 1990s, blood loss was a problem. This form of liposuction is still frequently used by many surgeons and one of its biggest drawbacks is surgeon fatigue from this work intensive procedure. Another drawback is lack of complete control with removal of the target tissue. What this means is some patients are more fibrous or tough than others. In these more difficult patients, energy-based devices are often required to help loosen up the fatty tissue layer.

### What is Power-Assisted liposuction (PAL)?



Power-Assisted Liposuction (PAL) is similar in many ways to traditional liposuction, however, it uses a powered handpiece to help break up and remove the fatty tissue. There are several different devices on the market. The main ones are **PAL Microaire** (reciprocating motion) and **Power X** (rotational motion). The main advantage of these powered technologies is that they help reduce surgeon fatigue. In my opinion, it does not

remove the fat any quicker, but it does allow for more focused and selective fat removal which can be useful in sculpting situations. I have utilized PAL since 2002 and have a great deal of experience with it. With the extensive amount of liposuction that I perform, I have worn out three PAL systems! I also have a Power X system which I have been using since around 2014. I use both of these systems, depending on the fatty tissues characteristics that different patients exhibit. In general, I use Power X for deep fatty layer debulking and PAL for sculpting the superficial fatty tissue layer.

### **What is Laser-Assisted liposuction (LAL)?**

**Fig. 1**



This technology utilizes a laser fiber to thermally prepare fatty tissue for removal. The most well-known of these devices is **SmartLipo**. This was heavily marketed to non-core plastic surgeons and the device quickly flooded the market. I own a SmartLipo machine and I use it in specific situations. I do not find it to work well when a great deal of fatty tissue needs to be removed as it is rather inefficient. In addition, the thermal energy can cause unpredictable scar tissue formation which is not helpful with the body contouring outcomes that we are

trying to achieve. I see a lot of patients who had SmartLipo performed elsewhere and did not get the skin tightening that the marketing hype implied. Performing additional surgery in these individuals is difficult and navigating through the scar tissue present is for experienced surgeons only. Often times, skin tightening procedures are needed in many of these individuals.

### **What is Ultrasound-Assisted liposuction?**

Ultrasonic-Assisted Liposuction (UAL) was first developed in Europe and was brought to the United States in the late 1990s. There were five study centers in the United States and Northwestern in Chicago, where I trained in Plastic Surgery, was one of them. The original devices were ultimately shown to be too powerful with too much heat generation causing seroma formation--skin burns and scar tissue fibrosis. In 2001, a new-generation **VASER** ultrasound machine was developed and slowly gained the attention of many body contouring specialists. This gentler technology uses ultrasound waves to help break up the fatty tissue prior to it being removed with suction. These sound waves are selective for the fatty tissue layer and other non-fatty structures are left intact. I have been an avid VASER user since 2008. The learning curve is steep but well worth the investment in time and energy.

**Fig. 2**



**A. Vaser Classic (early 2000)**



**B. Vaser 2.0 (2012)**

**Fig 3**



**A. Video of Lipid Emulsification with VASER**



**B. Video of Vaser Hi Def Liposuction**



**Is anyone still doing any of the older liposuction surgeries?**

Many plastic surgeons still utilize traditional liposuction which actually works quite well. Anyone utilizing energy-based systems such as laser or Vaser is still technically performing traditional liposuction, because after fatty tissue preparation, the fatty tissue still has to be removed with a traditional liposuction cannula attached to suction.

At the end of the day, there are a multitude of factors that play a role in creating the final result. The trauma necessary to loosen and remove the fatty tissue is as important as the size of the cannula that is used to suction the fatty tissue out. In my opinion, a liposuction procedure should be performed in a manner that is the least traumatic to the tissues, while at the same time still allowing the surgeon to deliver a satisfactory outcome.

## 5. What is High-Definition liposuction?

High-Definition Liposuction (HDL) is a liposuction technique that was developed by a Colombian plastic surgeon. It quickly gained attention with plastic surgery body contouring specialists interested in obtaining athletic, defined contour in their patient results. In order to effectively do this, both the superficial and deep fatty tissue layers must be treated. Usually, traditional SAL treats only the deep tissue layers. The treatment of the superficial fatty tissue layer with traditional liposuction is difficult. Originally, the HDL technique used traditional liposuction to try to treat the deep fatty tissue as well as the superficial fatty tissue layers, however, this created unique challenges in the patient recovery process. With ultrasound energy, it was discovered that a gentler fatty preparation of the superficial and deep layers of fatty tissue was possible without many of the complications seen originally. The VASER Hi-Def technique was then further developed and evolved into what we know it as today.

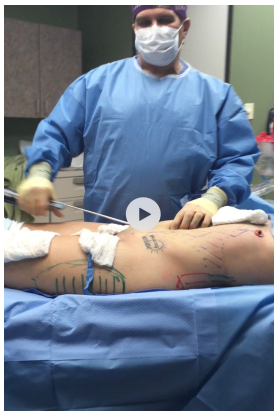
### **What is exactly happening with a High-Definition Liposuction Procedure?**

The concept is amazingly simple, and when viewed from an artistic standpoint, it makes perfect sense. Artists understand how light interacts with contour to create shadows. It took a plastic surgeon with an artistic background to merge the concepts of sculpting, light and shadow, and detailed understanding of human anatomy to develop the HDL technique. In our training, we are taught that too much fat removal leads to irregularities. The HDL technique throws this concept out of the window and intentionally and selectively creates controlled negative spaces or shadows in appropriate anatomic areas. In general, where there is muscle or bony structure, you should have a positive space, and where there isn't muscle, you should have a negative space. Negative spaces create shadows and positive spaces create light. It is the interaction of light and shadow with the positive and negative spaces that displays the beautiful anatomic contour that we appreciate in athletically defined and fit individuals.

Many people in the lay public assume that all liposuction procedures are delivering these types of results, however nothing could be farther from the truth! It is true that most liposuction surgeons are non-selectively removing fatty tissue, Making their patients smaller and overall happy with their results. An HDL surgeon is taking things one step further by delivering a smaller patient, but one with a defined, athletic look in a natural way. This is being accomplished by the creation of negative spaces and positive spaces in all of the right locations. Surgically speaking, this means a complete removal of all fatty tissue layers in these negative space areas and a small amount of fat preservation in the positive space areas.

In 2009, when I first trained in the HDL technique, I had been performing regular liposuction for about 10 years. After the training, when everything was presented and the concepts came into focus, I was blown away by the results that I was seeing. Before this knowledge, I was unable to deliver these advanced types of results for my patients.

So, just to reiterate, HDL is a technique that can be technically performed with any type of liposuction technology. The Vaser Ultrasonic Liposuction technology makes this process much easier. After I completed my 2nd training in the HDL technique, I began utilizing power-assisted liposuction (PAL) for the sculpting part of the procedure. This was an innovation on my part and took the technique to an even more advanced state. It worked extremely well. About that time, the company that made the VASER machine came out with PowerX, which is also a power-based liposuction system. Fortunately, for my patients' sake, I own a lot of these liposuction machines! You don't know until the procedure is underway which one you might need for the most effective result. Even though my staff has to tediously process and sterilize our equipment, they understand that this flexible mindset is crucial to delivering the best result for each individual patient.



### Is High-Definition Liposuction effective?

With a properly trained surgeon, the HDL technique is extremely effective. In order to deliver this kind of result, however, the surgeon must have an artistic eye, in addition to the technical skills, knowledge and proper liposuction equipment, to perform the surgery. There are also unique and specialized post-operative requirements needed to obtain and maintain the best result.

Not to be overly redundant, I want to reiterate several important concepts:

1. Just because a surgeon owns a VASER Liposuction equipment system does not mean he can perform VASER-Assisted High-Definition Liposuction.
2. VASER Liposuction refers to a liposuction equipment system.
3. High-Definition Liposuction refers to a technique.
4. In an experienced, trained surgeon's hands, *in the right patient*, it is possible to perform High-



Definition Liposuction without a VASER. This, however, is fraught with difficulty and leads to unique post-operative challenges.

### **What are the benefits of VHDL versus regular Liposuction?**

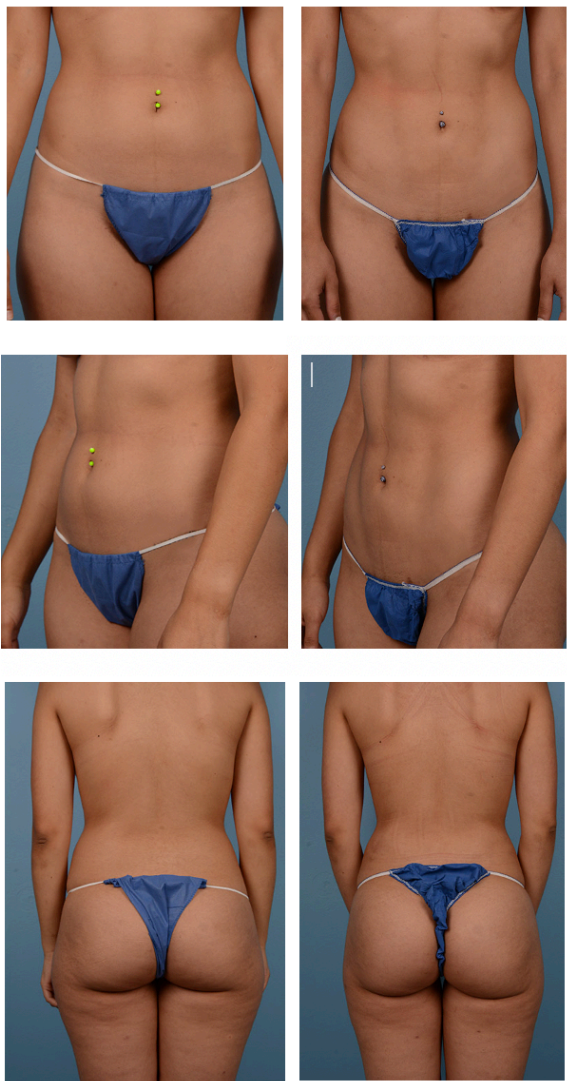
The main benefits of VASER High-Definition Liposuction (VHDL) are in the results that it delivers. Most of us are visual and we know what we like when we see it. Viewing results of regular liposuction, as opposed to High-Definition Liposuction, is usually enlightening and self-explanatory. The HDL result that is obtained is usually because of superficial fatty tissue that is able to be safely removed in the negative space areas. Often times, these areas contain genetically-resistant fat which is not able to be lost with regular diet and exercise. A regular liposuction procedure would not address these areas and the final results would not be as ideal. In addition, the HDL has evolved to allow for further contrast between the positive and negative spaces. This is accomplished by injecting fatty tissues into the areas of positive space while at the same time sculpting out the negative space. When the hills are higher and the valleys are lower, there is more of a contrast. And this is aesthetic. In plastic surgery, we call this the Ogee curve.

**Fig 4.**



**Fig 4: Male Hi Def Liposuction with Fat Grafting to Upper Chest and Arms**

**Fig5.**



**Fig 5: Female Hi Def Liposuction with Fat Grafting to Buttocks**

## **What are the risks of VHDL versus regular liposuction?**

Any technique that works in both the superficial and deep fatty tissue planes requires special intra-operative and post-operative considerations. The biggest risk of VHDL is also a result of its effectiveness. What I mean by this is that by removing the fatty tissue camouflage, we are revealing what lies beneath. This technique in certain individuals can be unforgiving. In layman terms, this means that people without good muscular structure may not get the athletic-defined look that they were envisioning because they lack good muscle structure!

There are **FOUR** main parts of human anatomy that are responsible for the final outcome in a body contouring procedure:

1. The skin layer quality.
2. The fatty tissue layer.
3. The muscle structure.
4. The bony anatomy.

## **Is VHDL controversial?**

From my standpoint, HDL is only controversial for those surgeons who have not been trained in how to perform it. Once again when all you have is a hammer, everything looks like a nail. I have training in regular liposuction, in addition to VHDL. I own traditional liposuction equipment, power-assisted liposuction equipment, laser-assisted liposuction equipment and ultrasonic-assisted liposuction equipment. As a result, I think I can speak with authority on all matters related to liposuction.

## 6. How Do I Decide What Treatment or Procedure Is Right for Me?

**How do I know if I am a candidate for VHDL?**

**A consultation with a board-certified Plastic Surgeon who specializes in the VASER High-Definition Liposuction (VHDL) technique** will be necessary to determine if you might be a candidate for this procedure. In general, if you are within 30% of your ideal body weight, it is likely that you will be a candidate for surgery. A history of Massive weight loss or frequent weight fluctuations takes it toll on skin quality and special considerations in these circumstances may be necessary.

**Why is VHDL, the best option in most cases?**

Most people want a great result. They mistakenly think that all plastic surgeons can deliver the result that they are envisioning. What they don't realize is that there is a specialized liposuction technique called VASER High-Definition Liposuction (VHDL) that can potentially deliver the result they are looking for. They don't realize that regular liposuction is not going to get them there. The patient, as well as most liposuction surgeons, don't know what they don't know. How do I know this? Because I used to be one of those liposuction surgeons! It took learning HDL for me to realize that there was a better way.

This is why before and after photos are so important. It is a visual representation of a result that can be delivered by the surgeon based upon where the patient started and where they ended up. We call this *the result*. Different patients are happy with different levels of results. I think it is safe to say that we all want the best result possible in our respective situation.

**When would you recommend traditional liposuction over VHDL?**

There are instances where patients are not good candidates for an HDL procedure. Usually these are in situations where there is skin laxity (looseness). Other times, patients have too much fatty tissue that

disqualifies from receiving the procedure. In these situations, traditional liposuction is appropriate. If there is skin laxity present that would compromise the result, a skin tightening might also be required.

## **7. What Happens After I Make an Appointment for Evaluation?**

The initial contact with my office will provide the patient with an opportunity for a detailed conversation with one of my patient care coordinators. They function as your concierge or liaison and assist and guide you through the pre-operative process. During these encounters, there is a gathering of information and a providing of information. Motivating factors leading you to a surgical procedure will be addressed and once all of the pertinent questions and requirements are met, a determination of whether you are a potential surgical candidate ready for consultation will be established. If this is the case, a consultation in the office will be arranged.

### **What happens before my first office consult?**



All pre-operative considerations will be discussed at the initial phone call with the patient care coordinator. Preparations for the consultation will be established so that when you come in, we can make the consultation and scheduling of your surgery an easy and efficient process. Our patients are typically prepared to schedule their surgery at the completion of this consultation, provided they are a good candidate. All financial, scheduling, pre-operative and post-operative questions will be addressed typically before you even come into the office the first time!

### **What happens when I arrive for my consultation?**

You will be greeted by our front desk receptionist and made comfortable prior to your patient care coordinator meeting. They will review your initial conversation and prepare you for meeting with Dr. Sukkar. There is no paperwork to fill out in the office because you would have already completed them through our online patient portal system software prior to your visit. This allows your patient care coordinator and Dr. Sukkar time to carefully review your medical history information prior to your visit.

### **What history and physical findings does Dr. Sukkar focus on?**

Any past medical or surgical history, as well as medications that you are currently on, will be discussed. Your motivations for the surgery and lifestyle considerations that will be important for you to maintain the desired outcome will be discussed.

An examination will follow to assess the areas of concern. A typical scenario for a male patient might be to address the flanks, abdomen, chest and arms. Female patients tend to focus on the flanks, back, abdomen, legs and buttocks.

### **What happens after my examination?**

If you are determined to be a suitable candidate for the proposed procedure, your patient care coordinator will arrange for your pre-operative visit and go over necessary lab studies as well as financial obligations.

### **If I decide to proceed with VHD, what happens next?**

Before you leave the office, a date for your surgery will be reserved. Since our dates book out quickly, your patient care coordinator will have you well prepared to select your surgical date at your visit. Many of my patients have actually reserved and scheduled their surgical date prior to their initial office visit! Lab work will be given so your study results will be ready for review at your preoperative appointment.

In addition, your pre-operative appointment will be scheduled with our clinical staff. During this pre-operative visit, you will have another opportunity to ask additional clinical questions. Also, during this appointment, photographs will be taken, clinical paperwork will be reviewed with you, and you will be given your prescriptions for medicines required after surgery. Since you will not be your normal self for a short time after surgery, we encourage the person taking care of you after surgery to come to the pre-operative consult so they will be comfortable and confident that they can provide the care needed to ensure an optimal recovery.

### **What are the preparations I need to do prior to a VHDL procedure?**

At your pre-operative appointment, you will be given detailed paperwork outlining all preparations necessary for you to perform to ensure a successful surgical experience and outcome. Below, I have enclosed a sample as an example:

A successful surgery requires a partnership between you and Sam M. Sukkar, MD, FACS.

The following instructions are essential to a safe experience and good outcome. Use this as a checklist as you approach your surgery date. If you are unable to comply with these instructions, you must notify our office as soon as possible. As a result, your surgery may have to be postponed or delayed, at the judgment of Sam M. Sukkar, MD, FACS. This is essential to your health and safety.

### **TWO to THREE WEEKS BEFORE SURGERY**

This is an important planning and preparation time. Follow all of the good health habits you have begun in addition to the following:

**Stop smoking.** Smoking can greatly impair your ability to heal. You must be nicotine and smoke-free for at least 4 weeks prior to surgery. You must also be free of any nicotine patch or nicotine-based products for a minimum of 4 weeks prior to surgery.



**Prepare and plan:** Put your schedule together for the day before, day of and first few days following the surgery. Share this with all of your key support people.

**Fill your prescriptions:** Some pain medication prescriptions may need to be filled ON THE DAY these prescriptions are written. Our office will advise you accordingly.

**STOP taking the following for the duration before your surgery. Taking any of the following can increase your risk of bleeding and other complications:**

Aspirin and medications containing aspirin	Garlic Supplements
Ibuprofen and anti-inflammatory agents	Green Tea or green tea extracts
Vitamin E	Estrogen supplements
St. John's Wort	All other medications indicated

**Pre-operative clearance and information:** If they have not been completed and results filed with our office, make certain to undergo **ALL** pre-operative testing. Refer to the **Pre-surgical Lab and Testing Orders** form. Make certain all test results are received by Sam M. Sukkar, MD, FACS as required. If medical clearance is required and not yet received, surgery may be cancelled at **your cost**.

**Fitness:** Don't over-do it. Avoid anything strenuous or that could potentially cause injury.

**Good nutrition:** Continue taking your supplements as directed:

**NO SMOKING:** Stay away from second-hand smoke, too. Your healing and health depend heavily on this.

**Lead a healthy lifestyle:** Practice good hand-washing and avoid large crowds, or individuals who are ill. Do not risk catching a virus or cold.

**Avoid sun exposure:** Sun-damaged skin can more readily produce irregular scars or cause pigmentation irregularities following surgery.

## **ONE WEEK BEFORE SURGERY**

**Confirm your day of surgery plans.** This includes your transportation and after-care (a responsible adult for the first 24 hours around the clock).

**Purchase any compression garments required.** You may wish to purchase more than one garment for laundering purposes. At 4 weeks, most patients may transition into spanx garments.

**Confirm all lab results and paperwork** have been received by Sam M. Sukkar, MD, FACS if you have not already done so.

**Continue to practice healthy habits**, nutrition and fitness. No strenuous exercise. No saunas, hot tubs, steam baths or mud wraps. **No smoking or alcohol.**

**Find your comfort zone.** Locate the most comfortable place where you can gently recline and recover. You don't want to be testing locations or pillows the day of surgery. Shop for magazines, books and other things to keep you busy and entertained in the day or two following surgery.

**Wax or shave your bikini area and legs.** It may be uncomfortable to do so in the days immediately after surgery.

## **ONE DAY BEFORE SURGERY**

**Pack your bag for the day of surgery.** This should include:

All paperwork	Reading Glasses
Your identification	Warm, clean cotton socks
All prescription medications	Saltines or other crackers in case of nausea during your ride home

**Confirm your route to and from surgery or the recovery center with the responsible adult who will drive you.** Also, confirm plans with your 24-hour support person and make certain he or she has all of your post-operative instructions.

**Shower as directed.** Use an anti-bacterial, fragrance-free soap (Hibiclens) the night before surgery. Shampoo your hair. Do not use any hair gel or other styling products, scented skin creams or moisturizers. Do not use any deodorant, hair spray, perfume or cosmetics. Remove all finger nail and toe nail polish.

**Do not eat or drink anything after 12 am.** No candy, gum or mints. Anything more than a small amount of water as needed for brushing teeth or swallowing medication may result in the need to cancel surgery. This includes candy, gum and mints.

**RELAX!** Get plenty of rest and avoid unnecessary stress.

## **THE DAY OF SURGERY**

**NOTHING by mouth.** Anything more than a small amount of water as needed for brushing teeth or swallowing medication

may result in the need to cancel surgery. This includes candy, gum, mints.

**Dress appropriately.** Do not wear cosmetics, jewelry of any kind, contact lenses, hair clips, body piercing: (If there is something you cannot remove, let the admitting nurse know right away.)

**Wear comfortable, clean, loose-fitting clothing:** Do not wear jeans or any tight-fitting bottom; rather have a pair of loose, drawstring sweatpants to wear home. You may wear a robe. Wear slip on, flat shoes with a slip proof sole; no heels. Wear clean cotton socks, as the operating room can feel cool. For your comfort, wear a zip or button front top. No turtlenecks.

## **8. What Happens on The Day of My HDL Procedure?**

A lot goes into preparing for surgery and your pre-operative paperwork will have you ready, provided you read it and paid attention to the directions.

### **What should I do the day of the procedure?**

You will arrive to the office at the time provided by the nurse. They will typically let you know the day before as to what time that is. You should follow all pre-op instructions outlined in your packet. The most important of course is to not eat or drink anything after midnight the night before your arrival. Failure to follow these instructions could result in cancelling your surgery, as it would not be safe to put you to sleep in this setting.

### **What are the office preparations necessary before my surgical procedure?**

When you arrive, a urine sample will be obtained for testing. You will be escorted to the prep room where you will change. The nurse will confirm the procedure that is scheduled to be performed. Your vital signs will be checked and an IV will be placed through which medications will be administered. The anesthesia personnel will review your paperwork and discuss the anesthetic portion of the procedure.

### **Is it possible to perform the VHDL procedure under local anesthesia?**

Very small areas can be performed under local anesthesia in the form of tumescent liposuction. Most typically, the entire truncal area is being worked on and this would preclude performing this advanced technique under local anesthesia. Because it would take longer to perform under local anesthesia, the procedure would be more costly. For these reasons, I always perform HDL under general anesthesia.

### **Does Dr. Sukkar make surgical markings on me before my surgery like I see on TV?**

The day of surgery, you will be marked prior to surgery. Patients seem to really enjoy this for some reason. I often joke that I didn't get to go to kindergarten and that's why I like to draw so much and in so many colors! Each color has a special meaning to me and help guide us during the surgery as many things change when a patient is laying down versus when they are standing up. A lot of the patients like to take a picture of their markings when I am done as they think it is a work of art in and of itself.

### **Are family members or friends allowed to stay for the procedure?**

Family is welcome to stay while you have surgery. We can't let them in the operating room area, however, due to strict regulations that govern our surgical facility. Many wait in the reception area. We have refreshments and WIFI. Of course, for longer cases many leave to run errands, shop or have lunch. We do request contact information so we can notify them when surgery is completed so they don't worry too much.

### **How is the surgical procedure performed?**

The VHDL procedure is performed in a very meticulous manner. Most of it happens after you are put to sleep! The team consists of the surgeon(me!), a nurse, anesthesia personnel, a scrub tech and a medical assistant. Each member of the team has been carefully trained to work together to make your surgical procedure proceed in a smooth and efficient manner.

You will walk to the surgical theater with the assistance of the nurse. A standing prep to cleanse the operative areas will be performed, and then you will get onto the warm surgical table and quickly be put to sleep. A time out is performed by the entire team to confirm your identity and the surgical procedure to be performed. After you are asleep, a Foley catheter to monitor urine output is placed. The scrub tech will prepare the extensive amount of specialized liposuction equipment to perform your procedure.

When everything is ready, Dr. Sukkar will inject the tumescent fluid into the treatment areas. Most patients are carefully placed in the face-down position (prone) to work on their flanks, back or buttocks. The Vaser skin ports to protect the skin are placed and then the Vaser is used to prepare the fatty tissue throughout the treatment areas. Finally, the liposuction cannula is used to aspirate the deep fatty tissue and then specialized liposuction cannulas, or power-assisted cannulas are used to sculpt out the superficial fatty tissue layers.

When the posterior portion of the procedure is completed, you will be placed back in the face-up position (supine), and the same sequence of events is repeated for the chest, abdomen and legs. Finally, if indicated, fat will be injected into areas of deficiency, such as the deltoid muscle or the upper portion of the chest muscle to increase bulk.

### **What happens at the office after the surgical portion of the procedure?**

At the completion of the procedure, specialized garments and tubes to evacuate fluid are placed and secured. Upon waking from the anesthesia, you are taken to the recovery room. Additional monitoring is performed in the recovery area until you are ready for discharge. You can expect to be at the office for around 6-8 hours.

### **Are there any things I should be aware of after the surgery?**

The nurse will carefully review everything with the person taking care of you after surgery. At times, family members may not be comfortable, or an out-of-town patient may not have family members available. In these special situations, special arrangements to provide 24-hour nursing care can be made through the office.

## What happens when I go home?



After discharge from our surgical facility, you should go home and rest. Walking around is encouraged with the assistance of your caretaker. The special drain tubes will need to be occasionally emptied and the nurse will give your caretaker a sheet to record the output. The drain tubes will have a lot of output and this is normal. They will stay in for 5-7 days. It is best to get this fluid out as it allows the spaces made from the fat removal to collapse down, revealing your new shape! The special garment is also essential. I tell patients to imagine that they are a large sponge. The garments serve to squeeze the sponge (you!) and the resulting fluid is evacuated through the drain tubes. It is best to get as much fluid out as possible as it makes your recovery process much quicker. In addition, where there is good compression, there will be minimal bruising.

## **9. What Happens After My Vaser High-Definition Liposuction Procedure?**

### **What should I do the morning after my procedure?**

You will have gotten up several times during the night to go to the bathroom. There are a lot of fluid shifts from the procedure. Remember that tumescent fluid was placed, and you also got IV fluid. It is typical to give patients 8-10 liters of fluid and remove 6-7 liters of fat and aspirate. All of this causes you to have a lot of urine output. The garment does not need to be removed to urinate. It is best that you leave it on until you come into the office for your first soft tissue massage.

Your medicines should have kept you comfortable during the night and your provider should monitor the times that you need to take them. Frequent ambulation is essential to help you get back to normal as quickly as possible. You may not feel as hungry as normal, but you should try to eat a little if you can. You will come into the Medical Spa the following day for your first soft tissue massage with one of our licensed specialists.

### **Why do I need drain tubes?**

We covered this earlier, but I am discussing it again because this is a common question after surgery. After the first night, it becomes fairly obvious why you need drain tubes, as the amount of fluid coming out of them is truly impressive. The drain tubes allow for the collection of the fluid in a tidy fashion. It would be quite a messy experience otherwise. I suggest you just go with it. They are easily secured to the garment with a safety pin and are really not that cumbersome. They are well worth the trouble!

### **Why do I need to wear the compression garment?**

We also will cover this one again! Most patients have a love-hate relationship with their garment. It is necessary to provide compression to the operated areas and squeeze you like a sponge so that the excess fluids in your body and in the liposuctioned areas will be



pushed towards the drain tubes and removed. This leads to less swelling, less bruising, and most importantly, less pain.

I have found over the years that there are two types of patients--those that hate their garments and those who love them, and you can't get them to stop wearing them even after six weeks post-operative! I have found that the initial garment is most important during the first two weeks after surgery. Many patients transition to a smaller second stage garment after 2 weeks as the majority of their swelling is starting to dissipate.

## Why do I need soft tissue massages after my procedure?



After your surgery, you will come into the office on a daily basis to have soft tissue massages. This is a crucial part of your recovery. The initial massages focus on helping to promote the free fluid in the tissues to evacuate through the drain tubes. After the first 3-5 days, the free fluid output decreases, and the focus becomes more on ensuring that the lymphatics in your body are properly filtering out the excess fluids in the tissue cells. You will notice during your massage session that we empty the bulbs several times as this is how effective the massages are at getting the fluid out. Most patients look forward to their daily massage as it makes them feel better afterwards and it gets them out of the house.

With regular liposuction, the majority of the patients don't get these soft tissue massages. The typical course in these patients is for the operated area to be swollen, tender and hard like a rock from all of the retained fluid. These patients typically take three months to return to a more normal softness. Our patients get back to this point at 10-14 days. Anyone who does not believe in post-operative soft tissue massages does so because they have no experience with them.

Most important in my mind is that where there is fluid, there tends to be more scar tissue formation and this can lead to poor results and a lack of definition, which is exactly the opposite of what we are trying to accomplish!

### **When will Dr. Sukkar check me after my surgical procedure?**

Since the massages take place in the Medical Spa, I try to pop in when I can to check on my patients' progress. I know, however, that they are being well taken care of and great gains are made during these massage sessions. The first formal visit to assess patients are at two weeks. At this point, the drain tubes are out and the few sutures that are required are removed. At this point, the patients are well on their way to getting back to normal. There may be some free fluid still that has to be evacuated and firm areas that need massaging and we will address this at that time. Mostly, we are just in awe at the new shape that we have revealed now that all of the fatty tissue excess has been removed.

### **What is the first two weeks like after my procedure?**

By the end of the first week, most patients are feeling really good. They are self-sufficient with their garment wear and medications. Most are no longer taking anything for pain. Their daily routine is returning to normal and they are starting to see the results that they were looking for with the surgery. At this point, we start to talk about target weight and goal setting. It is too early to work out, but it is never too early to start planning.

Usually, it takes 2-3 weeks for all of the fluid excess to be stabilized. We get daily weights on you when you come into the office and closely monitor this. We also set a target weight for you to strive for. By quantifying the amount of pure fat removed, we can accurately predict how much weight was taken off at surgery. For example, if you started at 190 pounds and we took off 2000cc of fat, we can calculate that your new target weight should be around 185 to 186 (each 1000cc of fat weighs about 2.5 pounds). This is the weight that you

would be at in a perfect world to maintain your best result. Many patients fight us on this, but it is best to listen to our years of experience in this area.

Some patients come back at six weeks and might weigh their pre-operative weight of 190 pounds and think they are doing good. But we have to gently remind them that their new target weight was 185 pounds with 2000cc of fat removal. In essence, they actually gained 5 pounds! Those patients who actually lose more weight after surgery and are below their target weight can expect an even more fantastic result!

### **What happens at the 6-week appointment?**

This appointment is a chance for a quick check in to assess your progress. A quick weight and then an assessment of the operated areas is performed. It is not uncommon to have areas that still feel numb or firm. And we reiterate the importance of working on these areas with daily scar massage. The areas of the negative spaces tend to have the most firmness and require the most attention with massage at this point. Despite these temporary limitations, the transformation evident is undeniable and makes the experience for the patient gratifying and exciting as they have already become accustomed to the new body that they were dreaming of. A quick review of the pre-operative photos is occasionally necessary for some patients--as they no longer remember the point that they started from and need a gentle reminder to stay on the right path to make sure they maintain their result.

### **What happens at the 3-month appointment?**

At this appointment, we review the overall experience and take post-operative photographs to compare side-by-side with the patients initial starting point. Most patients are completely recovered at this point and look back in awe at the transformation and progress that they have made. Many patients by the three-month appointment have sent us referrals for their friends who are eager to have the same experience.

We remind the patient to balance proper nutrition, exercise and daily monitoring of their weight. This allows them to make the small adjustments that are necessary to maintain their best result. It is a lot easier to make an adjustment to lose a 1-2-pound weight gain versus a 10-pound weight gain. No one just gains 10 pounds. It happens because of a daily change in habit carried out over a prolonged period of time. When you don't hold yourself accountable on a daily basis, the long-term result is usually not good.

### **Does anyone ever need a second surgery?**

It is very gratifying when I see a patient take a result that I created with a HDL surgery and make it even better by losing additional weight and building more muscle by working out. Many of these patients have transformed their whole life by undergoing this surgery, and that is a great thing to witness.

Unfortunately, the opposite can also be true. Some patients undergo this surgery yet feel no personal responsibility in maintaining their result over time with a proper diet and fitness regimen. Many of these patients come back wanting to blame everyone but themselves for their inadequate result. These patients are also the ones who usually don't want us to weigh them! Don't let yourself be this patient!

I strongly believe in personal accountability in our lives, whether it is our health, our work, our educational or financial well-being. I encourage all of my patients to embrace this mindset. With this attitude, the sky is the limit and there is nothing you cannot accomplish

**What are the things I should do after my surgery to maintain my surgical result?**



**Time for a 6AM workout session!!!**

Proper diet, exercise and personal fitness should allow you to maintain and even improve your new hi-definition look. Closely monitoring your weight will be your measuring tool to make sure you stay on the right path. There is no other way. Nothing good in life is easy. If it was, everyone would be able to do it. Make it your personal mantra to do the right things on a daily basis to be the best that you can be, and you will lead a more fulfilling and satisfying life for the rest of your life!

## 10. How much Does High-Definition Liposuction Cost?

This specialized procedure is more expensive than regular liposuction. When an understanding of the differences is made evident, it is easy to understand why.

A useful analogy is with different types of cars. Some people like Hyundai, Toyota and Volkswagens. Others prefer Mercedes, Porsches and Ferraris. All of these are fine cars and will get you where you need to go, but don't kid yourself, there is a difference.

The same holds true with the different types of liposuction. We certainly get many calls from people who want to lump all of the liposuction procedures into one category, and that's fine for those patients. They should probably just undergo standard traditional liposuction. Chances are they will be happy, and chances are they won't. We certainly see the ones who aren't happy with their initial results performed elsewhere. *Forty percent* of my practice is focused on fixing results from other surgeons! I don't say this to brag; it's just a fact. I would much rather spend my time on primary cases because it sure is a lot easier when you don't have to deal with the scar tissue and irregularities that other doctors left behind. Creating definition in these situations is extremely difficult.

For the more discerning patient, there is Vaser High-Definition Liposuction. Only the individual patient knows what they want deep down inside. Not everyone wants to look defined, but I can assure you they all want to look good. And this is best achieved with the HDL procedure.

Costs are determined by the amount of time it takes to complete the surgery. In general, the higher your Body Mass Index (BMI), the more fat there is to remove and the longer the surgery takes. Most HDL procedures take between 4-6 hours to complete and range from 15-25 thousand dollars. This covers all surgeon, anesthesia and facility costs, including post-operative care and is well worth the investment.

After your consultation, if you are determined to be a candidate for this specialized procedure, you will be given an individualized price quote. Usually, it is accurate with what your patient care coordinator prepared you for over the phone during your initial conversation.

**Will I know before my surgery how much the procedure will cost?**

You will get an individualized price quotation for your procedure before you leave the office after your consultation. You will also have the opportunity to reserve your surgical date at that time.

**Will my health insurance cover VHDL surgery?**

Liposuction is considered a cosmetic procedure and is not covered by health insurance.

**Does Dr. Sukkar's office offer payment plans?**

There are a variety of financing options available. Your patient care coordinator will be available to assist you with this process.



## 11. Conclusion: What is the VHDL surgical procedure really worth to me?

Each individual patient knows the answer to this question. It would be a big mistake, however, to think you will get an HDL result with traditional liposuction. The vast majority of liposuction surgeons are not trained in HDL technique and their offices are not equipped to provide the post-operative care that this specialized technique requires.

At this point, I have another confession... I underwent HDL surgery and experienced everything that I just presented in this book. To properly prepare for this, I worked out every morning for twelve months prior to my procedure to optimize my muscle structure. While I saw great gains in strength and lost 10 pounds, I still had genetically resistant areas to my flanks, abdomen and chest areas. Being in the best shape of my life since I was 16 years old, I decided to undergo liposuction, and of course knowing what I know, there was no way any technique other than HDL would be considered.

I am so glad I did the surgery and I look in the mirror every day and am still amazed that the muscle structure I struggled to visualize (even when I was 16-years old and 25 pounds lighter) was now there. I have also continued to work out daily, and while I am not at my target weight, I do have an awareness of it and am within 2-3 pounds of it. I tell myself I weigh slightly more because of all of the muscle weight I have gained by continuing to work out every morning!

For this reason, I speak to you not only as a surgeon, but as a patient. This has given me a unique perspective that few doctors in the plastic surgery aesthetic arena have. I am so thankful that you have allowed me the opportunity to share my knowledge and wealth of experience with you in this book. I am humbled and honored.

I welcome your thoughts and questions.

With highest regards  
Dr. Sam M. Sukkar

## 12. Bonus Chapter - MAKING SENSE OF CERTIFICATION

- Choosing a plastic surgeon
- The Details Make a Big Difference
- Choosing the right plastic surgeon determines your results... and your safety.
- But how do you sort out what really matters from the advertising type?

The decision to have plastic surgery is a highly personal matter. Choosing the right surgeon to perform your surgery is equally personal and important. In this time of marketing mayhem, many of the details that should inform your decision have been blurred by those who may not have the proper training... Or your best interest in mind.

Did you know that it is perfectly legal throughout the United States for medical doctors and any specialty to offer Plastic Surgery, or open up a medical spa or laser center? This means the cosmetic surgeon you choose for your procedure could be a gynecologist, dermatologist, general practitioner or emergency room physician! In other words, ... a doctor who has received no specialized training in plastic surgery techniques. Often, the plastic surgery horror stories you see in the news were caused by woefully unskilled and unqualified doctors holding themselves out as plastic surgeons.

Of course, ... there might be cosmetic surgeons and medical spas in the Houston area who may do good work. But why take the risk? You deserve peace of mind when making lasting changes to your body.

A plastic surgeon who is board certified by the American Board of plastic surgery has gone through rigorous training in both cosmetic and reconstructive surgical techniques and is skilled at managing difficult surgical problems. The many years spent refining their surgical techniques allow plastic surgeons to develop aesthetic judgment and a graceful sense of form. They can visualize end results and have the ability, experience, and knowledge to achieve them.

Almost everyone has heard that they should look for "board certification" when seeking a qualified plastic surgeon (or any other physician for that matter). But most people don't really understand exactly what this means or what is involved in becoming board-certified. Even fewer people know about certification of operating facilities, who certifies them and what protection such certification offers.

I believe patients need this information to make informed choices in their search for the right surgeon, surgical facility and anesthesia provider. At my office, I have gone to great lengths to ensure the highest standard of safety for my patients. My operating room is certified by the American Association for Accreditation of Ambulatory Surgical Facilities, Inc. (AAAASF), and I only use certified, licensed anesthesia providers. Cutting costs in these important areas means cutting corners, and this could potentially compromise patient safety.

It is common for prospective patients considering plastic surgery to interview several surgeons before making a decision. Such comparison is a valuable process. To enable you to compare "apples" with "apples" and not lemons I provide my patients with a detailed checklist at their consultation. It is also on my website, [www.dr.sukkar.com](http://www.dr.sukkar.com). Differences in fee quotations between surgeons may actually represent major differences in your safety- both during surgery and in the recovery room. You want to be confident that, if an emergency occurs, the medical team has the skills and equipment needed. The importance of having a qualified medical team and a certified facility cannot be over emphasized.

When a surgeon is certified by the American Board of Plastic Surgery, it means that the physician has met the minimum requirements necessary to practice in the field of plastic surgery. Ask to see your doctor's continuing medical education (CME) list to make sure they are staying abreast of advances in the field.

I have chosen to use certified, licensed anesthesia providers for all of our general anesthesia cases and for

monitored anesthesia care. Our anesthesia providers are also in practice at a local hospital because we believe their skills will be at the highest level in the event of an emergency.

At the present time there are few local, state or federal laws requiring office-based operating rooms to be certified. No level of sanitation, patient care monitoring or peer review is required. Unfortunately, tragic consequences have occurred because of faulty equipment, lack of trained personnel and inadequate emergency equipment. Any physician may perform any procedure in an office-based surgery center as long as basic fire and safety codes are met. Unfortunately, just because a physician has an operating room in their office does not guarantee their facility has proper certification to perform your surgery. There will likely be requirements imposed in the future, but for now certification is purely voluntary. Ask your surgeon if he or she can do your surgery in a hospital. If not, it is likely he or she does not possess the proper credentials and is not a REAL Plastic Surgeon. Unfortunately, due to a lack of federal and state regulation, there are a lot of "plastic surgery imposters" out there. Inadequate training coupled with surgeries being performed in uncertified facilities has led to a decrease in patient safety.

If you are considering Plastic Surgery, it should be performed by a board-certified plastic surgeon, operating in a certified surgical facility, who also has privileges to do the same procedure in a local hospital.

Like any surgery, plastic surgery carries certain risks and must be taken seriously. Probably the single most important decision you can make as a patient is to choose a highly qualified surgeon. Find a plastic surgeon who specializes in the type of surgery you are considering. View before and after photos of past patients. And of course, ask plenty of questions. Never settle for just anyone when it comes to your health and happiness- select a board-certified plastic surgeon with the training and experience that will give you the highest likelihood of success.

## About the author:

Sam M Sukkar, MD FACS is a board-certified plastic surgeon serving patients from his private practice in Houston, Texas. He is a Fellow of the American College of Surgeons, a member of the American Society of Plastic Surgeons (ASPS), the American Society for Aesthetic Plastic Surgeons (ASAPS), and the International Society for Aesthetic Plastic Surgeons (ISAPS).

Dr Sukkar was certified by the American Board of Plastic Surgery in 2002.

### 13. Resources

Here are some resources for you to learn more about me as well as other topics related to VHDL

#### Practice website



You**Tube**



Dr. Sam Sukkar



The Clinic for  
Plastic Surgery



TWITTER

# THE ULTIMATE GUIDE TO *Liposuction*

Are you someone who struggles with your body contour? Most of us have several areas of our body that we would like to improve. Diet, exercise and genetic factors can all play a role in how our body accumulates fatty tissue. Most of us would like to have a more defined, athletic looking physique, but struggle to get there.

If these desires sound familiar, the knowledge in this book may help you gain the body of your dreams!

## Here's a sample of what you will learn from this book:

- How you can learn which body contouring procedure is right for you.
- Why genetic factors might be keeping you from achieving the muscular definition that you desire.
- A state of the art, revolutionary, new, high-definition liposuction technique that in a single procedure, reveals your muscular anatomy.
- What to do to maintain your results.
- And much more!

## *About the Author*



This book was written by Dr. Sam M Sukkar, a Plastic Surgery Specialist who has treated thousands of patients seeking a body contouring solution that is right for them. After reading it, you will know more about body contouring procedures and specialized liposuction than most doctors. In particular, you'll learn about a revolutionary treatment called high-definition liposuction that Dr. Sukkar uses to successfully provide athletic, defined bodies in many of his patients.

