

# VASER LIPOSELECTION

Using ultrasonic energy to shape a better you

THE QUEST for a shapely physique has never been harder. One could spend hundreds of dollars on fat-burning pills hoping that this will be the answer to one problem of weight control. These drugs often contain ingredients which may be harmful to our body and health after prolonged usage. More than often these efforts may bring only temporary success and stepping out of the routine would spell trouble – the fat would often re-accumulate with a vengeance! Therefore the best answer of remaining healthy and slim is a healthy lifestyle. The good habits of healthy and balanced diet, frequent exercises and good rest are important to prevent obesity. Prevention should be the frontline and failing which then there are other expensive and painful ways to help reduce the excess fat that has accumulated over the years of self neglect.

## THE OTHER METHOD

We have often read and heard about the term "Liposuction" from news relating to celebrities in Hollywood. Getting the fat sucked out of you – now sounds easy enough, compared to putting hours after hours of exercise and going on strict diet. This can be misleading because failure of post-operative diligent dieting and sufficient good exercises would encourage the residual fat to re-accumulate.

Like all forms of surgical procedures liposuction comes with potential risks. It may cause damage to the skin and nerves, excessive blood loss and possible infections if sterility is compromised. In some cases unfortunate fatal damages can be inflicted to vital organs if the procedure is undertaken by untrained or inexperienced doctors or surgeons. Therefore it is essential that proper professional advice and help be sought before deciding on liposuction.

With advanced technology liposuction procedure has progressed. We can now use the Vaser Liposelection which utilises the ultrasound to first emulsify or liquefy the

fat before removing it by suction. Another method is the Waterjet method which uses the force of water jet to dislodge the fat and then removes it. When properly used under trained surgeons it yields satisfying results.

## WHAT IS VASER LIPOSELECTION?

VASER stands for Vibration Amplification of Sound Energy at Resonance and approved by the FDA in the United States. It was introduced to Singapore in April 2006 and is an advanced and patented machine for removing fat accumulated in the external parts of the body. It is safe when properly used as directed in the stringent guidelines stipulated.

The anatomical areas selected for fat removal is first carefully infused with normal saline solution with some local anaesthetic drug to lessen the post-operative pain. After this the Vaser probe is very carefully inserted through well placed skin ports and carefully moved in different directions and planes to emulsify the fat. When the procedure is completed the liquefied fat mixed in the infused saline solution is carefully sucked out till the idea body contour is achieved.

The advantages of using the Vaser Liposelection are that there is less pain, hardly any bleeding, minimal bruising, good surface skin contours and the recovery appears faster compared to the traditional method of liposuction. In addition it also helps the overlying skin to contract and wrap aptly over the underlying anatomical structures. Many anatomical areas can be done as there is hardly any blood loss. It can

be combined with a tummy tuck to give the patient a well shape and slim body when the swelling has subsided after a few months.

It is not advisable to perform this procedure in the very young or older patient. It would not be wise to perform this on those below 18 years and those above 60 years. It is certainly risky to attempt this procedure on patient with medical problems like uncontrolled hypertension, heart diseases, diabetes, auto-immuned disease, those who are immuno-compromised or suffering from various chronic diseases. Although it can be performed on all the external anatomical parts of the body where there is excessive accumulation of fat it is mandatory to exclude patients with abdominal or groin hernias as the chances of perforating the thin covering over the vital structures beneath it would be high. This will then result in possible fatal complications. In areas where the arteries and veins are superficial like in the arms and calves special precautions have to be exercised to avoid puncturing the blood vessels.

After the procedure the patient may start on light exercises after a week. They can swim after the stitches are removed from the healed puncture wounds which would be about 2 weeks. As there would be some post-operative pain, rigorous activities such as weight lifting or strenuous games are discouraged for a while.

It is important to impress on patients considering such a procedure that one must promise to start and maintain a healthy lifestyle after the operation or else the whole operative exercise would be futile.

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