

SmartLipo

the answer to a trim and sculpted look with fast recovery and minus the many side effects of traditional liposuction.

Dr. Saul Lahijani Discusses the Pros & Cons

When it comes to beauty touch-ups we want less invasive procedures that offer quick recovery, but guarantee remarkable results. Liposuction has long been the common choice for individuals who can't get the curves and definition on their bodies they desire through exercise and healthy eating. One of the most popular fat-busting procedures today is SmartLipo Laser Body Sculpting. Wanting a slim, sculpted body is not just for summer...it's a year around must-have.

Dr. Saul Lahijani, owner of Beverly Hills Institute of Plastic Surgery grew up in Southern California. He attended USC where an interest in science led him into the medical field and a surgical internship at St. John's Hospital, in Michigan. He attended Yale University/SMH, where he served as Chief Resident and continued his plastic and reconstructive training in Burn and Reconstructive surgery at Vanderbilt University, in Tennessee, one of the top surgical programs in the country. While there, he trained with noted plastic surgeons Dr. Bruce Shack, Dr. Kevin Kelly (President of the Maxillo-Facial Society), Dr. Kevin Hagen, and Dr. James Madden as well as renowned breast surgeons Dr. Jack Fisher and Dr. Patrick Maxwell. Dr. Lahijani completed his training with a cosmetic/plastic surgery fellowship in Barcelona, Spain, under Dr. Javier De Benito, a top plastic surgeon in Europe.

"When creating beautiful and natural results, a good plastic surgeon walks a fine line between the Hippocratic ideal of doing no harm, and giving a patient what he/she wants. A surgeon should put the health and safety of his patient first in deciding whether or not to accommodate a request for a particular procedure." —Dr. Lahijani

Ideal Candidates for SmartLipo

BHT: You perform standard liposuction, breast, tummy tuck, eyelid, face lift, face surgery, male breast/gynecomastia, TCA peel and others, but



SmartLipo has emerged the "IT" surgery for fat removal and body sculpting. Who is the ideal candidate and what areas can be treated?

SL: Healthy and slightly over-weight people are the best candidates. SmartLipo is not intended to significantly reduce body weight; it removes fat from targeted small, cosmetic areas of the body such as the face, arm flap, thighs, neck, knees, back, bra strap, mons pubis, male breasts (gynecomastia), love handles, abdomen, and is used as an adjunct to fine-tune traditional liposuction procedures.

BHT: Some say SmartLipo is the most effective anti-aging tool there is. What makes it so good?

SL: Traditional liposuction is associated with longer recovery times, scarring, and sometimes less than ideal results. Traditional liposuction can also leave behind loose and unattractive skin. SmartLipo uses an innovative technique which employs a laser fiber enclosed in a thin tube that is inserted through a 1-2 mm incision in the skin. The laser causes disruption of fat cells which turn into water and a small bit of protein; the debris is removed from the area with minimal bleeding and damage to underlying tissues. The laser allows tiny arteries and veins to coagulate minimizing bruising, and often leaving skin firmer after the procedure. The laser heats skin from



the inside, causing an increase in collagen and continued tightening of the skin for up to one year.

The Advantages of SmartLipo

- **Minimal Downtime:** The procedure is performed on-site in our safe, state-of-the-art clinic. Patients are lightly sedated with a local anesthesia and remain awake and coherent during the surgery, minimizing risks. Results are permanent and noticeable, immediately and improve over months. Most patients are back to work within one to two days as opposed to a week or more after traditional liposuction.
- **Minimal Discomfort:** Painless during the procedure, after anesthesia wears off patients say they feel the 'burning' sensation associated with a vigorous work-



out. You can enjoy your new body with less scarring and bruising, due to the controlled and accurate nature of the procedure.

- **SmartLipo Technology:** Pioneered in Europe, SmartLipo is the first laser-assisted liposuction procedure. Approved by the FDA, it offers a safer, quicker and cost-effective method to remove fat.
- **Post-Operative Care:** An elastic bodysuit or a compression garment may have to be worn after surgery to control and reduce swelling. It also helps the body settle into its new shape. No strenuous activity for the first week; patients can gradually start their workouts in the second week. The surgery, because of the less invasive nature, leaves behind little damage to the surrounding tissues when compared to traditional liposuction. The laser promotes the production of collagen growth, which has been shown to improve the overall tightness of the skin in the treated area. Weeks later, patients will notice a dramatic difference in their appearance.

"This technology is only a tool, however, we are here to deliver excellent liposuction results and to care for our patients, and that comes from the physician and his trained staff."

— Dr. Lahijani

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