

Plastic Surgery

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VASER LIPOSUCTION OF THE ABDOMEN, HIPS, AND INNER AND OUTER THIGHS

Unlike earlier methods of liposuction that break up fat and remove it with a vacuum or syringe, Vaser liposuction uses ultrasound to emulsify fat cells before removal. That means that surrounding tissues are left relatively intact, and pain, swelling, and bruising are, in many cases, minimized. In fact, liposuction incorporating ultrasound was first introduced about 15 years ago, but Vaser does the earlier methods one better: "The older probes created heat, so they couldn't be used for too long without damaging the skin," says Mokhtar Asaadi, M.D., a plastic surgeon with practices in Manhattan and West Orange. "But with Vaser you don't have the heat effect; it only targets the fat cells, so you can do larger areas and get phenomenal results."