

total body contouring

Perth cosmetic physician **Dr Glenn Murray** spoke with Elise Eggleton about effective body contouring procedures.

Elle MacPherson once said, 'I've had two children and no surgery. My body is the result of good genes and a healthy attitude.' Sounds great but unfortunately we're not all supermodels. For the rest of us, body-contouring procedures can be an effective way to define the body and remove stubborn fat deposits.

Lipodissolve

Have you ever wished that those troublesome pockets of fat would simply dissolve away? If you answered 'yes', then the solution may lie in a treatment called lipodissolve.

Lipodissolve is a nonsurgical method of body contouring, used as an alternative to minor liposculpture. It originated in Europe and was developed further in the US and Latin America. It is effective on both women and men who have pockets of stubborn fat that are concentrated particularly in areas such as the double chin, abdomen, pecks, 'love handles', thighs and legs.

'Lipodissolve is an off-shoot of mesotherapy. However, the injections are inserted deeper into the fat,' Perth

cosmetic physician Dr Glenn Murray explains.

Lipodissolve injections are based on phosphatidylcholine (PPC), which is a natural compound produced from the soya bean. The body uses the same substance in a number of chemical pathways, including fat metabolism. To ensure a smooth reduction of the fat deposit, it is important to achieve the necessary concentration of phosphatidylcholine in every part.

'Studies have shown that the fat is broken down in three ways,' says Dr Murray. 'Firstly, the fat cells are broken down by the injected drug; secondly, the injection initiates the breakdown of fat accumulation by the body; and thirdly, the fat is drained away through the body's own lymphatic system.'

'There's a lot of hype in the media at the moment about lipodissolve,' says Dr Murray. 'When I first heard about the treatment I was skeptical, but I have now been performing the procedure for several years now and it has produced some very pleasing results in the treatment of small to medium fat deposits.'

Four to eight treatments are normally needed, about one

month apart.

Liposculpture

As the name suggests, liposculpture involves sculpting the body using liposuction. It implies the refinement of the liposuction technique to recontour a more feminine figure or enhance the shape and muscularity of the male physique.

‘Unlike lipodissolve, liposculpture can achieve definite quantifiable results – up to five litres of fat in each sitting,’ says Dr Murray.

Dr Murray uses a tumescent anaesthetic that is injected into the fat to soften and numb the area so the fat can be removed more evenly. ‘This also minimises bleeding and bruising by sealing the blood vessels,’ says Dr Murray. ‘Infection is very rare. In fact, I have never experienced an infection in my practice.’

Liposculpture usually requires three to seven days downtime. ‘Patients can usually return to office duties about three days after the procedure and light gym work after about a week,’ says Dr Murray.

Breast augmentation

Breast augmentation is one of the most demanded cosmetic procedures in Australia. Traditionally the breast augmentation procedure has been carried out using a general anaesthetic, but more recently Dr Murray has

begun using tumescent anaesthesia, which he finds is safer and more affordable, and results in less swelling and bruising. ‘While an anaesthetist is still present throughout the operation, in most cases I choose to use a tumescent anaesthesia, which means the patient experiences less discomfort, bruising and swelling,’ says Dr Murray. ‘The patient is simultaneously sedated.’

There is a range of implant choices for breast augmentation. ‘Patients can choose between flat implants, high- or very high-profiled implants; and round or anatomical implants, depending on their body shape and desires,’ says Dr Murray. ‘For example, high-profile implants are often used to assist with sagging breasts, which can avoid the need for a breast lift.’

‘Thanks to the improvements in breast implants in the last few years, surgeons have started to place implants over the pectoral muscle again, as opposed to underneath the muscle, because they are less detectable and more natural-looking,’ says Dr Murray.

Breast augmentation surgery usually takes about one-and-a-half hours and in most cases patients can be discharged on the same day. For the first two weeks patients are required to wear a supportive bra and a breast stabiliser day and night. After a few days, they should become quite mobile and recovery time usually takes up to



release
your
inner
beauty

Dr Glenn Murray
 MBBS, FRACOS, FFPMCS, ASMR,
 PRESIDENT OF COSMETIC PHYSICIANS
 SOCIETY OF AUSTRALASIA (CPSA)
 AUSTRALASIAN COLLEGE OF COSMETIC
 SURGERY COUNCIL MEMBER (ACCS)

Absolute Cosmetic Medicine
 Suite 2, 21 Stirling Highway
 Nedlands 6009 WA

- Liposuction/liposculpture
- Wrinkle relaxers and fillers
- Medically supervised IPL plus treatment for pigmentation and sun-damaged skin
- Laser resurfacing and hair removal
- Threadlifting
- Wide range of medical peels
- Latest medical treatments for acne scarring
- Medical weight loss (Fat Dissolve) and wellness programs
- Mesotherapy for cellulite, stretchmarks and skin rejuvenation
- Cosmetic surgery

08 9389 9099 1300 NEW YOU

Email drmurray@westnet.com.au www.absoluteinnermakeover.com.au