



body

# BODY WORK

PERTH COSMETIC SURGEON  
**DR GLENN MURRAY** OUTLINES SOME  
PROCEDURES AVAILABLE TO BEAUTIFY  
CURVES AND CREATE MORE SHAPELY  
CONTOURS. TARA CASEY REPORTS.

## SCULPTING THE BODY

Liposuction continues to be the most popular way to remove stubborn fatty deposits on the abdomen, 'love handles' and buttocks, however many patients are hesitant to undergo invasive surgery. They also do not want any of the associated risks of anaesthesia or downtime. 'For such patients, non-surgical body contouring procedures can offer an effective way to shift fatty areas resistant to diet and exercise in a walk-in, walk-out procedure,' says Dr Murray.

One of the latest technologies to hit the non-surgical body contouring arena is CoolSculpting, which uses very low temperatures to kill fat cells which are then eliminated naturally by normal metabolic processes, creating smoother contours and a more well-proportioned physique.

'I find it is good for localised areas such as the love handles or tummy rolls. The treatment is pain-free and takes about one hour to treat each area, with at least two or three treatments usually required,' Dr Murray explains.

He says the distinct advantages of CoolSculpting are that it is a non-surgical body contouring procedure with no hospitalisation required, no downtime and very little side effects.

For removing larger amounts of fat rather than just isolated pockets, Dr Murray says liposuction still remains the gold standard. 'During the surgery tumescent fluid is infused into the fat before it is removed – normal saline is used to dislodge the fat, adrenaline to stop the bleeding and lignocaine to make the area numb. Thin cannulae are then used to sculpt the area for refined results,' he explains.

Patients can have this performed as a day procedure, going home that night under the supervision of family or a friend. Swelling, bruising and tenderness are to be expected but these should subside over the ensuing days. Depending on the amount of areas treated, most patients should be able to return to normal light activities within a few days and more vigorous activities can normally be resumed in around a month.

Whether the surgical or non-surgical route is chosen, body contouring procedures aim to produce a more shapely silhouette by eliminating unwanted fatty bulges on the body.

## ENHANCING THE BREASTS

Shaping and boosting body contours is also made possible with breast augmentation. This procedure can be an effective way to enhance not only the breasts but also the proportions of the body as a whole.

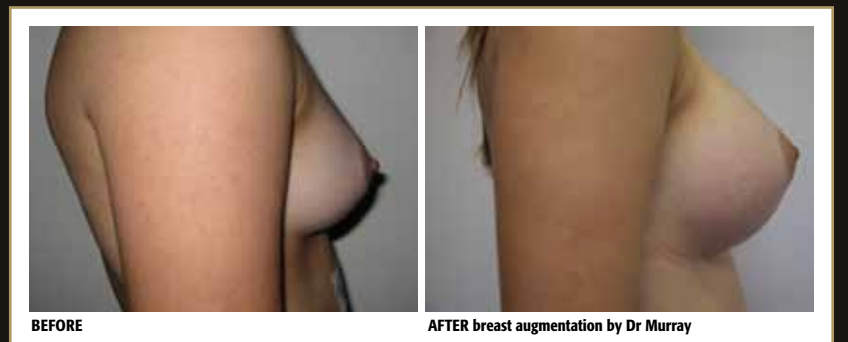
Dr Murray says women seek breast augmentation for a number of reasons, but in his experience patients are typically in one of two groups. 'One case is the younger woman who is small-breasted and desires fuller, more evenly proportioned breasts. The other is the woman who, through changes from pregnancy and breastfeeding, has lost volume in the upper pole and may have slight sagging of the breast,' he says.

Because of this, the consultation process for breast augmentation involves thorough patient assessment and education. 'The consultation process is and should be quite extensive,' says Dr Murray. 'It usually occurs over three to four consultations with a breast education nurse, a sizing consultation and the doctor.'

A new advancement in breast implants is being used in Australia, which Dr Murray says can produce very effective breast augmentation results. 'There is a new polyurethane-covered implant on the market, called the 'hairy German', he says. 'Overseas reports have shown these implants offer the key benefits of minimising the risk of capsular contracture, implant rotation and displacement.' Similar to the 'furry' Brazilian implants, Dr Murray says the Velcro-like coating becomes part of the capsule, which stabilises the implant.

When it comes to the site of incision, Dr Murray says a few factors play a part in determining where to incise. 'The incision site of the breast implant depends on the patient's preference, although in some instances the inframammary fold (in the breast crease) incision is preferred for larger implants,' he explains. 'I find this site preferential for correcting cleavage deformities and helping to prevent a "double bubble" appearance in sub-muscular implantation.'

Similarly, the location of the breast implant is determined by the individual needs of the patient. 'Placement above the muscle is often better for ptosis in the breast (sagging), whereas below the muscle tends to be better for those who have no coverage and have very little natural breast tissue,' he explains.



When performing breast implant surgery Dr Murray uses tumescent anaesthesia. An anaesthetist is present at all times. 'Patients often wake up at the end of the procedure and ask if the surgery has started, as they are usually in no pain,' he says.

However, Dr Murray says patients should be prepared for some discomfort during the first day post-procedure. 'Immediately after surgery patients typically feel numb in the area treated but quite awake,' he says. 'They are instructed to strictly rest and use their arms as little as possible, and return regularly to the clinic over the next few days.'

Dr Murray says during the first six weeks it is crucial that great care is taken not to aggravate the healing process. 'The shape of the implants will change over time for the rest of the patient's life, although the most noticeable change typically occurs during the first six months,' he explains.

Procedures to shape and enhance the body continue to grow in popularity. They can create more shapely curves, balance and harmonise the body and boost that bikini-body confidence. **acsm**