

JOINT EVENT

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Understanding three dimensional liposculpturing**Karishma Kagodu**

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Three Dimensional Liposculpturing – the next generation of Liposuction, is a method to define any area of the body by removing fat. In the last 3 decades, liposuction has become one of the world's most popular cosmetic procedure, and the technique has evolved considerably. Three dimensional liposuction not only involves removing fat from different areas of the body, but with the skill and accurate surgical planning, individual muscles in the body can be etched out, thereby defining the anatomy. Historically, liposuction involved using large size cannulas, generally done in younger patients with only good skin elasticity, removing fat from only the deep fat layer and preserving the integrity of superficial fat to prevent postsurgical skin irregularities. In the 1990's, histological and clinical evidence showed subcutaneous tissue having a deep lamellar adipose tissue layer and a more stiffer superficial areolar fat, separated by superficial fascial system. The superficial areolar fat usually stays stable most of our life even with massive weight gain or loss. It is the deep layer of fat that changes with weight gain/loss. The focus of liposuction changed: suction of the deep lamellar fat provided a stable reduction, then introduction of new generation fine cannulas gave way for the concept of Superficial Liposuction. 3-D liposculpture goes beyond the simple aspiration of fat, and allows the surgeon to recontour the body and give more natural looking profile. Ultimate benefit of 3-D Liposculpturing is not only to reduce fat volumes, but is also based on the skin retraction property achieved by a thin skin flap rather than a thicker one. Thus, more areas of the body can be defined with wider patient selection.

Biography

Dr Karishma Kagodu has completed superspecialization training in plastic surgery (MCh) from the reputed St Johns University, Bangalore, India, in 2014 with honors. After completing my training, she has worked as consultant with Columbia group of hospitals in Bangalore, then as an assistant professor affiliated to a Medical College for 2 years. She is currently solo leading the Plastic surgery dept at Aster CMI Hospital, Bangalore since a year. Her keen interest in cosmetic surgery has led her to travel to Italy, Turkey, UK and Dubai to complete fellowships with reputed plastic surgeons. She has presented papers at ISAPS-Kyoto 2016, and has a keen interest to teach.

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