

3rd International Conference and Exhibition on **Cosmetology & Trichology**

July 21-23, 2014 Hampton Inn Tropicana, Las Vegas, USA

Calf augmentation with implants local tumescent anesthesia

Angelo Rebelo
Clinica Milenio, Portugal

This is a very popular procedure, which will create cosmetic fullness in the lower leg and can help those men and women who, even after extensive muscular development, can't achieve the calf muscle toning they desired. Many men and women feel dissatisfied with the shape and size of their calf muscles. Despite exercise, diet and training, sometimes it is difficult to achieve the calf muscle tone desired. Calf implants are also suitable for lower leg sculpting and to correct any muscle imbalance, so you can enjoy shapely, firm calf muscles that add to the definition of your overall leg shape.

The goal is to create cosmetic fullness in the lower leg, enhance the legs. The surgery is performed upon a patient under local tumescent anesthesia with sedation as an outpatient. The operating time varies between 30 to 60 minutes. The draw is made with the patient in a stand up position. The anesthesia is done with in the incision line with Lidocaine 2% with adrenaline and the tumescent with a blunt Klein cannula in the operative area. The 3-4 cm popliteal incision is made and the sub-fascia undermining with specific forcep. It's a blind and clean undermining. With a specific forcep the implant is placed underneath the leg fascia in the pocket previously made for and over the medial and lateral bellies of the gastrocnemius muscle. Calf implants are cohesive gel and don't leak. The desired shape and size used depends on your existing form, goals, and physical limitations. Obviously, only implants that can safely fit in your legs can be used. The trend is to use longer calf implants that continue from 2 inches below the knee to 3-4 inches above the ankles.

Postoperative care: Touse for about 3 weeks comfortable shoes that has heels. Men usually wear boots with higher heels. Heels reduce the stretch on the calf muscles during recovery. No dress, panties 70 DIN for 3 weeks. Antibiotic IV intra op and oral for one week. Analgesic S. O. S.

Advantages: Ambulatory, less or no bleeding, better recovery, less expensive and long term results could be achieved by this procedure.

Biography

Rebelo has been in private exclusive practice for more than 20 years; in the last 16 years, he's in exclusivity at Clinica Milénio in Lisbon, as Clinic Director and Cosmetic Surgeon. He is precursor in several techniques of Cosmetic Surgery performed under Local and Local Tumescent Anaesthesia such as: breast augmentation with cohesive gel silicone implants, breast reduction areolo-vertical, NIL (Nutational Infrasonic Liposculpture), blepharoplasty with mini incisions, lifting facial with anterior short scar, local anesthesia on cosmetic surgery, otoplasty - rebelo's technique, calf implants. Internationally, Dr. Rebelo has been invited to teach about the topics above and perform several surgical demonstrations in many countries in the world such as: Portugal, Spain, France, Italy, Belgium, Germany, England, Netherlands, Bulgaria, Serbia, Romania, Denmark, Sweden, Brazil, Argentina, Peru, Australia, Philippines, South Korea, Japan, China, etc.

clinicamilenio@netcabo.pt