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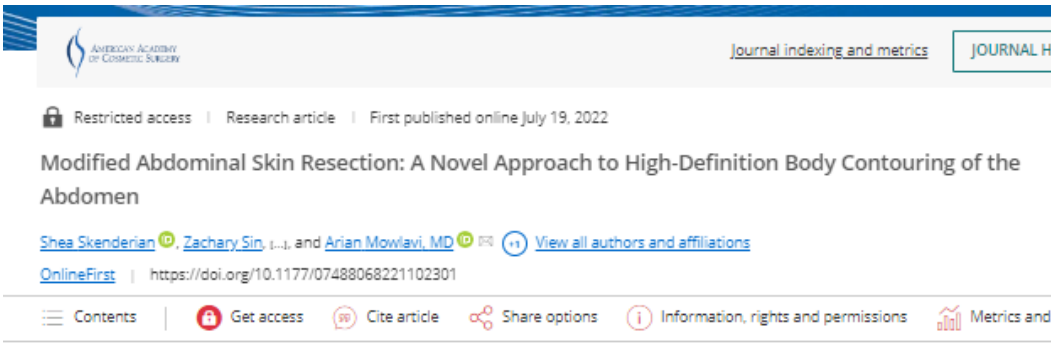

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Modified Abdominal Skin Resection: A Novel Approach to High-Definition Body Contouring of the Abdomen

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Abstract

Introduction:

We present a novel abdominal contouring procedure, called the modified abdominal skin resection, designed to maximize elimination of skin redundancy while allowing for simultaneous high-definition liposuction of the entire abdominal skin flap. Technical details of the modified abdominal skin resection will be presented including inclusion and exclusion criteria, complications, and outcomes.

Materials and Methods:

Strategic limiting of abdominal skin undermining, preserving of any visible perforators, using ultrasound liposuction, and if necessary, administering Renuvion J plasma skin contraction are components of the presented high-definition abdominal contouring procedure. Limited undermining allows for high-definition liposuction of the abdomen to create muscle highlights and smooth contour junctions.

Results:

We present case studies demonstrating superior contour results when compared to traditional tummy tucks without muscle plication or liposuction alone. We present technical details of the modified abdominal skin resection, inclusion and exclusion criteria, complications, and outcomes.

Discussion:

The modified abdominal skin resection allows for high definition abdominoplasty outcomes. These results are superior to traditional abdominoplasties that are performed without muscle plication. This novel abdominoplasty procedure allows for aggressive removal of fat, as well as maximal elimination of skin redundancy and laxity. Inclusion and exclusion criteria established in this paper dicatate whether a patient is a good candidate for the modified abdominal skin resection.

Conclusion:

We present technical details required to complete the high definition abdominoplasty without muscle plication which allows for waistline snatching and creation of abdominal muscle highlights. High definition body contouring principles are applied to the modified abdominal skin resection to achieve superior body contouring results.

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