

iSLICE: 360° body contour approach.

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ABSTRACT: Introduction. Body contour definition is based on adipose tissue, skin, and muscle. All three aspects should be considered individually in all patients.

The purpose of the presentation is trying to define what are the types of patients we might meet in front on normal basis and try to classify them in terms to decide what the best treatment for him or her is.

Method: We include surgical treatments as laser assisted lipolaser¹ (LAL), multipolar radiofrequency² (MPRF) and bio electrical muscle stimulation³ (EMS). We also recommend in many patients as we will show you protocols of mesotherapy⁴ with any antilipodystrophic agent (MST) and manual lymphatic drainage (MLD).

All patients are submitted to preoperative and postoperative protocols with all these techniques, giving less or more importance to some of them depending on the patient status and concerns. Clinical history and physical exploration are mandatory, so we can establish if there is some type of dietary concern that may reflect a weight problem; fat distribution, skin laxity and muscle condition, should also be evaluated. Also, important, evaluate patients' expectations.

After clinical examination, dietetic and psychological exam, if needed, we try to include our patient in one of these groups:

Biography:-

Medical Degree Barcelona University 1994. Clinic Hospital of Barcelona. Spain, Reconstructive & Aesthetic Surgery 2001, Autonomic University of Barcelona. Germans Trias i Pujol Hospital. Badalona. Spain. Cànon's Clinics Medical Director since 2004. Barcelona. Spain.

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