

## **Combination of liposuction with helium plasma radiofrequency and endoscopic diastasis repair**

Rafael Biguria



### **ABSTRACT**

Body contouring has been in the rise in the past years. Different ways of contouring the body have been described and practiced all around the world. With the aid of technology, better results have been achieved. Minimally invasive surgery has been on the rise. None the less, skin laxity and diastasis repair are two separate problems that we now believe can be treated with minimal incisions.

A prospective cohort study was performed on all patients who underwent liposuction with the help of helium plasma radio-frequency and endoscopic diastasis repair from November 2019 to January 2020. All patients were informed of the therapeutic and experimental nature of the procedure and then consented orally and written.

From November 2019 to January 2020 a total of 20 patients where operated using this technique. Of this patients, follow up to a at least 2 months was achieved in the 20 of them. No mayor complications were encountered with the patients.

The combination of liposuction with helium plasma radio-frequency and endoscopic diastasis repair has been proven to be a helpful tool that can help manage patients with diastasis without the need of an open abdominoplasty. This gives us the opportunity to offer patients a less invasive procedure with a good outcome.

### **BIOGRAPHY**

Rafael Biguria is a surgeon with a specialty in Aesthetic and Reconstructive Plastic Surgery from the Jalisco Institute of Reconstructive Surgery. He has extensive experience and advanced knowledge of multiple procedures during a single session and focused on cosmetic surgery. During his career he has had the opportunity to practice his profession in multiple hospitals in Guatemala, the United States and Mexico. He has published articles during his career in magazines of world importance like the magazine "Plastic and Reconstructive Surgery Journal". He offers a wide range of cosmetic treatments and surgeries in his private clinic, including breast lift and implants, rhinoplasty, blepharoplasty, otoplasty, tummy tuck, liposuction, and anti-aging procedures.

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