AESTHETICS & LIPOSUCTION STAFF

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Dr. Goodman has achieved significant recognition in the field of aesthetics including liposuction. He is a fellow of the American Society of Lasers in Medicine and Surgery, a member of the Botox Providers Physician Network, and a member of the International Society of Cosmetogynecology. He has recently been elected into the prestigious American Academy of Cosmetic Surgery including the Liposuction Section. Dr. Goodman is the senior member of Cosmetic & Laser Consultants LTD., a team of prominent physicians that addresses groups of physicians in the field of medical cosmetics. Dr. Goodman frequently invites physicians from all over the country to come and observe the office based cosmetic procedures which are performed in his office.
HISTORY OF LIPOSUCTION

Men and women can accumulate excess fat which is not easily removed by diet or exercise. Prior to 1980, extensive surgery was required to remove these stubborn fatty deposits. Treatment was often limited to a few areas of the body such as the abdomen or buttocks and the treatment was risky and required a significant recovery time. Procedures to remove fat from the face, arms, knees and thighs were not available. Plastic surgeons performed all of the liposuction procedures.

In the mid 1980’s, dermatologists invented liposuction techniques to remove undesired fat form nearly all body areas including the face, neck, chin, breasts, abdomen, hips flanks (love handles), back, inner and outer thighs, buttocks, knees and calves. Liposuction also emerged as an effective treatment for non-cosmetic conditions of fat accumulation including lipomas (fatty benign tumors) and enlarged male and female breasts, as well as a method to decrease sweating from the underarms.

WHAT IS TUMESCENT LIPOSUCTION

This is the method developed by dermatologists which dramatically changed the nature of liposuction treatment. The tumescent technique is based upon filling the fatty layer of skin with a dilute solution of local anesthesia and other medications prior to removing excess fat. The tumescent method allows the surgeon to safely and efficiently remove both deep and superficial excess layers of fat with no discomfort, no significant blood loss, very rapid healing, and improved cosmetic results.

HOW IS TUMESCENT LIPOSUCTION PERFORMED

Before starting, markings are made with a pen to define the areas to be suctioned. The tumescent procedure is then initiated by injecting large volumes of a dilute anesthetic solution directly into the areas of the fatty deposits which shrinks blood vessels and minimizes blood loss. After a small incision is made in the skin, a narrow tube, called a cannula, which is connected to a vacuum machine, is inserted under the skin in the area to be treated. Using back and forth movements, the fat is suctioned into the tubing in a sterile collection system. When the liposuction procedure is complete, an elastic compression garment is worn to help the skin contract and heal. The result is a sculpting of bulge-

WHAT HAPPENS BEFORE SURGERY

Before surgery, a complete medical history, physical examination and lab tests are performed. During the consultation, the physician will describe the procedure and what results can be expected. The doctor will also review alternative treatment options and the possible risks and complications of the surgery. Photographs will be taken during the preoperative consultation and consent for the surgery will be obtained.

WHAT HAPPENS AFTER SURGERY

At the end of the case, the patient is wrapped up with absorbent garments because a lot of drainage is expected in the first two days. The local anesthesia injected into the tissues provides excellent pain relief for the first 24 hours. After tumescent liposuction, most patients are alert and awake and able to eat a regular diet. Patients are encouraged to walk around and to shower on the evening after surgery. Most patients may return to work in 2-3 days and physical exercise may be resumed within one week.