



# HIGH DEFINITION BODY LIFT

The female shape embodies the true sense of a three dimensional form in space. It not only represents curves in a two-dimensional hour-glass form, but also curves that are appreciated as the bust in the front and the buttock in the back. Unfortunately, the body lift procedure is a purely one-dimensional correction of the vertical tissue laxity. The standard body lift procedure thus results in loss of definitions and creation of a masculine boxy contour. It does not correct for the horizontal laxity nor for the lack of contours, curves, and projections.

Since 2005, Board Certified Plastic Surgeon, Dr. Siamak Agha, has pioneered and performs his signature body contouring procedure that aims to return a three-dimensional correction. This involves correction of both vertical and circumferential laxity, as well as the third dimension of projection and contour. The latter is most applicable to the breasts, the lower back, the buttocks and the abdomen. Dr. Agha has termed this procedure as “High Definition Body Lift”. He typically performs a Total High Definition Body Lift in two stages. This involves about 16 hours of surgery in stages. Dr. Agha is able to complete each stage of the surgery in about six to seven hours. Depending on the patient’s desire or what produces the best outcome, one stage will address the lower body and another stage the upper half. He performs

his lower body lift with a three-dimensional depiction of the female body in mind. He starts the procedure on the patient’s back. First the upper back rolls are liposuctioned. The upper and lower incisions of the circumferential abdominoplasty are then made on the lower back and the upper buttock, respectively. The lower back tissue, in between the two incisions, is then mobilized as flaps for augmentation of the buttock region. Appropriately sized pockets are then created under the buttock regions for flap accommodation. This procedure is known as Autologous Buttock Augmentation. The buttock is then lifted and the incisions are brought together by internally placed absorbable sutures. In this way, the buttock sag and laxity are corrected with a buttock lift, and the volume lost is replaced through your own lower back excess tissues. Thus



42 year old female who lost 150 lbs of weight through gastric bypass surgery. She presented to Dr Agha for a lower body lift. Patient had a single-stage lower body lift procedure. This included Circumferential abdominoplasty, Buttock Lift, Upper Buttock Augmentation with her own lower back tissue, Lower body lift and thigh lift.

A 44 year old female from New Jersey who lost over 115 lbs through laparoscopic gastric bypass surgery. Her pre-operative weight was 175 lbs. Patient had a two-stage total body lift procedure. This included extended arm lift of the arms, J-upper body lift to correct upper body laxity, Wise-pattern Breast Lift of the right breast, Breast Augmentation with her own excess chest tissue, Circumferential abdominoplasty, Lower Body Lift, Buttock Lift, Upper Buttock Augmentation with her own lower back tissue, and thigh lift.

buttock projection that defines feminine beauty and sensuality is returned and enhanced. Many patients discover a curvier and fuller buttock than ever before. Dr. Agha then continues the lower body lift procedure by completing the outer thigh lift. The outer thigh tissue is selectively undermined as far as the knee region. It is then elevated and secured at a higher position with deep stitches. Next, he turns his attention to the thigh region below the buttocks. To correct laxity of the thigh back, Dr. Agha has developed a signature procedure which he has termed “Spiral Thighplasty”. This procedure corrects for the thigh laxity starting below the buttock region. The excess upper thigh tissue is excised at the buttock fold, and the thigh is elevated to a higher position. The thigh is then secured to the underlying tissues and the buttock fold is carefully reconstructed. After closure of all the skin incisions, the patient is rotated on the bed and placed on her/his back. Dr. Agha next completes the circumferential abdominoplasty in the front, followed by completion of the Spiral Thighplasty. The Spiral Thighplasty, unlike other thigh lift procedures, reduces both the thigh excess in a vertical as well as circumferential dimension. Most of Dr. Agha’s patients notice a marked reduction in their thigh measurements as well as their overall size.

The whole mark of Dr. Agha’s approach is the return of a three-dimensional contour to the body, as well as placement of symmetrical incisions that are placed low on the abdomen and well-hidden in a bikini. This combination of procedures can take anywhere from seven to eight hours of surgery.

The second stage is best undertaken once all the incisions of the first stage are fully healed and the nutritional reserves of the patient replaced. In Dr. Agha’s practice, most patients typically wait between three to six months for the second stage. During the subsequent stage, the remaining body contouring procedures, including an extended arm lift, an upper body lift, and breast reshaping, is completed. This combination of procedures can take anywhere from six to seven hours of surgery. The extended arm lift corrects for the significant arm tissue laxity. The upper body lift can be performed as a vertical incision on the outer chest, or a horizontal incision on the back. The choice depends on the degree of back tissue laxity, the orientation of the laxity and the patient’s desires and aversions of scars. Finally, he finishes the breast reshaping by performing a

breast lift together with either a breast reduction or augmentation, as necessary. Dr. Agha uses your own excess chest and back tissue for breast augmentation or a breast implant. The former procedure is known as the Spiral Flap and was pioneered by Drs. Hurwitz and Agha. The procedure has been described in the May 2005 issue of *Annals of Plastic Surgery*.



**Siamak Agha, PhD, MD** operates primarily out of Newport Beach, California. To view Dr. Agha’s pre and post-operative pictures, please visit his website at [www.plasticsurgerybodycontouring.com](http://www.plasticsurgerybodycontouring.com)

## DID You Know?

Dr. Agha recently reviewed the nutritional deficiencies of post-bariatric patients in an review article that appeared in the August 2008 issue of *Plastic and Reconstructive Surgery Journal*, the official organ of the American Society of Plastic Surgeons. *Nutritional Deficiency of Post-Bariatric Body Contouring Patients: What Every Plastic Surgeon Should Know?* The review indicates that many of the patients are deficient in protein, vitamin A, C, B1, B6, B12, C, D, K, folate, thiamine, iron, zinc and selenium. Unfortunately, most of these nutrients are necessary for effective wound healing and optimal immune response. To expedite healing and enhance recovery after surgery, Dr. Agha recommends nutritional supplementation of all his post-bariatric patients. The concept of “Enhanced Recovery after Body Contouring Surgery” and Dr. Agha’s results appeared in the December 2008 issue of *Plastic and Reconstructive Surgery Journal: Potential Impacts of Nutritional Deficiency of Post-Bariatric Patients in Body Contouring Surgery*.

©2009 ObesityHelp, Inc. All rights reserved. Article originally printed in *OH Magazine*. Reprinted with permission. For information about reprints or to subscribe, please email [editor@ObesityHelp.com](mailto:editor@ObesityHelp.com) or call toll free (866) 957-4636 ext. 353.