Introduction to Body Contouring

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Patient safety, especially appropriate thromboembolic prophylaxis, in abdominoplasty and other body contouring procedures is of paramount importance. Dr. Trussler reviews a recent article\(^1\) on the risk of venous thromboembolism in abdominal contouring surgery. The article provides a systematic literature review and concludes that abdominoplasty patients should be stratified by risk to have their perioperative thromboembolic prophylaxis managed most appropriately.

Having discussed risk with body contouring procedures, Dr. Trussler outlines the lipoabdominoplasty technique.\(^2\) Abdominoplasty is one of the most common aesthetic procedures, and the authors of the article present a new abdominoplasty technique that combines a selective undermining with complete abdominal liposuction. Cannula undermining preserves the blood supply from the abdominal perforating vessels, thus enhancing patient safety and successful outcomes.

In a third article, minimizing and preventing contour deformities in liposuction are discussed.\(^3\) Five separate zones of adherence are identified in body contouring, followed by a discussion of optimal complication avoidance and management for liposuction procedures.

REFERENCES


Video. See video in which Dr. Trussler introduces the body contouring articles featured in this special collection of Plastic and Reconstructive Surgery articles, [http://links.lww.com/PRS/A507](http://links.lww.com/PRS/A507).

Disclosure: Dr. Trussler has no financial interest in any of the products, devices, or drug mentioned in this Discussion or in the parent articles.