

# RADIANT LIFE

P.O. Box 4668 #7950  
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# RADIANT LIFE™

THE AESTHETIC WELLNESS MAGAZINE

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## body-jet®

the gentle way of liposuction

**Change the way you think about liposuction.** The gentle way of liposuction has arrived. Just as the ocean's waves sculpt the sandy beaches; the gentle power of Body-Jet® will sculpt and shape your body. Using the natural flow of water to dislodge fat, this new liposuction technique offers many advantages.

- + Recover faster
- + Reduced bruising and swelling
- + More accurate results

Experience the alternative today. Change your shape in just a matter of hours. Schedule a consultation and begin the journey to a new you today, the natural way.

[www.millercosmeticsurgery.com](http://www.millercosmeticsurgery.com)

**Scott R. Miller M.D., F.A.C.S.**  
*Board Certified Plastic Surgeon,  
Regional Technique Instructor and Clinical  
Advisory Board Member for Body Jet Lipo*



## OCTOBER IS BREAST CANCER AWARENESS MONTH

GET INVOLVED! TOGETHER WE CAN MAKE A DIFFERENCE.

PRE-HOLIDAY  
**AESTHETIC  
PROCEDURE  
CHECKLIST**

**NEW HOPE**  
FOR SUN-DAMAGED SKIN

WHAT YOUR  
**NAILS**  
ARE SAYING  
ABOUT YOU



In this issue...



Scott R. Miller, M.D., F.A.C.S.



**RLM** Professional Associate Profile:

## Scott R. Miller, M.D., F.A.C.S.

Dr. Miller is devoted to providing exceptional cosmetic and reconstructive plastic surgery in a personal and caring environment. His elegant office, located on the campus of Scripps Memorial Hospital in La Jolla, includes a state-of-the-art certified surgical facility.

Dr. Scott R. Miller is board certified by the American Board of Plastic Surgery which demands that its surgeons meet or exceed rigorous standards in plastic and reconstructive surgery. He has years of experience and has completed a prestigious aesthetic cosmetic plastic surgery fellowship with a world-renowned plastic surgeon. He frequently teaches courses on plastic surgery, instructing surgeons in minimal scar techniques and advanced concepts in facial rejuvenation as well as breast enhancement and body contouring.



### Scott R. Miller, M.D., F.A.C.S. and Miller Cosmetic Surgery Center

9834 Genesee Ave., Suite 210

La Jolla, CA 92037

Phone: (858)453-3133

[www.millercosmeticsurgery.com](http://www.millercosmeticsurgery.com)

#### PROCEDURES OFFERED

- Face lift
- Eyelid Lift
- Brow Lift
- Neck Lift
- Rhinoplasty
- Breast Augmentation
- Breast Lift
- Breast Reduction
- Tummy Tuck
- Liposuction
- Botox Cosmetic™
- Dysport
- Micro Fat Grafting

#### Exciting News at Miller Cosmetic Surgery Center

- Dr. Miller has recently completed a chapter on advanced techniques in facial surgery for a prestigious medical textbook atlas which will be used to instruct other surgeons
- We are pleased to announce the addition of Body Jet Lipo to our body contouring procedures. This new technology sculpts your shape with minimal downtime and discomfort
- The Plasma Blade cuts like a scalpel .....heals like a laser. This unique tool uses radiofrequency plasma energy. It allows faster healing and less scarring by decreasing tissue damage and bleeding.
- Dysport is a new injectable to help combat facial aging. Used like Botox Cosmetic™ this newly FDA-approved product is said to last 30% longer and take effect 25% quicker.

## GENTLE LIPOSUCTION:

### A KINDLER, GENTLER LIPO

By Scott R. Miller, M.D., F.A.C.S.

Gentle Lipo is an approach which utilizes the Body-Jet to rinse and release excess fat deposits from unwanted areas of the body.

Traditional liposuction, suction-assisted lipectomy (SAL), infuses large amounts of wetting solution (tumescent fluid). This blows up the fat cells and constricts the arteries and veins, making removal easier and less bloody. However, in stretching the tissues greatly, it also damages the connective fibers necessary to support skin retraction to the new, slimmer contours. All subsequent liposuction techniques, power-assisted liposuction (PAL), ultrasound-assisted liposuction (UAL), and even laser-assisted liposuction (LAL), require this same damaging step of blowing up the tissues up to allow fat removal.

Water-assisted liposuction (WAL), utilizing the Body-Jet, is the first contemporary liposuction technique to allow fat removal without the tissue damaging phase of excessive distension of wetting fluid. It does this by utilizing a fine but firm spray of wetting solution from the microcannula tip throughout the gentle suctioning process. Thus, the tissue is constantly bathed in the numbing/drying solution as it is loosened for removal. This allows lower suction pressures, a more gentle motion, and less tissue skin distortion.

Traditional and power-assisted liposuction techniques physically traumatize the tissues with the blunt force required for fat removal. Ultrasound and laser-assisted approaches apply energy and heat which cause damage that is not limited to the cells being removed. Water-assisted liposuction with the Body-Jet limits trauma as the fat cells are loosened by the spray of saline. This allows less traumatic technique which is more akin to playing a violin rather than operating a jack hammer.

With this Gentle Lipo technique, the smaller pre-infiltration volumes avoid distortion of the skin contours, allowing better visual assessment of endpoints. This enables the surgeon to better "sculpt" the body. The Body-Jet makes liposuction available to a larger population. It is helpful in recontouring irregularities in revision surgery and optimizing skin elasticity in patients with suboptimal skin quality. In addition, the reduced trauma of minimal distortion and less traumatic fat removal enables the recovery period to be shortened by up to 70%. Typically, patients are back to daily activities within 5 days and out of garments and returning to full activities within 2 weeks.

The nature of the fat from water-assisted liposuction differs from that of other removal techniques. A much greater percentage of the fat is alive than with other techniques. It is more smooth and uniform and it is less diluted by blood and fatty oils. This creates wonderful opportunities for additional uses for the adipose tissue. Grafting to the face to re-invigorate drawn or deflated features as well as transfer to other area of the body (breast, buttock, irregularities, etc...) is more opportune, efficient, and predictable. Also, researchers are excited about the potential use of this fat in stem cell therapy and active study of this application is ongoing.

Gentle Lipo advances body contouring from an era of "hi-tech" to one of "good-tech". The concept of water-assisted liposuction is deceptively simple and the mechanism of the Body-Jet logical and refined. This does represent a "new direction" in liposuction and surgeons must be properly trained in application of the techniques and technology. The advantages of less trauma as well as enhanced skin retraction and quicker recovery ensure that Gentle Lipo will play a large role in body contouring for years to come.

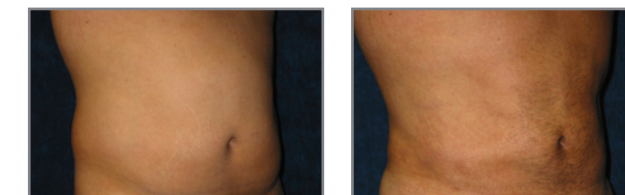
#### Female, front: Before and after



#### Female, side: Before and after



#### Male, oblique: Before and after



Photos courtesy of Dr. Scott Miller

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