

Preface



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Guest Editor

When asked to guest edit an issue of *The Clinics* on emerging techniques, I thought it was important to have a strong American presence, but also to bring techniques that are used internationally but are still not popular in the United States. I looked for surgeons who are on the front line and who conduct research locally and as part of national studies.

Dr. Leroy Young serves on numerous committees of the American Society for Aesthetic Plastic Surgery and the Aesthetic Surgery Education and Research Foundation, and conducts clinical trials at his BodyAesthetic plastic surgery clinic in Saint Louis, Missouri. Dr. Young agreed to write about Juvista, a new product to combat keloid formation, and gave us the name of his associate (at the time) Dr. Robert Centeno, to write about Surgisis, a new injectable tissue filler for the face.

Mesotherapy was developed by the French physician Dr. Michel Pistor in 1952. The technique is so popular today that it has its own board. The members are mostly nonplastic surgeons, because the technique is a minimally invasive procedure to treat various medical conditions with microinjections of conventional or homeopathic medicines, minerals, vitamins, and amino acids. The indications advocated by its users are to eliminate cellulite, treat localized fat, and provide antiaging benefits. This should be of interest to plastic surgeons; however, after more than half a century, it seems that most surgeons have not ever seriously looked into it. We asked Dr. Alan Matarasso, a New York plastic surgeon with an inquisitive mind, who is a prolific author and Clinical Professor of Plastic Surgery at Albert Einstein College of Medicine, to write about his experience with this technique.

Lipodissolve is another technique that is usually confused with mesotherapy. It uses microinjections of two chemicals, phosphatidylcholine and deoxycholate, substances normally secreted and stored in the gall bladder, directly into the subcutaneous fat to remove localized fat deposits over multiple treatment sessions. These chemicals remove the localized fat deposits by emulsifying fat for absorption in the intestine. We invited two of the pioneers of lipodissolve, one from the United States and one from Brazil. From Fort Collins, Colorado, Board-certified plastic surgeon Dr. Diane Duncan is one of the pioneers of the technique in the United States. Dr. Patrícia Rittes from São Paulo, Brazil is a dermatologist who published one of the first clinical works on lipodissolve injections.

The use of lasers in liposuction is not a new idea. It started almost 20 years ago, but the technique is still being perfected. Recently, the use of an internal laser device has become popular, and we asked Dr. Alberto Goldman, a Brazilian plastic surgeon from Porto Alegre who has pioneered the use of laser-assisted liposuction worldwide, to discuss his experience. Dr. Goldman has written an article coauthored by Dr. Robert H. Gotkin, a plastic surgeon from New York. We asked Rodrigo Neira from Cali, Colombia, to peer review the article and he sent the authors a list of questions to stimulate discussion. Drs. Goldman and Gotkin replied to these questions.

One of the areas where research has been particularly important is skin retraction. The heat generated by radiofrequency causes contraction of the collagen fibers and tightens the skin. New collagen forms, and after a few months it produces further delayed tightening. Dr. Darryl Hodgkinson,

a plastic surgeon from Sydney, Australia, has great clinical experience with the technique. He was one of the first to incorporate this technique in his busy practice and here he shows us his experience.

In 1996, the new minimally invasive technique known as “Russian threading” became very popular, especially among nonplastic surgeons, who liked this simple way to rejuvenate with minimal scarring and short recovery time. The pioneers of the technique were father and son cosmetic surgeons from Tbilisi, Georgia, Drs. Marlen and Georgii Sulamanidze, and they wrote an article on the Aptos thread lift. They use suture threads made with tiny spikes inserted in the subcutaneous tissue at different angles to lift the sagging skin. The barbed-thread lift idea was copied in many countries, with surgeons adding small changes and details, but the idea of a self-supporting thread remained constant.

Dr. Roger Khouri, a plastic surgeon from Miami, Florida, combined two different techniques—tissue expansion and fat grafting—and has been utilizing this to increase breasts without the use of silicone implants, and to reconstruct breasts in a more natural way. He and Dr. Daniel Del Vecchio, a plastic surgeon from Boston, Massachusetts, show their clinical experience with the controversial technique of fat injection in the breasts.

We hope that this issue will bring some science into techniques that are not well known or accepted. Even if we decide not to include these techniques into our practices, they may at least

stimulate discussion and make us think of new ways of doing the things we do every day.

On our Web site you will be able to find videos explaining some of the techniques. We hope they can shed more light on these emerging techniques.

When the authors have financial interests in the techniques they present, the article has an appropriate disclaimer.

Finally, I would like to thank the valuable help and guidance of Dr. Robert Goldwyn, a plastic surgery icon with whom I had the pleasure to spend a few days in India and in the Balkans and to discuss the best ways to edit these articles. His vision as the long-standing editor of *Plastic and Reconstructive Surgery Journal* for over 25 years is clear, and in matters where we don't know how to proceed, Bob Goldwyn always has a light, showing the path and avoiding the pitfalls. Thank you for your deep knowledge. Although you were hesitant for me to publish your comments, ethically pointing out that as a retired plastic surgeon it would not be fair to comment on other people's work, I am sure you will recognize here some of your original ideas. You are an inspiration to all of us.

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