



Lip Augmentation

Natural Breast Augmentation

Custom Acoustic Liposuction

Brazilian Butt Lift

# Total Body Makeovers

## Now you control what's flat and what's fat!

From flab to fab with Advanced Liposuction Centers' new way to "take some fat from here ... and put it there!"

Since the inception of the Advanced Liposuction Center, I have had the great privilege of assisting our doctor during all of the Custom Acoustic Liposuction (Vibro Lipo) treatments. I have seen the remarkable transformation of many happy patients. For those who needed a jump-start to a healthier lifestyle, it gives them the confidence and motivation to succeed. And, for the patients who consistently exercise and eat healthy, but still have those stubborn trouble spots such as love handles, muffin tops, and saddle bags they are thrilled to see the beautiful transformation of their bodies after the Vibro Lipo sculpting procedure that our doctor performed. Those stubborn trouble spots are gone for good revealing sculpted abs, smaller waistlines, and thinner firmer thighs. I am consistently amazed by the smooth, firm, and even results that are achieved with our Vibro Lipo procedure.

A commonly asked question by many liposuction patients is "Can you put that fat somewhere else?" (i.e. breasts or buttocks). I am happy to say that we are currently doing fat transfer procedures at the Advanced Liposuction Center. Our doctor has developed the *Brazilian Butt-Lift*, a procedure that sculpts, lifts and transforms the buttocks into a firmer, lifted, smoother, and more rounded posterior. Our doctor is able to use

a patient's own fat that is removed during liposuction and restructure it by using a very precise and carefully executed fat transfer technique. Our doctor has a background in art, and it is evident as his eye for aesthetics and symmetry shine through. The results are beautiful and natural.

Fat transfer is also great for "natural" breast augmentation. Many women are thrilled to hear that they can enlarge their breasts without the use of unnatural implants. This is ideal for someone who is looking to increase their breast size by one or two cup sizes, or to restore lost volume due to breast feeding, weight loss, or normal aging. Once again the results are natural looking, firmer, and larger breasts using the patients own a fat and not a foreign implant. To find out if you're a candidate for liposuction or the fat transfer procedure, contact our office for a consultation.

Almost any area of the body with excessive fat deposits may be treated. The most frequently treated areas are the abdomen, hips, thighs, knees, arms and beneath the chin. Because Vibro Lipo is a quick procedure with minimal downtime, patients often choose to treat multiple problem areas at one time. Patients can also space out treatments if desired.

### **WHEN CAN I RETURN TO NORMAL ACTIVITY?**

Recovery is usually easy and quick with Vibro Lipo. In fact, many report being almost pain-free after just a few days and are thrilled with how quickly they are able to return to normal activity, including exercise.

### **HOW MUCH DOES IT COST?**

Vibro Lipo is less than the cost of standard liposuction. Please talk to the doctor about the exact pricing based on your personal situation. Vibro Lipo is truly the affordable liposuction alternative.

### **IS THE PROCEDURE PERMANENT?**

Fat cells that are removed by Vibro Lipo do not grow back. Typically, any post procedure weight gain is distributed elsewhere on the body.

### **IS VIBRO LIPO RIGHT FOR ME?**

In general, the ideal candidate for Vibro Lipo is in good health and not more than 25 pounds overweight. Those with localized, exercise-resistant fat deposits will obtain the best results. If you are looking for a way to shed fat without a lot of downtime, discuss it with the doctor to determine if Vibro Lipo might be right for you.



Really?

**Myth:** Most of the fat doesn't survive so more than one surgery is needed

**Truth:** New techniques have proven an 85-90% fat survival. Stem cell techniques have shown fat survival to be even higher. The alternative breast implants need to be replaced every 10 years and problems such as scarring and rupture are common.

**Myth:** Calcifications caused by the surgery can interfere with mammograms

**Truth:** Studies have proven that newer digital mammograms can easily evaluate calcifications in the breast whereas the alternative procedures, breast implants, block more than 1/2 of the breast from the view of mammograms.

## Natural Breast Augmentation

For years, women have asked cosmetic surgeons, "Can you take some fat from down there and put it up here?" The answer is yes! Advanced Liposuction Centers' Natural Breast Augmentation technique employs the latest technologic advances in fat removal, adult stem cell transfers, and breast splinting technology to provide women the option of enlarging their breast one to two cup sizes, restoring lost volume as a result of breast feeding, weight loss or normal aging using their own fat without the risk of un-natural implants. The result is breast with a very natural appearance and feel. The procedure is virtually pain free and with less than 48 hours of off-work time.

### HOW IS THE PROCEDURE PERFORMED?

We gently remove fat from unwanted areas which are resistant to diet and exercise. The fat is cleaned and concentrated enabling the stem cells to be enriched for greater survival. The fat is meticulously injected into the breast creating a fuller natural looking result. Unlike implants, fat transfer requires no breast incisions, never ruptures or needs to be replaced and does not interfere with mammograms. This procedure requires extensive training and a high level

of expertise. There are currently only a few doctors in the United States trained to offer the Natural Breast Augmentation. Note: Breast augmentation with fat transfer does not increase your risk of developing breast cancer.

### STEM CELL BREAST AUGMENTATION

Our doctor first did research in stem cells during his fellowship at UPMC and is one of only a handful of doctors in the United States to offer stem cell enriched fat transfer Natural Breast Augmentations. procedure.

### ABOUT STEM CELL BREAST AUGMENTATION

One of the most remarkable medical advances in our lifetime has been the discovery of a rich source of stem cells which lives in our fat. Stem cell removal from the fat is one thousand times more effective than from the bone marrow. These fat derived adult stem cells have demonstrated a remarkable capacity to assist the body in healing and overcoming disease and tissue damage. Fat derived stem cells have been used recently to repair the heart muscle in patients who have had a recent heart attack and even in patients with long term heart

failure. Stem cells have been shown to help regenerated ligaments, nerves, blood vessels, hair, skin, and organs. In the near future every patient who undergoes liposuction will likely request that their fat stem cells be saved for future use by themselves or their loved ones.

The technique results in breasts that look and feel smoother than conventional cosmetic surgery using implants. Stem cells enable the fat to grow its own blood supply, thus becoming an integral part of the breast rather than a foreign lump. Stem cells have the potential to change into any cells in the body; they are found in most tissues, especially fat.

Autologous fat transfer for breast augmentation and reconstruction has remained a highly debated and controversial procedure following the introduction of these techniques in the U.S. in the late 1980's. "Yet, recent advances in fat harvesting and transfer techniques, digital mammography, and the use of adipose derived adult stem and regenerative cells necessitate a re-examination of this long-standing bias against fat transfer breast augmentation." ■

# Brazilian Butt Lift

“My butt is too flat.”  
“I want a round and prominent butt”

## What is the Brazilian Butt Lift?

It is said that Jennifer Lopez has done for the rear end what Pamela Anderson has done for the front end. Over the last few years the buttocks and abdomen have received more press coverage than ever before.

## The Brazilian Butt lift is not just about big butts!

The Brazilian Butt Lift is a type of butt augmentation procedure which results in a youthful, prominent, perky buttocks and a more sensual body profile. People of all ages are having the butt lift procedure. Our doctor removes fat from selected areas of your body, purifies the fat, then reinjects

selected donor fat cells into your buttocks. The procedure is designed to fill the upper quadrant of your buttocks so that the butt appears lifted and perky. The resulting effect is that the woman appears more attractive and sensuous. The fat transfer method has a lower risk of infection compared to the butt implant procedure.

## How is the fat injected into the buttocks?

The buttock is first contoured by performing liposuction in the areas around the buttocks to make them stand out more. Common areas liposuctioned include the back (directly above the butt), the stomach, and the thighs. Note that even the liposuction alone will give your lower body a more attractive look.

The fat suctioned from these areas is carefully processed and purified such that only a fraction of the donor fat removed will qualify for re-injection to the buttocks. In order to get enough qualified fat, our doctor must liposuction at least 2 areas of your body. After liposuction, he carefully purifies the fat so that only the best donor fat cells are reinjected back into your buttocks for augmentation. The fat is placed or transferred to the buttocks with special cannulas.

## How long do the fat injections last?

If the fat is harvested, processed, and injected correctly, the result should be long lasting. The procedure should not require touch ups or a second round of fat injections.

The Brazilian Butt Lift result is highly dependent upon the experience of the surgeon. Surgeons who are not using correct purification or injection methods will not obtain long lasting results.

## When can I go back to work after the butt augmentation procedure?

Following the Brazilian Butt Lift, you must not

sit directly on your buttocks for up to three weeks. This ensures for a permanent result. Most people can return to work in two weeks. You must wear a special garment (to control swelling) for two weeks. There may be a small amount of swelling for up to six weeks. However, you should be able to resume all normal activities at four weeks post-op.

## What is the cost of the Brazilian Butt Lift?

At the Advanced Liposuction Center, you have no hospital or anesthesia costs, so we pass the savings on to you. The fee varies slightly depending on the amount of fat which needs to be extracted in order to achieve the desired result. Our doctor will determine the number of areas which need to be liposuctioned in order to achieve your goal. This is discussed at length in your consultation.

*NOTE: There are other surgeons performing “fat injection to the buttocks” for a lower cost, but be sure to ask them if their results are permanent! When the technique is done too quickly or incorrectly, the fat will NOT last.*

## Can any cosmetic surgeon perform this procedure?

Following the recent lifting of the ban on this procedure many doctors have begun offering fat transfer to the breast and buttock surgery. In fact, our doctor has the only certified training center for other doctors for Custom Acoustic Liposuction with Fat Transplant in the U.S. Unless the doctor has been trained by our doctor they are likely using the old techniques that caused the ban 20 years ago.

## Interested in more Brazilian Butt Lift or breast augmentation information?

Please Contact us to discuss your individual needs with you and answer any questions you may have about Brazilian Butt Lifts.

Call our office at 724-822-1753  
and ask for Jolene.  
[www.AdLipoCenter.com](http://www.AdLipoCenter.com)

