



e-book




LIPO LAD

Defined abs is possible!



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the live in full

Dr. Múcio Porto

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History of Liposuction

One of the most popular plastic surgery techniques, liposuction, came about because of a love story. In 1977, French surgeon Yves Gerard Illouz, who died in 2015, invented the procedure to solve the problem of his girlfriend, a famous actress whose name he does not reveal, who could not wear a cleavage on her back because of a lipoma (a benign tumor formed by fat cells).

Called crazy, it was only five years later that he saw the technique be recognized. In Brazil, the first record of the procedure is from 1980, and was conducted by the French surgeon.

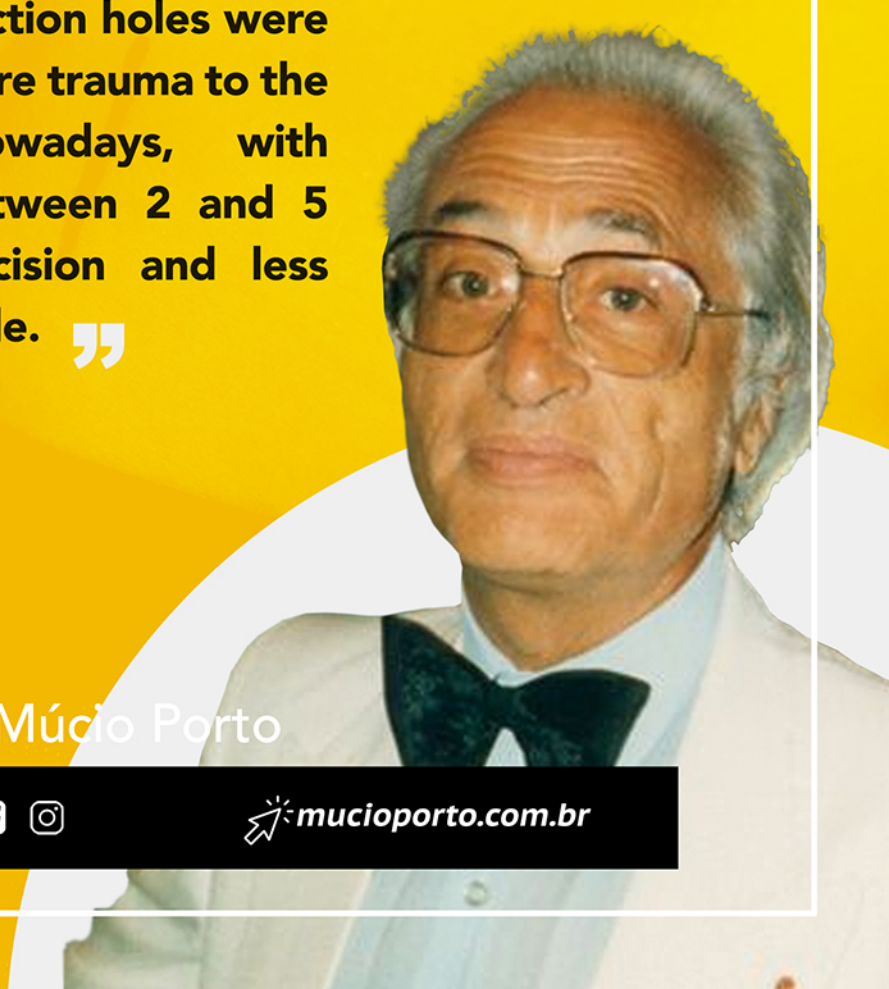
“ Since it appeared, a lot has changed in terms of suction technology and cannula gauge used in surgery. At first, the suction holes were larger, which caused more trauma to the patient's tissue. Nowadays, with cannulas that vary between 2 and 5 millimeters, more precision and less surgery time are possible. ”

Dr. Yves Gerard Illouz,
pioneer of Liposuction.

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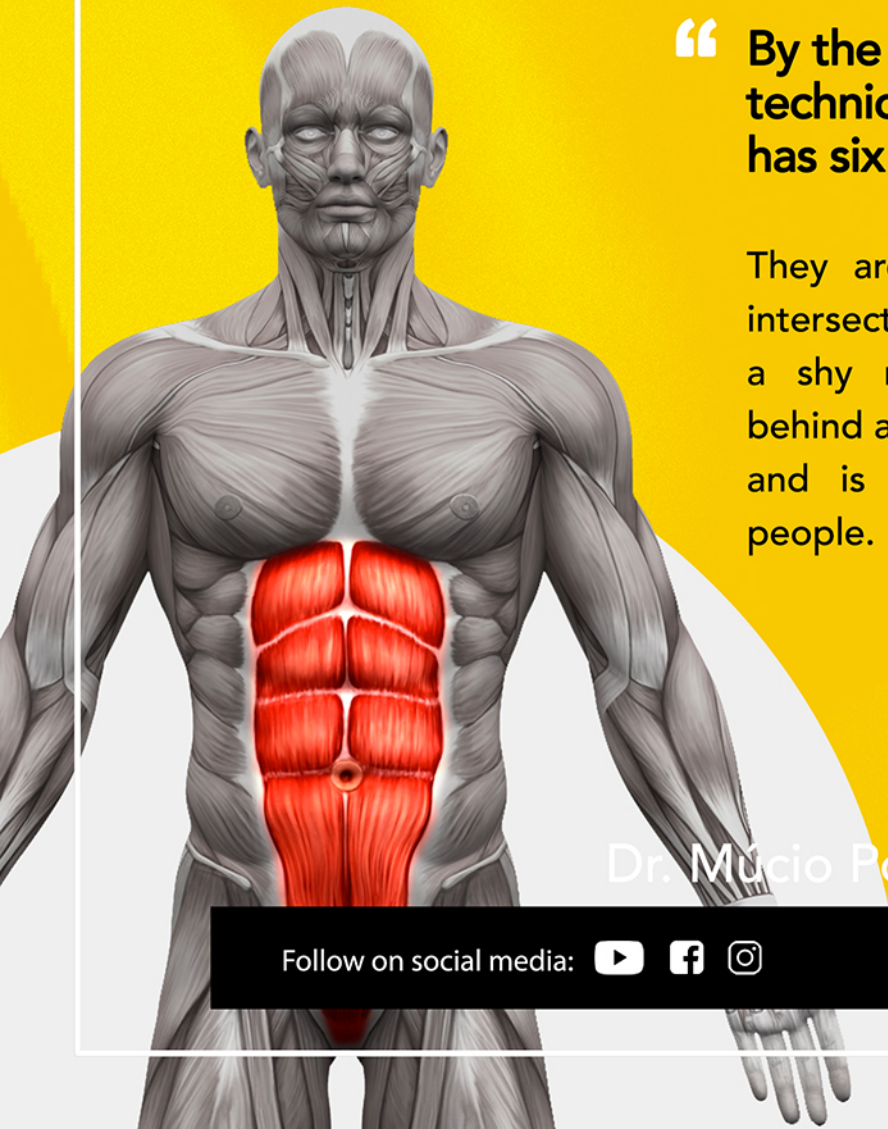
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Abdomen Muscles

The abdomen forms the middle portion of the trunk, situated between the thorax and pelvis. Unlike other trunk structures, the abdomen has no bony protection. Since its skeleton is formed solely by the vertebral column and its lateral and anterior walls are eminently made up of muscles, this gives this region the greatest mobility found in the trunk.



The muscles of the abdomen can be divided into anterolateral muscles and posterior muscles. The posterior muscles, iliac and psoas, are common to the hip and lower limb and will be studied together with the muscles of the lower limb, with the exception of the lumbar condition. The anterolateral muscles are: rectus abdominis, external and internal oblique, transverse and pyramidal muscles.



“ By the way, did you know that, technically speaking, each of us has six pack abs?

They are formed by the tendinous intersections of the rectus abdominis, a shy muscle that normally hides behind a fatty layer of Camper's fascia and is therefore invisible in most people. ”

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What is Lipo LAD!

The new procedure has been drawing attention inside and outside the offices for promising the dream of a six-pack belly.

The difference between traditional liposuction and LAD lipo (acronym for high definition liposuction, also called HD liposuction) is that the former removes localized fat from a deeper layer of the skin, while LAD lipo, in addition to removing excess fat, also shapes and highlights the muscles acting on a more superficial layer of the body, giving the effect of a six pack belly.



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How is Lipo LAD performed?

The surgery usually takes three to six hours, is performed under anesthesia and needs to be performed in a hospital setting. In the procedure, the cuts, which are usually about half a centimeter, are made for the entrance of the liposuction cannulas in the regions where the fat is drained. "Usually, small holes are drilled in the patient. The area in red in the image shows the place where more fat will be removed, to simulate the funds, which the muscles leave, a depression will be made. We call it the negative area. The blue ones are the positive areas.

It is worth mentioning that the procedure only offers interesting aesthetic results in people who already have little fat in the region."



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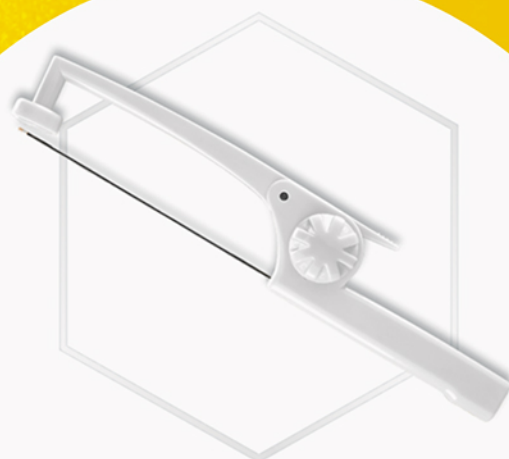
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New allied technologies

BODYTITE by InMode

Backed by dozens of published studies, BodyTite by InMode is InMode's FDA-approved medical technology with tissue temperature and impedance monitoring for minimally invasive body and facial reshaping treatments with minimal surgical results and scarring. And this novelty also complies with all Anvisa and Inmetro requirements.




This technology offers a 3D remodeling of the body, with a three-dimensional contraction of the dermis, subcutaneous connective tissue and deep adipose tissue, through lipolysis, providing results achieved only with traditional liposuctions.



Main applications



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New allied technologies

CMSlim

CMSlim is the most advanced and intensive muscle stimulator on the market, which uses HI-EMT (High Intensity Electromagnetic Muscle Trainer) technology. Its focused electromagnetic field passes through all layers of the skin and fat, directly stimulating the muscle through continuous and intense contractions, which provide muscle growth and induce fat reduction. CMSlim generates an intense electromagnetic field, which causes involuntary muscle contractions, triggering the release of free fatty acids, which break down fat deposits and increase muscle tone and strength. This process is very similar to the way of doing exercises, but with a superior result, in less time and without effort. This is the key to a toned and healthy physique.

**Just 30 minutes with the CMSlim,
are equivalent to more than
20,000 contractions (abdominals)
muscles in the treated region.**

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Talk to Dr. Múcio!

Do you have any doubt?
Want to know more information?

Schedule an appointment online

or

Schedule by Whatsapp



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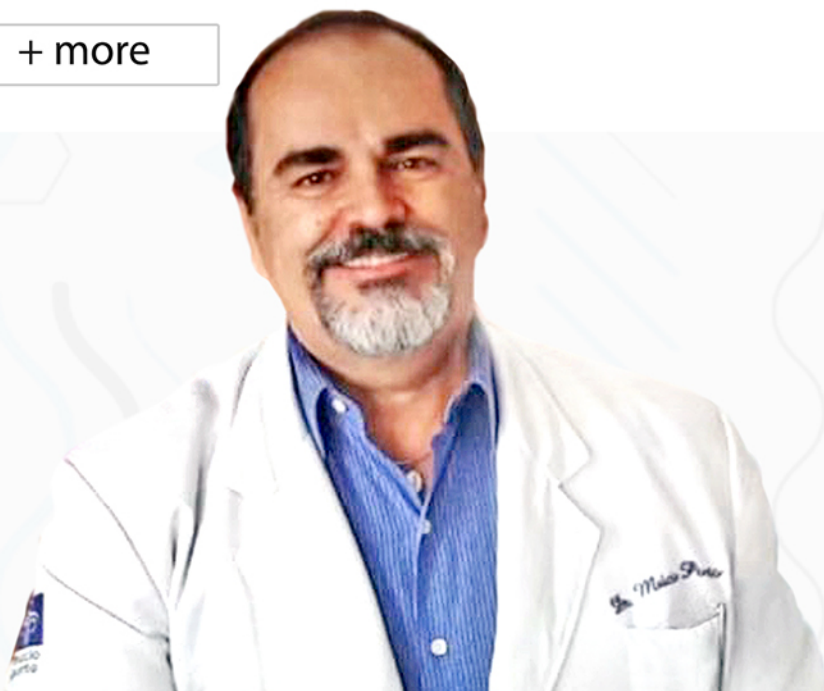
Dr Múcio Porto is from Patos de Minas from Minas Gerais and has lived in Brasília, the capital of Brazil, since 1969.

He graduated from the Federal University of Goiás and attended his internship at the public servant hospital of the state of São Paulo in 1985. He graduated as a general and digestive system surgeon at the Hospital das Forças Armadas in Brasília in 1988, during which he did an internship at the French Institute the hand and liposuction clinic of the renowned Dr Yves Gerard-Illouz in Paris and the plastic surgery center in Genova, Milan in Italy and Geneva in Switzerland.

Between 1989 and 1991 he specialized in plastic surgery at the Pontifical Catholic University of Rio de Janeiro, under Professor Ivo Pitanguy. During this period, he participated in training in the burn service of the Hospital do Andaraí, in the oral and maxillofacial surgery service of the Beneficência Portuguesa de Niterói, in the micro-surgery service of the Hospital dos Servidores do Estado do Rio de Janeiro, in addition to the hand service and reconstructive and aesthetic surgeries at the 38th ward of Santa Casa de Misericórdia as well as at the Ivo Pitanguy Clinic.

During this entire period, Dr Múcio Porto ranked first among colleagues from Brazil and several countries. He was also chosen as chief resident of Santa Casa, secretary of the "Professor Pitanguy Studies and Research Center" and also exclusive resident of the Pitanguy Clinic where he participated in private surgeries, scientific works and preparation of lectures and demonstrative surgeries as an assistant to Dr Ivo Pitanguy .

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