

THE ITALIAN TOUCH IN AESTHETIC MEDICINE

STEFANO TOSCHI MD

A MINIMALLY INVASIVE APPROACH TO THE
FATTY TISSUE EXCESS

PRESENTATION BY
ALBERTO MASSIRONE MD



Officina Editoriale Oltrarno

A MINIMALLY INVASIVE APPROACH TO THE FATTY TISSUE EXCESS
STEFANO TOSCHI M.D.

Copyright © 2017, Officina Editoriale Oltrarno S.r.l. - Firenze

All rights reserved. This book is protected by copyright. No part of this book maybe reproduced in any form or by any means, including photocopying, or utilized by any information storage.

Care has been taken to confirm the accuracy of the information presented and to describe generally accepted practices. However, the editor, authors and publisher are not responsible for errors or omissions or for any consequences from application of the information in this book and make no guarantee, express or implied, with respect to the currency, completeness, or accuracy of the contents of the publication. Application of this information in a particular situation remains the professional responsibility of the practitioner.

The Publisher

Graphic project by:
Davide Di Maggio

Layout:
Paola Santin

Photos and drawings by:
Stefano Toschi

Graphic Web Page:
Roberta Dolce

Customer management:
Andrea Ortolani
e-mail: andrea@oeofirenze.it

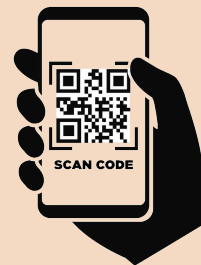
Printed April 2017

on behalf of the

Officina Editoriale Oltrarno S.r.l. - Firenze

<http://www.oeofirenze.com> - e-mail: info@oeofirenze.it

VIDEOS
and EXTRA CONTENT



THE ITALIAN TOUCH IN AESTHETIC MEDICINE

STEFANO TOSCHI MD

A MINIMALLY INVASIVE APPROACH TO THE
FATTY TISSUE EXCESS

PRESENTATION BY
ALBERTO MASSIRONE MD



Officina Editoriale Oltarno



PRESENTATION

It is not only in the spirit of friendship but also with a duly critical eye that I read the volume on the “Minimally invasive approach to excess fatty tissue” and the relative technique of “Lipid emulsion” that my friend Stefano Toschi asked me to evaluate. I must recognize that from the very first pages Dr. Toschi kept me engaged with the meticulous attention he dedicated to the description of this condition. One that is very widespread in the population and also very controversial because often considered, alas, only an aesthetic problem, ignoring the delicate consequences of a silent disease that over time insinuates itself into the fatty tissue and which can sometimes lead to serious complications that could have been averted with careful preventative therapy. All this bears witness to the commitment Stefano has dedicated to the analysis of the genesis of localized fat and its specific traits, but also to its transformation in the much more controversial sclerotic fibrous edematous panniculopathy (P.E.F.S.), very common in females starting at a very young age.

This text can be appreciated particularly for its clarity and the consequential logic we see when dealing with the physiopathological aspects and the therapeutic protocol that can be recommended even in the more advanced stages of the disease.

Retracing the explanatory lines together with the individual moments involved was for me a welcome moment of reflection and a chance to focalize on the essential aspects of the various stages of its evolution. The many years of experience that Stefano has successfully dedicated to the study and development of the “lipid emulsion” method are particularly interesting and significant for the seriousness with which he has taken on this problem.

Again, compliments to Dr. Stefano Toschi for his labor, his dedication to this material and for his methodological intuition.

Alberto Massirone

Founder and President of Agorà-Amiest - Italian Society Specialized in Aesthetic Medicine.

Founder and Director of the Post-University School of Aesthetic Medicine of Agorà-Amiest of Milan.

Adjunct Professor of Aesthetic Medicine at the School of Specialization in Plastic and Reconstructive Surgery of the University of Milan.

INDEX

INTRODUCTION 11

Demolipectomy	12
Liposuction	12
Lypolysis	13
Hot physical lipolysis	14

ADIPOSE TISSUE 17

Introduction	18
Categories	19
Apple type	19
Pear type	19
Hourglass	19
Rectangular type	19

ULTRASONIC CAVITATION 21

Skills	24
--------	----

LESC TECHNIQUE (ULTRASOUND ENERGY BASED LIPOSCULPTURE) 27

The instrumental Kit	28
Protocol	29
Steps	30
Patient's selection	34
Tips and tricks	34
Informed Consent	36

TREATABLE AREAS

39

Abdomen	42
Tighs	46
Hips	49
Knees	52
Neck	54
Male Breast	56
Buffalo Hump	58
Arm	60
Epigastrium	62
Back	63
Gluteal Fold	64
Inner Tigh	65
Calf and Ankle	66
Lipomas	67
Asymmetries Reshaping	68
Lipodystrophy	69
Lipohypertrophy	71
Texture Improvement	72
High Definition Liposculpture	73
Rubik's Cube Cases	74
False Cellulite	75
Dysprophy related	75
Square Buttock	76
Gluteal saddlebag	76
Wavy and dimply skin	76
Bumpy skin	77
Camel lipodystrofy	77

SKIN TIGHTENING

79

The natural skin retraction	80
Thermal and mechanical reshaping	80
Reduction of the subdermal fat volume	80
Case reports	81

OTHER TECHNIQUES

83

Traditional liposuction	84
Lipolaser (LAL)	84
Radiofrequency (RFAL)	85
Plasmalight	85
Cryolipolysis	86
Chemical lipolysis	86
Transdermal ultrasound device	87

RELATED TREATMENTS 89

Diet and nutrition	90
Carboxytherapy	91
History	91
Toxicity	91
Technical protocol	91
Physical exercise	93
Threads	93
Radiofrequency	95

SIDE EFFECTS 97

Types of side effects	98
-----------------------	----

CELLULITE TREATMENT 101

The Cellulite comes in 4 evolution stages	102
Low frequency cold ultrasounds	104
Medical Protocol for cellulite treatment	105

MARKETING 107

To know what works	108
To have a plan	108
To implement and adhere to this plan	109
To measure the results	109

PERSPECTIVES - WORK IN PROGRESS 111

Clinical applications of the emulsified fat	112
Lipofilling	112
Scar treatment	113
Breast reduction	113

REFERENCES 114
