

BRUNO BOVANI

BODYCONTOURING



Officina Editoriale Oltrarno

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BRUNO BOVANI

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“Dedicated to Lorella, whose soft presence is always reassuring and fundamental to my life. Dedicated to Saverio, who is following in my footsteps, to whom I wish a future career of great satisfaction”

Bruno Bovani





AUTHOR

BRUNO BOVANI I was born in 1961 in Perugia, Italy, my hometown to which I am still strongly fond, although my professional activity takes me away more often than I would like. I am married, and I have a son who is following in my footsteps in surgery.

MY PHILOSOPHY: In recent years plastic surgery has undergone great changes, not only in the improvement of the techniques, but also in the concepts behind this medical specialization. After years of “excesses” that have generated so much negative talk about plastic surgery, the common thread that unites every good and serious professional of this field today revolves around a more balanced and discreet relationship with the patient.

Also, thanks to the groundbreaking strides in technology, and especially thanks to a greater awareness of the professionals working in this field, today we have reached more natural, safe, and low-invasive results, than previously unimaginable. This is the idea of plastic surgery I identify with - discarding unsafe methods for patients, but mainly trying to avoid anything that can generate changes in features or excessive fixes.

MY PROFESSIONAL TRAINING: In 1989, after attending medical school, I immediately felt a strong call for the surgical disciplines. Beginning as a resident in General Surgery at the Department of Surgical Sciences at the University of Perugia, I performed an intensive apprenticeship in major surgical branches. I worked in operating rooms, performed departmental and diagnostics activities in the fields of general surgery, vascular surgery, oncology and of plastic and reconstructive surgery. Since 1991, my career choices related exclusively to plastic and reconstructive surgery, strongly due to the considerable experience gained in other areas of surgery, essential background to gain completeness in such a super-specialistic field.

It was in 1992 when I began my long and intensive experience at the Department of Plastic and Reconstructive Surgery in the Faculty of Medicine at the University of Perugia, headed then by Professor Cristiano Dominici. In 2001 I obtained the title of Specialist in General Surgery, with a thesis on breast reconstructive surgery, and subsequently my PhD in Experimental Surgery, with a thesis on Reconstructive Surgery of the Cervical Esophagus.

Those years were filled with intense and total professional activity, split between the operating room, ward, and clinics, as well as a production of scientific papers in international journals, conferences in Italy and abroad, training meetings abroad, informative and promoting activities on the potential of reconstructive surgery.

In regard to my surgical activity, as first or second operator, or as assistant, in those years, my professional interest was directed mainly toward breast reconstruction after radical operations for cancer treatment. In 2000, I began my natural shift to plastic and cosmetic surgery in a professional way, which led me to leave the public care arena to concentrate in purely private activity. Those were the years when there was a boom in new technology, such as lasers which were to have a huge area of application in plastic surgery, and it was precisely the strong attraction towards those opening horizons that led me to develop the profession in this inspiring direction.

In 2005, I created in my hometown the Ambulatory Surgery Center Esculapio, of which I am Chief Medical Officer, all directed towards Plastic Surgery, Dermatology and Aesthetic Medicine, in which surgery coexists perfectly with less invasive techniques and softer, to provide my patients a complete answer to their needs.

EDITOR'S NOTE

For a more complete and exhaustive knowledge of the subject, OEO has over the years developed a modus operandi that integrates paper book with the multimedia component. Through a link and a code that links it to a dedicated web page, the reader has the possibility to view on Tablet, Smartphone, or Computer the many videos of clinical cases that the author has made, plus several interesting extras.



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INTRODUCTION

We have known for a long time how much hormonal, metabolic, and genetic factors influence the aging of cutaneous and subcutaneous tissues. This can be increased, then, by an excessive exposure to sunlight or tanning beds, due to the resulting overproduction of free radicals which accelerate this aging process.

Fibroblasts end up reducing their own ability to produce new elastic fibers and collagen, resulting in the onset of sagginess, often crossed by fine wrinkles, and even pigment alteration on the skin. The most affected areas are the inner surface of the upper arms and thighs, knees, buttocks, and abdomen, in addition to the face and neck, which are often the first areas affected by this process as well.

From there the situation is frequently further complicated by the appearance of fatty tissues that will disrupt the harmony of the body profiles of the individual.

For many years, the blemishes brought on by this were exclusively solved by surgically removing excess skin; a method which, if well executed, has always produced good aesthetic results immediately, but almost never in the long term. In fact, proceeding with a surgical procedure that involves the dissection and excision of excess skin tissue can only worsen the initial conditions, already compromised in a sagging tissue. However, with the advent of a new trend aiming to identify new effective and less invasive methods, with no scars and no long convalescences, a new field of interest has been developing that employs medical devices designed to trigger the response of fibroblasts for tissue regeneration.

And it was the big demand for safe, non-invasive, repeatable methods, that led to the rapid growth of the sector of the remodeling of body profiles that we witness daily - Radiofrequency, Ultrasound, Fillers, Suspension Threads, Bio Stimulation and much more all came out of this.

Acting with confidence into this vast panorama of techniques today is not easy, even for experienced professionals, so I will try to show you the basics that have enabled me to develop my own personal method, not without having encountered difficulties along the way.

I do not claim, in all honesty, to have solved the problem of skin sagginess, but thanks to good knowledge of anatomy, physics of instruments used, biochemistry of materials, but especially correct patient selection, I believe I can indicate a "safe route". Of course, I already know that as you read this book, new techniques will be appearing in our field and perhaps even my personal method will be enriched with new elements, but this is just one of the exciting aspects of our work. Above all else in this book, note the common thread that leads me to make certain choices: regardless of the method you are going to use, keeping this in mind won't betray you!

Bruno Bovani