

MY STORY

Arms and the woman



I've always been self-conscious of my upper arms. In the last few years I went from a size 24 to a 14, but my arms were still big in proportion to the rest of my body. I wanted to get rid of some of the fat on my upper arms, so I could see muscle definition hiding underneath. After all, I was only 26 – too young to have wobbly arms. In December 2006 I went to see a plastic surgeon in Toronto and decided to undergo traditional liposuction on my upper arms.

When the bandages were removed in the doctor's office three days after my surgery, my arms were deformed. They looked like dumbbells because he hadn't removed enough fat from my elbows and upper arms. And they were uneven – too much fat had been removed from the middle of my left arm and not enough had been removed from my right. There was also a lot of skin stuck together and wrinkled on my right arm in the triceps area, so I couldn't move that arm over my head. I'm a registered massage therapist, but I didn't return to work for a month because I had limited motion in my arm and was in constant pain (most patients return to

After a bad liposuction, I thought I'd have to live with my uneven arms.

Thankfully, I didn't. BY SOPHIE KEYSTONE

desk jobs after a week). The worst part was the plastic surgeon refused to acknowledge the problems he had caused and told me I'd have to wait nine to 12 months for my body to heal before I could have surgery again (and that I'd have to pay the full amount again). Still, I refused to give up on my arms.

A few weeks later, I read about Dr. Stan Gore, MD, and the LIPIDOCTOR Medical Clinics in *Elevate* magazine. I learned he offered repairs of traditional lipo problems, so I went to see him, hoping he could fix my arms. Dr. Gore was shocked to see my arms. "There was visible scarring in the right triceps area and scarring plus a misshapen area with a large gouge in the left upper arm," recalls Dr. Gore. He explained to me that the scarring was causing my skin to be "glued" down to the underlying muscle, creating significant limitation in range of motion.

Dr. Gore said he could perform the minimally invasive LIPIDOCTOR Infusion Lipolysis to my right arm, and then, to my left arm, he could combine the LIPIDOCTOR Infusion Lipolysis and Mini-Lipo. These treatments would restore my range of motion and make my arms look symmetrical. He explained to me the risks (sore for up to three days and minimal bruising/swelling) and the recovery process (no downtime, no exercise restrictions and only local anesthesia, unlike traditional liposuction, which usually requires general anesthesia). Four weeks after my botched liposuction I went in for my procedure with Dr. Gore.

First, Dr. Gore performed Infusion Lipolysis on my right arm. He referred to it as skin-detacking, which freed up the skin from the underlying tissue throughout my upper arm, so I was able to move more freely. He said it was a one-time skin-release procedure to kick-start fat breakdown and prepare the skin for tightening and smoothing.

On my left arm, Dr. Gore made two small needle nicks as part of the Mini-Lipo. Then, using a smaller, finer cannula than is used in traditional liposuction, he removed excess fat to make my arms symmetrical. Since the cannula is much finer, Dr. Gore assured me that the risks of infection, bleeding and fat embolus are greatly reduced. "We do the entire procedure by hand

utilizing low-vacuum, syringe suction. There are no suction machines. We remove small layers of fat from the surface downward, rather than tunnelling out deep fat. Everything is done much more slowly and gently. Consequently, the degree of trauma is much decreased,” he explained to me. I felt a little bit of pinching and tugging here and there, but it was all bearable.

I drove myself home after the 90-minute procedure. My arms were sore, and I had to wear surgical bandages for 24 hours, so I didn’t go to the gym (as suggested when you have Mini-Lipo and Infusion Lipolysis to continue to burn fat). I removed the bandages the next day at home. I was a little nervous but was soon relieved. My arms looked normal. There were just a few tiny incisions in each arm, each less than half a centimetre long. I then put on my tensor bandages, which I had to wear every day for the next two weeks, and hit the gym! I was back at work a week after the procedure.

For 10 weeks following the procedure, I applied LIPIDOCTOR’s proprietary transdermal treatment creams daily to my arms. These custom-compounded medicated creams penetrate through the skin into the fat, to make sure the fat continues to break down, to stop new fat from developing and to tighten skin and reduce stretch marks. Then, I used the transdermal maintenance creams for the next four weeks, every two to three days. I still use the creams two to three times per week, before going to the gym in the morning and at night. I also went for followup visits with Dr. Gore at two weeks, six weeks and 10 weeks.

I couldn’t be happier with the results and my experience with Dr. Gore. He’s confident, knowledgeable, compassionate and very good at what he does. Although he gave me realistic expectations about a procedure to repair a botched liposuction job, he far exceeded my expectations. I was so thrilled with Dr. Gore and the whole process that I had LIPIDOCTOR Infusion Lipolysis and Mini-Lipo on my saddlebags, hip rolls and lower back in June 2007.

This procedure has been life-changing. Now I wear short sleeves, even tank tops, and my confidence has really increased. Before I would always turn sideways for pictures, to hide my arms. Now, I’m no longer saying, “Oh, look at my big arms!” e

DO YOU HAVE A TRUE STORY TO TELL?

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