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The Avelar technique: Preserving vascularity, innervation and lymphatics in tummy tuck surgery

Patients with abundant abdominal skin were selected for Avelar abdominoplasty as a safe ambulatory procedure by preserving the vascularisation of the abdominal flap. 284 consecutive patients were operated using IV sedation and tumescent solution. Following liposuction and superficial skin resection, undermining was restricted to the median plane for umbilicus transposition. Skin perfusion was measured using a laser doppler flow assessment system. There were no intraoperative complications and no major postoperative complications. Postoperative wound infections were observed in 13 patients (4.5%). There were no cases of skin necrosis, postoperative bleeding or seroma despite by not using drains in any cases. The measurement of skin perfusion has demonstrated only a minimal postoperative reduction of perfusion in the lower abdominal flap. The modified Avelar technique has proven to be a safe ambulatory procedure. The perfusion of the abdominal flap is maintained thus avoiding necrosis and reducing wound complications. In comparison to studies of flap perfusion after more traditional procedures, the preservation of perfusion and of the lymphatic system appears to be very beneficial.

Biography

Dr. Peter Lisborg was born 1958, in Comox Canada. He completed his medical studies and surgical training in Austria. He practises in Klagenfurt in the south of Austria where he has a day clinic. He conducts a workshop yearly that is also CME certified. Dr Lisborg became well known in the USA after he introduced the Avelar Abdominoplasty at the World Congress of Liposuction in St. Louis, 2005. As a member of the below listed national and international associations of cosmetic surgeons he regularly takes part in many international congresses as a speaker to share knowledge and experience. He is member of American Academy of Cosmetic Surgery & Austrian Academy of Cosmetic Surgery. He was also the President of International Division of American Board of Cosmetic Surgery & World Academy of Cosmetic Surgery.

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