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HOW DO PERSONAL TRAINERS AND OTHER BODIES BEAUTIFUL GET THOSE ROCK HARD ABS?

New York, NY December 4, 2002 - What if you pack a gym bag virtually every morning, hit the ab machines with gusto and do crunches until your stomach burns, and still cannot achieve that “six pack look”? What if the scale indicates an ideal weight as a result of a stringent high protein low carb diet, and still, no six pack? What’s a beach going man or woman to do? Fret no longer, ab-etching is here! Ab-etching is now the trade secret of fitness trainers who, years ago would not be caught dead in a plastic surgeon’s office. With pressure for personal trainers to ‘look the part’ and be their ‘buff best,’ they too often resort to cosmetic surgery and in particular, this method of liposuction. Trainers are not immune from stubborn fat that accumulates disproportionately in certain areas of the body.

Ab-etching is a revolutionary process that delicately removes any excess subcutaneous adipose form (read fat) in between the abdominal muscles. This can’t be done on just anyone who wants a “quick fix” to remedy a couch potato physique. It’s imperative that fat levels are already low. Dr. Bruce Nadler is a Manhattan plastic surgeon who is also a competitive body builder. In his New York practice he sees numerous personal trainers as well as those whose livelihoods depend on the appearance of a fit body. He uniquely understands the desires of those who exercise and diet and yet, still cannot manage to achieve six pack abs. As Dr. Nadler explains, “a candidate for ab-etching is someone with already low fat levels. If one has excess fat, the fat will still act as cover for the underlying muscle. The procedure is intended as a final option to obtain midsection “clarity” when all methods of training and dieting have been exhausted.” Instead of merely suctioning excess fat, Dr. Nadler literally sculpts the abdomen so that the stomach is not only flat, but defined, as well. Dr. Nadler likes to think of it as a reward for being in shape.

Prior to the ab-etching procedure, Dr. Nadler takes a felt tip pen and marks the areas to “be etched.” The pre-operative lines make it easier for Dr. Nadler to discern the areas to be suctioned while the patient is in the prone position. In many instances of ab-etching a local anesthetic is sufficient (as is the case if only the love handles are being removed). If a patient is having both sides as well as the front done, then general anesthesia is usually a preferable choice.

The incisions made for ab-etching are literally the size of dots. Dr. Nadler then takes a tubular instrument called a cannula and inserts it through these tiny incisions and strategically vacuums out the excess fat. The doctor explains that, “it is common for surgeons to use the largest cannula possible in order to extract the most fat in the least amount of time.” Dr. Nadler prefers to use the smallest, thinnest cannula possible. Although this means more operative time for the surgeon, the end results are smoother and more precise. Ab-etching is done using the tumescent technique, which softens the fat and makes it easier to remove. An additional benefit is that the tumescent fluid

prevents excess bleeding by clamping down the blood vessels. According to Dr. Nadler, “a full abdominal etching procedure can be completed in approximately two hours with each incision requiring only a single stitch.

Although Dr. Nadler does admit that, “the first post-operative day can be painful, the second day should feel more akin to extreme soreness, much like exercising the abdominal muscles for several hours. Patients are required to wear a compression garment for several weeks post-operatively to help control shrinkage of the overlying skin. After approximately six weeks patients should be able to notice what once may have been a pipe dream-an abdominal six-pack!

Thanks to the ab-etching procedure, unending stomach crunches are now a thing of the past. If you are a slim man or woman desperately seeking the abs of Janet Jackson or Ricky Martin, they are as within reach as the nearest plastic surgeon’s office.

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