



## TITLE: Male Sculpting Surgery in Lower Extremity

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### ABSTRACT

Optimal body contouring considers the entire body and drapes skin over the muscles. The Muscular Sculpture (MS) is a modern technique of body contouring to achieve: tight skin that very well reveals muscular bulk, a muscular and athletic body with minimal observable scars. Is a technique for each type of patient. Recently, men have been increasingly request contouring and definition of the lower extremity. In literature are not described techniques to accomplish around aesthetic result in sculpting surgery about lower extremities. Surgical procedure included six steps: 1) defatting; 2) muscles definition; 3) bring the contour of the muscles up to the fascia; 4) irregularity removal; 5) dermal grasping; 6) last residues of fat removing. The surgeon make a small access on: inguinal fold, knee and popliteal fossa. Front liposuction closes the skin to the muscle and sculpts the border of vastus lateralis, vastus medialis and rectus femoralis. Back liposuction closes the skin to the muscle sculpts the border of biceps femoris and calf. Powerful liposuction is performed with cannulas at the muscular borders to emphasize the insertions. Immediate results are observed in postoperative with more defined shape, borders and insertions of muscles of the lower limb. The advantages of the MS of the lower limb in males include good outcome with very satisfying for the patients who desire an athletic body.

### BIOGRAPHY

Dr. Cristiano Monarca was born on August 13, 1971 in Rome, one of the richest cities in art in the world, from a university professor doctor father and a literature teacher mother. From his parents he learned the passion for medicine and art, which will always be present in his cultural and professional training. From his debut as a medical student, he was aware that the deepest scientific rigor had to be combined with an artistic sense. After the first years of university, he found in plastic surgery the balanced combination of science, art and sport, his lifelong passions. This thought is still present today in his professional activity, aimed at the beauty that can be achieved in the human body.

Dr. Monarca together with his team has always been involved in body remodeling. Muscular Sculpting, a technique he conceived and introduced into international scientific literature, together with all the other traditional body contouring techniques, fully address the pathologies linked to variations in weight, shape and volume of the body.

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