

**LINEAGE**

**2002** – Alfredo Hoyos develops Vaser Assisted High-Definition Liposculpture (VAHDL)

**2007** – Alfredo Hoyos trains 16 surgeons from Asia and Singapore in VAHDL



Alfredo Hoyos

# Peak Form

COLOMBIAN PLASTIC SURGEON **ALFREDO HOYOS** FOLLOWS UP WITH 16 SURGEONS HE TRAINED IN VASER ASSISTED HIGH-DEFINITION LIPOSCULPTURE

**O**F THE PIONEERING PROCEDURE Hoyos developed in 2002, he says, “It’s taken off in Singapore. This is an advanced technique with advanced technology – it’s what I call the next step.” Using vaser technology, a third generation ultrasound said to be safer than conventional liposuction, the procedure reportedly allows for easier post-operative

recovery. “Producing a high-definition look, it is slightly more invasive, but safer because of new technology and techniques,” says Hoyos.

Developed in response to a model desperate for definition and curves (she had been turned down by other plastic surgeons for conventional liposuction on the basis she was too slim), VAHDL aims to replicate a gym-honed body. Hoyos explains, “Not all physiques are genetically predisposed to a ‘gym bunny’ figure.”

So who signs up for this treatment? “Models who are slim but need to look in peak condition,” he says. “Younger women want highly defined figures and athletic, outstanding results, while slightly older women want something smooth. High-definition liposculpture can create both.”

Performed in hospital under general or local anaesthetic, it’s major surgery involving a modicum of risk. “Although lipo is painful, with this technology it’s well controlled afterwards. From two hours to two days, the pain subsides.”

When asked if he takes his work home, Hoyos confirms, “My girlfriend had VAHDL on her abdomen and had her buttocks enhanced.” Clearly

believing in walking the talk, Hoyos himself underwent the knife five years ago. Using himself as a guinea pig, he experimented with different after-treatments including stitch types and new ways to make surgery a better experience.

Hoyos’ specialty is what he calls a happy marriage between medicine, science, art and cutting-edge technology. “The future for plastic surgery is exciting,” he enthuses, predicting Vaser is here to stay for the long term. Trends indicate less invasive procedures and, he says, in Asia, plastic surgery moves fast as surgeons easily adapt to new technology.

Surprisingly, in his formative years Hoyos toyed with the idea of being a fireman. Coming from a modest middle class background, that could easily have been the story of his life. But a place to study medicine at Rosario University put him on a different track. From dreams of saving life and property, he now gives new life to faces and bodies. ■