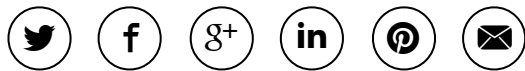


Commenting on GQ's Story, MilfordMD Cosmetic Surgeon Dr. Richard Buckley Reveals How It's Possible to Achieve "Olympic Swimmers" Abs with New Body Sculpting Devices

Share Article



GQ covered some new body sculpting devices that allow cosmetic surgeons to etch and sculpt, as well as remove unwanted fat to achieve a more toned, fit look. Dr. Richard Buckley is among the body sculpting experts who uses the unwanted fat to further sculpt areas that need more defining.

MILFORD, PA (PRWEB) AUGUST 30, 2016

Among the lingering memories from watching the Olympic athletes in Rio de Janeiro are the amazing bodies... and those Olympic swimmers' washboard abs. They've worked most of their lives to achieve the rippling muscle tone synonymous with the ideal male look. But there are new ways guys are getting Olympic-Swimmer abs, as [GQ](#) describes in their article published last week. It's not only elite athletes who sport the abs. Think about the Calvin Klein models, Justin Bieber and who can forget Marky Mark Wahlberg?

Thanks to a boom in body contouring devices and new approaches to fat grafting, the sculpted and defined look isn't out of reach for men who might spend their days behind a desk rather than doing crunches, according to [cosmetic surgeon Dr. Richard Buckley](#), medical director of MilfordMD Cosmetic Dermatology Surgery & Laser Center, in Milford, Penn.

"Cosmetic surgeons used to use implants to achieve the sculpted abdominal muscle look. But that wasn't an easy option for patients and outcomes were often less than optimal," Dr. Buckley says. "Today, all that has changed. We have devices that not only suction fat and tighten



Perfect Six-Pack Abs via High Def Laser LipoSculpture Performed by Cosmetic Surgeon Dr. Richard Buckley, Medical Director of MilfordMD Cosmetic Dermatology Surgery & Laser Center, in Milford, PA.

“Cosmetic surgeons used to use implants to achieve

skin, but also technologies and techniques that allow us to sculpt and etch body shape, to achieve the perfect “six-pack” abs. And it’s not only men who want to look more sculpted; it’s women, too.”

The approach, called **high-definition body sculpting**, or hi-def lipo, is for adults who are in relatively good shape, but would like a more sculpted, toned look to their abdominal muscles and body core. It’s not necessarily about size, where cosmetic surgeons eliminate a lot of fat. Ideally, high-definition body sculpting patients are normal weight or close to it. It’s more about shape-changing proportions, making some areas smaller and others more defined, according to Dr. Buckley.

“For many people who exercise, they’ll never achieve quite the definition they desire because there isn’t enough time in the day to do cardio and resistance training. Some people are less inclined to build muscle because of their genetics,” Dr. Buckley says. “Faux body sculpting helps them achieve the look without the exercise intensity.”

With minimally invasive laser lipo solutions, which include such devices as SmartLipo Triplex, Cellulaze, Precision TX and ProLipo, Dr. Buckley can thin and sculpt the waist, lower back and inner thighs, basically anywhere. At the same time, rather than throwing away the patient’s unwanted fat, he might use fat grafts, or **fat transfer (AFT)**, to restore or build volume in the buttocks or other muscles that the patient wants defined.

“The amazing part of this is that we don’t just suction fat. Laser liposuction gives us the ability to finely etch a patient’s musculature,” Dr. Buckley says. “And the fat we eliminate from areas where it’s not wanted gives us a tool to enhance muscle in other areas.”

Hi-def lipo can be customized to achieve men’s or women’s specific body shaping desires. Of course the magic of cosmetic surgery goes hand in hand with a patient’s lifestyle. The more effort patients put into eating right and exercising, the longer they’ll enjoy their fit-looking bodies, according to Dr. Buckley.

About **MilfordMD Cosmetic Dermatology Surgery & Laser Center**:

The MilfordMD Cosmetic Dermatology Surgery & Laser Center offers state-of-the-art highly specialized procedures in laser and cosmetic surgery and aesthetic skin care. In addition to its extensive laser surgery capabilities, MilfordMD offers physician designed skin care products for home use. Milford Pennsylvania’s MilfordMD Cosmetic Dermatology Surgery & Laser Center is sought out by patients from around the world for expertise and innovation in cosmetic treatments performed by Richard E. Buckley, M.D. and Marina Buckley, M.D.

MilfordMD Cosmetic Dermatology Surgery & Laser Center is located at 303 W. Harford Street, Milford, PA 18337. Tel: (800) 664-1528. For real patient video testimonials, visit our **MilfordMD YouTube channel**.

the sculpted abdominal muscle look. Today, we have devices that not only suction fat and tighten skin, but also techniques that allow us to sculpt and etch the body to achieve the perfect “six-pack” abs.”

Share article on social media or email:



View article via:

