

## **Perfecting aesthetic results in abdominoplasty: The champagne groove technique**

**Background:** Champagne groove is the deepening between the vertical abdominal muscles. In artistic works and in perfect bodies the groove is always there. Our aim is to demonstrate, a novel technique to achieve exactly that in abdominoplasties.

### **Methods and Materials**

**Technique:** After defining the middle line of the abdomen, we inject Klein solution in the midline between the xyphoid and the umbilicus. We begin the abdominoplasty as normally and when the dissection reaches the level of the umbilicus we perform radiofrequency assisted liposuction. Then we remove the fat with a cannula No 3 in a distance of 3cm bilaterally of the midline. Before the closure we introduce 2-4 stitches between the liposuction area in the midline and the abdominal wall. These stitches are under tension and pulling the flap downward. The champagne groove has been already created.

**Patients:** From May 2010 to Nov 2015 we performed the champagne groove technique in 171 patients. Mean age of patients was 44 years old. Mean follow up was 2.5 years.

**Results:** In all patients the champagne groove was obvious after the operation. After 5 years follow up the results were stable. Patients were very satisfied with the results.

**Conclusion:** The champagne groove technique is an easily performed one with long lasting results. It offers the tone of perfection in abdominoplasty, evolving it to a highly defined body sculpting procedure and providing high quality aesthetic results.