




External energy sources in body contouring

Fontes de energia externa no contorno corporal

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■ ABSTRACT

During the 39th South Brazilian Plastic Surgery Conference, in April 2024, a heated debate arose regarding the promotion of the use of technologies for body contouring surgery on social media. An important question was raised: are they being prematurely promoted on social media before being rigorously evaluated? The quote from Dr. Ian Malcolm, a famous creation of Michael Chrichton, “I’ll tell you the problem with the power you’re using here, it didn’t require any discipline to attain it” applies perfectly to this situation. Promoting techniques on social media should require the same rigorous discipline as scientific research. The absence of research protocols approved by the National Research Ethics Council and high-level evidence publications in peer-reviewed journals raises concerns. The power to enhance our results using these external energy sources is real, and its use represents a significant advancement within plastic surgery. However, it is imperative that plastic surgeons exercise caution when promoting new technologies. Scientific discipline should be the foundation of any advancement, and responsible disclosure should precede popularization. Only then can we ensure that patients benefit from safe and effective treatments without compromising the integrity of our specialty.

Keywords: Surgery, plastic; Plastic surgical procedures; Thermal energy; Social networking; Lipectomy; Body contouring.

■ RESUMO

Durante a 39^a Jornada Sulbrasileira de Cirurgia Plástica, em abril de 2024, um debate acalorado surgiu em torno da divulgação do uso de tecnologias para cirurgia de contorno corporal nas redes sociais. Um importante questionamento foi feito: elas estão sendo divulgadas prematuramente nas redes sociais antes de serem rigorosamente avaliadas? A frase do Dr. Ian Malcolm, célebre criação de Michael Chrichton, “Vou te dizer o problema com o poder que você está usando aqui, ele não exigiu nenhuma disciplina para obtê-lo” se aplica perfeitamente a essa situação. A divulgação de técnicas em redes sociais deveria exigir a mesma disciplina rigorosa que a pesquisa científica. A ausência de protocolos de pesquisa aprovados pelo Conselho Nacional de Ética em Pesquisa e de publicações de alto nível de evidência em revistas revisadas por pares levanta preocupações. O poder de aprimorar nossos resultados com o uso dessas fontes de energia externa é real e seu uso consiste em um grande avanço dentro da cirurgia plástica. No entanto, é imperativo que os cirurgiões plásticos exerçam cautela ao promover novas tecnologias. A disciplina científica deve ser o alicerce de qualquer avanço, e a divulgação responsável deve preceder a popularização. Somente assim, poderemos garantir que os pacientes se beneficiem de tratamentos seguros e eficazes, sem comprometer a integridade da nossa especialidade.

Descritores: Cirurgia plástica; Procedimentos de cirurgia plástica; Energia térmica; Rede social; Lipectomia; Contorno corporal.

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Article received: May 16, 2024.
Article accepted: June 4, 2024

Conflicts of interest: none.

DOI: 10.5935/2177-1235.2024RBCP0975-EN

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During the 39th South-Brazilian Plastic Surgery Conference, in April 2024, a heated debate arose around the dissemination of the use of technologies for body contouring surgery on social media. An important question was asked: are they being prematurely published on social media before being rigorously evaluated?

Dr. Ian Malcolm's quote, famously created by Michael Crichton¹, "I'll tell you the problem with the power you're using here, it required no discipline to obtain it" applies perfectly to this situation. The dissemination of techniques on social networks should require the same rigorous discipline as scientific research. The absence of research protocols approved by the National Research Ethics Council and publications with a high level of evidence in peer-reviewed journals raises concerns.

The power to improve our results with the use of these external energy sources is real and their use represents a major advance within plastic surgery²⁻⁵. However, it is imperative that plastic surgeons exercise caution when promoting new technologies. Scientific discipline must be the foundation of any advancement, and responsible dissemination must precede popularization. Only in this way can we ensure that patients benefit from safe and effective treatments, without compromising the integrity of our specialty.

COLLABORATIONS

DSV Conceptualization, Final manuscript approval, Project Administration, Software, Supervision, Validation, Visualization, Writing - Original Draft Preparation, Writing - Review & Editing.

MP Conceptualization, Final manuscript approval, Project Administration, Software, Supervision, Validation, Visualization, Writing - Original Draft Preparation, Writing - Review & Editing.

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