



LIPO LEG

DEFINITION

YOUR MANUAL OF
**LEG LIPODEFINITION
AND LYMPHEDEMA**

June 12-14, 2026

Dr. Guilherme Miranda
Dra. Cintia Rios
Dr. Álvaro Cansanção
Dra. Heloise Manfrim
Dra. Fernanda Camarte



PRESENTATION

LIPO LEGDEFINITION is the definitive course for plastic surgeons who wish to specialize in the treatment of lower limbs, focusing on lipodetachment and the management of lipedema, a condition that affects more than 440 million women worldwide.

Created by the renowned Dr. Guilherme Miranda, this course offers a practical and comprehensive approach, combining cutting-edge theoretical knowledge, hands-on training on fresh cadavers, and the opportunity to observe live surgeries **(module with extra cost)** with one of Brazil's leading specialists. With growing demand and few qualified professionals, this course is the perfect opportunity to stand out in an expanding market.

We look forward to welcoming you to this exclusive learning and development experience.

What is the course about?

This in-person course will include theoretical and practical content, as well as hands-on training on fresh frozen specimens (cadaver lab), exclusively for plastic surgeons.

Before the in-person component, there will be a preparatory online phase with 4 live theoretical sessions (30 minutes of lecture + 15 minutes of discussion), led by the course instructors.

During the in-person module, you will have access to the most current techniques in lower limb surgery and lipedema treatments, performing hands-on training on fresh frozen specimens and participating live in a real-time surgery.

An unmissable opportunity to learn the most exclusive techniques, under the guidance of professors Dr. Guilherme Miranda, Dr. Cíntia Rios, Dr. Álvaro Cansanção, Dr. Heloise Manfrim, and Dr. Fernanda Camarte.

Why should you have this experience?

- **Opportunity to practice** various techniques on fresh cadavers, identifying anatomical areas and details.
- **Immersive and realistic learning** provided by hands-on experience.
- **Experience in practice** the most current techniques and technologies on the market.
- **Faculty with extensive practical and teaching experience.**
- **Exclusive and live participation** in a surgery with Dr. Guilherme and other invited expert surgeons (module with extra cost).
- The course will be held in **the wonderful city of Rio de Janeiro.**
- **Participants will be able to enjoy** the natural beauty, culture and unique lifestyle of the city during the course.

Course objectives

Upon completion of this course, participants should be able to:

 **Diagnose and treat lipedema effectively using modern and safe techniques;**

 **Master lower limb lipodeffinition techniques, applying technologies such as ONE STEP LASER, VASER, RENUVION, ARGOPLASMA, MORPHEUS-BT, VIBROLIPO;**

 **Perform body contouring surgeries focusing on enhanced aesthetic results and functionality;**

 **Apply liposuction and lipofilling techniques to lower limbs with precision;**

 **Perform surgical procedures with confidence after practical training on fresh cadavers and observation of live surgeries (surgery module with extra cost);**

 **Differentiate yourself in the market with specialized skills in a growing niche.**

About the course

Target audience: Plastic surgeons

Online meetings

7:00 PM (Brazil):

May 12, 19, and 26, 2026;

June 2, 2026

Content: Online preparatory theoretical meeting (30m lecture + 15m discussion)

In-person meetings:

June 12th to 14th, 2026

Content:

Cadaver Lab practice (June 12th and 13th) - ITC Rio;

Surgical practice (June 14th) -

Partner hospital

Course content

- Etiology, pathophysiology, and diagnosis of Lipedema
- Current state of multidisciplinary treatment of Lipedema
- Functional Plastic Surgery in the preparation of the patient with lipedema
- Lipedema reduction surgery – Crucial points
- Surgical anatomy of the lower limbs and danger zones
- Planning the volume removed in lipedema reduction surgery
- Systematization of the surgical technique: Positioning of incisions, angulations, and planes
- Technologies in the treatment of Lipedema: LASER ONE STEP / VASER / SAFER / LLSA / RETRACTION / RENUVION / ARGOPLASMA / BODYTIGHT – QUANTUM / FOTONA
When to use, advantages, and applications

Course content

- Practical tips with experts, usage instructions and associations
- Ankle and calf contouring: marking, perforation placement and surgical maneuver ordering
- Thighs: marking, perforation placement and surgical maneuver ordering
- Use of the multi-angled cannula in calf and ankle liposuction
- UGRAFT – Basics, development and practice of intramuscular lipofilling
- Myomodulation and muscle definition of the lower limbs through ultrasound-guided intramuscular lipofilling, current status:

VDVFAT – Vastus lateralis

HVFAT – Posterior thigh muscles

GMVFAT – Gastrocnemius

Course content

- Live marking of model patients
- Live demonstration of non-surgical treatment with FOTONA laser on a grade ½ model patient
- Post-operative care and follow-up / Special meshes
- Dermatofunctional physiotherapy in Lipedema: Physiological basis, routine and pre- and post-operative protocol
- Setting up the Business: how to structure your clinic for the proper treatment of lipedema
- Legal recommendations: Special Informed Consent Form, data protection, current legislation
- Bonus class

Course content

- **CADAVER LAB (Whole pelvic specimens with lower limbs)**
 - Study, dissection, and visualization of surgical anatomy, identification of prominent structures and areas of risk
 - Incision placement / Marking / Infiltration
 - Hands-on application by students, under supervision, of all available technologies directly on specimens
 - Training in lipodefinition techniques taught in theoretical classes directly on specimens
 - Hands-on training in vibroliposuction / targeting / special areas (ankles, infra-gastrocnemius flexion, infra-genicular region, definition, etc.)
 - Hands-on practice of ultrasound-guided intramuscular lipofilling by students, under supervision, on specimens - VDVFAT / HVFAT / GMVFAT

- **SURGICAL DAY**

And you will learn even more



- **Functional Plastic Surgery** - Functional approach and preparation of the patient; Balancing and reducing inflammation in your patient before surgery.
- **Clinical guidelines on the general treatment of Lipedema:** Concepts, definition and guidance.
- **Initial approach routine for patients with Lipedema:** examinations, diagnosis, specialties involved and main procedures.
- **Preparing your clinic:** Guidelines on how to organize your clinic for the proper care of patients with lipedema.

NOTE: The surgical practice session at the partner hospital, which will take place on June 14th, is only for those who purchase this extra module.



Guilherme Miranda

- Master's degree in Medicine from the Federal University of the State of Rio de Janeiro - UNIRIO
- Head and Director of the Plastic Surgery Service at the Galeão Air Force Hospital – HFAG
- General Secretary of the Brazilian Society of Plastic Surgery, Rio de Janeiro Regional Chapter 2018/19 & 2024/2025
- Head of the Burn Treatment Center at HFAG (2011 to 2016)
- Full Professor of Plastic Surgery at the Carlos Chagas Institute of Health Sciences
- Visiting Professor of the Plastic Surgery Service at the Federal University of the State of Rio de Janeiro - UNIRIO
- Full Member of the Brazilian Society of Plastic Surgery – SBCP
- Full Member of the Brazilian College of Surgeons - TCBC
- Full Member of the Brazilian Society of Burns – SBQ
- Member of the Latin American Federation of Burns – FELAQ
- Member of the International Society for Aesthetic Plastic Surgery – ISAPS
- Member of the American Society of Plastic Surgeons – ASPS



Cintia Rios

- Plastic Surgeon with over 28 years of experience and more than 8,000 plastic surgeries performed
- Pioneer and Mentor of Functional Plastic Surgery, with over 120 certified physicians
- Full Member of the SBCP
- Member of BAPS
- Member of ISAPS
- Creator of Functional Plastic Surgery
- CEO of SER Functional Plastic Surgery
- Graduated in Medicine from the Bahiana Faculty of Medicine and Public Health
- Residency in Plastic Surgery at Hospital Ipiranga
- Postgraduate degree in Dermatocosmiatry from FMABC
- Postgraduate degree in Nutrigenetics and Diseases Related to Aging from UNINGA
- Postgraduate degree in Physiology, Hormonology and Metabolism from SOBRAF
- Published Book: Camilo, C.R. Ser Funcional – Beauty from the Inside Out. São Paulo – SP, Editora Perfil Brasil Comunicações, 1st edition. 2023 (ISBN-10: 6580901284)



Álvaro Cansanção

- Coordinator of the scientific committee of SBCP-RJ
- Assistant National Secretary of ISAPS
- Full member of SBCP
- Creator of the Lipo Ultra HD® & Gluteal Codes® techniques





Heloise Manfrim

- Graduated as a doctor from the University of Marília-SP in November 2009
- Specialization in Plastic Surgery - February 2013 to 2016
- Specialist Title in Plastic Surgery - Brazilian Medical Association and Brazilian Society of Plastic Surgery - 2016
- CEO and Plastic Surgeon - Dall'Ago & Manfrim Plastic Surgery 2017
- CEO and Plastic Surgeon - CELIP (Specialized Center for Lipedema Treatment) 2023
- Publication of the book *The North* / Jan 2022
- Publication of the book *Lipedema: An Approach Beyond the Surface* / Jan 2024



Fernanda Camarte

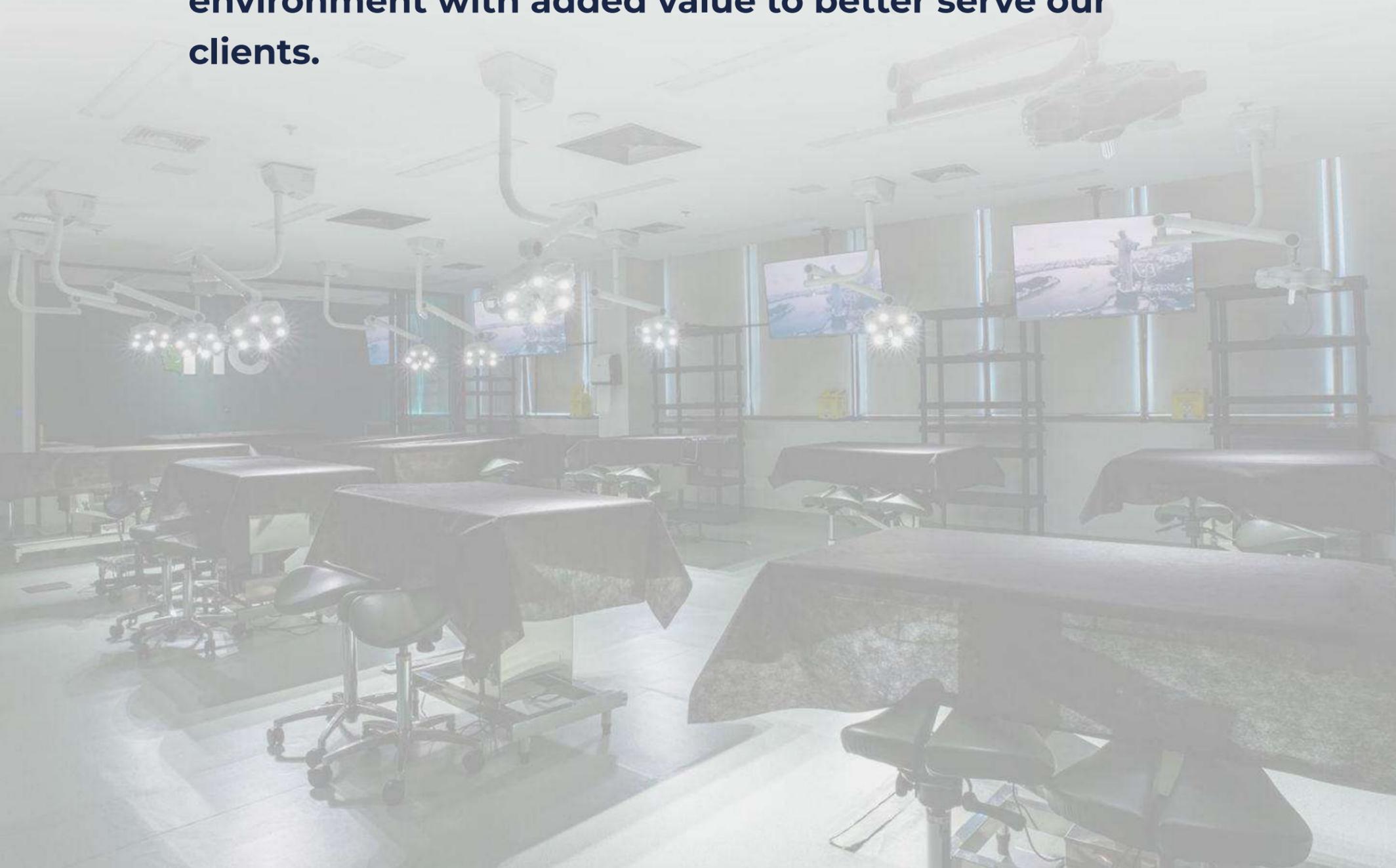
- Bachelor's Degree in Physiotherapy
- International Postgraduate Degree in Dermatofunctional Therapy
- Diploma in Dermatofunctional Therapy in Spain 2018 and 2024
- Various continuing education courses in post-operative care
- Training in Clinical Thermography and Plastic Surgery
- Training in Ozone Therapy
- Training in prescription for physiotherapists



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INVESTMENT – 2nd Batch

ITC Package

Access to the online sessions and the cadaver lab days at ITC Rio de Janeiro (June 12 and 13, 2026).

Enrollment fee of \$100 + **US\$ 6,900**

Surgical Package

Access only to the surgical practice day (June 14, 2026).

Enrollment fee of \$100 + **US\$ 2,800**

FULL Package

Complete experience, from the online sessions, the cadaver lab days at ITC Rio de Janeiro (June 12 and 13, 2026) and surgical practice on real patients (June 14, 2026).

Enrollment fee of \$100 + **US\$ 9,600**



RIO DE JANEIRO EXPERIENCE

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