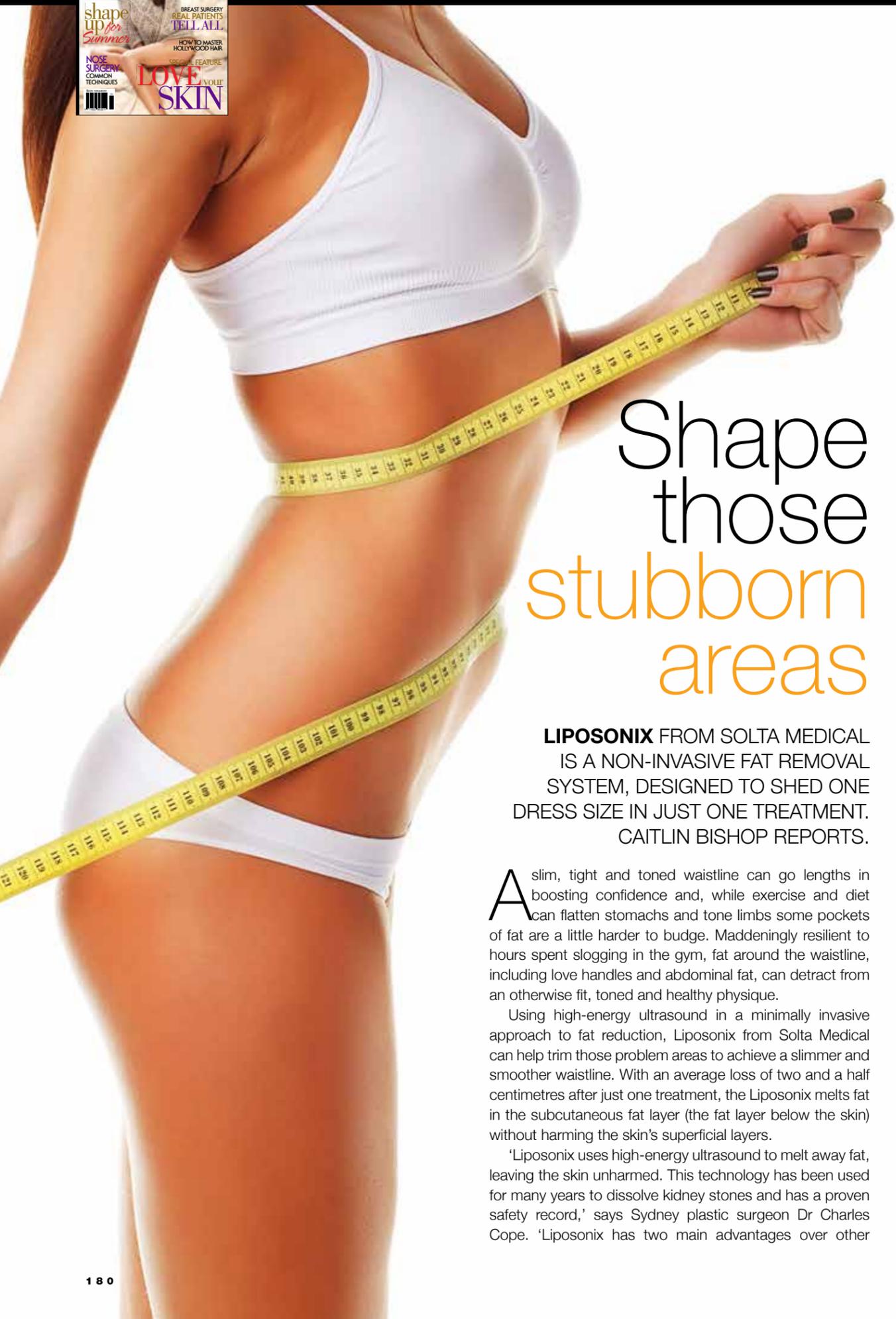




AS SEEN IN COSMETIC SURGERY & BEAUTY MAGAZINE



Shape those stubborn areas

LIPOSONIX FROM SOLTA MEDICAL IS A NON-INVASIVE FAT REMOVAL SYSTEM, DESIGNED TO SHED ONE DRESS SIZE IN JUST ONE TREATMENT. CAITLIN BISHOP REPORTS.

A slim, tight and toned waistline can go lengths in boosting confidence and, while exercise and diet can flatten stomachs and tone limbs some pockets of fat are a little harder to budge. Maddeningly resilient to hours spent slogging in the gym, fat around the waistline, including love handles and abdominal fat, can detract from an otherwise fit, toned and healthy physique.

Using high-energy ultrasound in a minimally invasive approach to fat reduction, Liposonix from Solta Medical can help trim those problem areas to achieve a slimmer and smoother waistline. With an average loss of two and a half centimetres after just one treatment, the Liposonix melts fat in the subcutaneous fat layer (the fat layer below the skin) without harming the skin's superficial layers.

'Lipsonix uses high-energy ultrasound to melt away fat, leaving the skin unharmed. This technology has been used for many years to dissolve kidney stones and has a proven safety record,' says Sydney plastic surgeon Dr Charles Cope. 'Lipsonix has two main advantages over other

non-surgical fat reduction systems – only one treatment is required and there is a lower risk of contour irregularity problems that can occur with other systems on the market.'

The non-invasive properties of Liposonix mean the treatment is time efficient and incurs minimal down time. And, whilst Liposonix should not be considered as an alternative to weight loss, it can be used to treat a number of problem areas.

'Lipsonix is suitable for patients who have stubborn pockets of fat which are hard to shift, despite a healthy diet and regular exercise,' says Dr Cope. 'Because a pinch thickness of one inch of fat is required at the treatment site, the abdomen is the most common treatment area but Liposonix can also be used on the arms, thighs and buttocks.'

While only one treatment is needed to achieve effective results, a separate consultation is required to determine if the patient is suitable for treatment with Liposonix. The procedure itself should take around an hour to complete but can also be used in conjunction with other modalities.

'The treatment takes between 60 and 90 minutes and, for the best results, patients take oral analgesia, which allows for higher treatment settings,' says Dr Cope. 'Liposonix can also be used in conjunction with other procedures such as medical grade lasers, to improve the texture and surface of the skin, especially stretch marks.'

Although there is minimal downtime, treatment with Liposonix may induce mild discomfort in the days following the procedure, though no bed rest is needed.

'Patients can return to work and normal everyday activities the day after treatment,' Dr Cope says. 'The area may be sore for a few days, especially when performing vigorous exercise, but there is no need to restrict any activities. Liposonix is great for patients who can't accept the downtime required for surgery.'

Full results are typically seen in eight to 12 weeks following treatment, as once the fat cells are destroyed, the treated tissue is removed through the body's natural metabolic processes. The good news is that, after these fat pockets are removed, it is difficult to increase fat in the same area. Because of this, and to avoid any possible contour irregularities, a continued exercise and diet regime is recommended following treatment with Liposonix.

'The improved contour from the Liposonix treatment can be maintained with a healthy diet and exercise program, which should be part of everyone's lifestyle,' Dr Cope says. 'There have never been any reported cases of contour irregularities with the Liposonix treatment.'

As the heat, swimmers and sundresses of summer quickly draw near; Liposonix can help fight those final centimetres and tone, smooth and firm the waistline contour for a bikini-ready body.

The final step in a diligent weight loss program, Liposonix takes the energy out of moving those stubborn pockets of fat, leaving behind a healthy, fit and streamlined figure. **csbm**

body

Some like it hot

The Liposonix treatment utilises high-intensity focused ultrasound (HIFU) to permanently destroy subcutaneous adipose tissue in the abdomen and thighs. The transducer contained with the Liposonix hand piece focuses energy at a specific depth beneath the skin, causing a rapid rise in temperature in a localised area. Above a temperature of 56 degrees Centigrade, irreversible cell death occurs and the targeted fat cells are therefore permanently destroyed. Because the energy is focused, none of the surrounding skin, tissue or organs are harmed by the energy.



BEFORE



6 weeks AFTER treatment with Liposonix



BEFORE



12 weeks AFTER treatment with Liposonix



BEFORE



8 weeks AFTER treatment with Liposonix



BEFORE



4 weeks AFTER treatment with Liposonix