

1 treatment 1 hour 1 size smaller™

Liposonix® fat reduction
Minimally invasive body contouring


Thermage® skin tightening

Dr Charles Cope
MBBS(Hons), BSc(Med), FRACS
Cosmetic Plastic & Reconstructive Surgeon

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What has a plastic surgeon in common with these destinations?






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A Plastic Surgeon should make you look like you've had a great holiday

Holiday NOT Hollywood



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What is the difference between a **Cosmetic Surgeon** and a **Plastic Surgeon** ?

Any doctor can call themselves a **Cosmetic Surgeon**, even if they have never had any surgical training

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Australian Society of Plastic Surgeons (ASPS)



- Members are all Fellows of the Royal Australasian College of Surgeons (FRACS)
- All have undergone at least 8 years of postgraduate training (many 11-12 years)
- All have passed rigorous written and oral exams including cosmetic surgery
- Are required to continually update their knowledge

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How to choose your doctor

- **All procedures (even non-surgical ones)** have risks, even in the best of hands – the best way to minimise risks is to choose your doctor wisely
- Check the credentials of your doctor
- Surgeons trained in Australia will have the title FRACS
- Are they a member of ASPS?
- Ask your General Practitioner
- Read as much as possible
- Talk to patients who have had the procedures by the doctor

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What is Liposonix®?

The Liposonix treatment uses non-invasive, high-intensity focused ultrasound (HIFU) to reduce your waistline without surgery.

- In **1 treatment**...
- That typically lasts about **1 hour**...
- And results in an average circumferential waistline reduction of **1 inch**

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Liposonix® non-surgical fat reduction


- High intensity focused ultrasound (HIFU)
- Same technology for dissolving kidney stones, treating fibroids etc (around for 20 yrs+)
- Proven safety record

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Is Liposonix® right for me?

- Suitable anywhere pinch thickness 2.5cms (1 inch) or more
- Custom contouring – where YOU need it most






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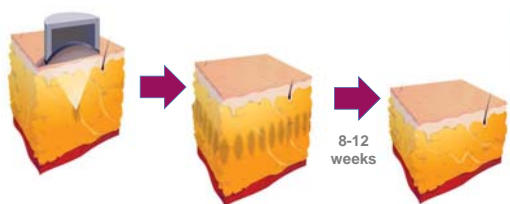
Liposonix® fat reduction




- High intensity focused ultrasound
- Focused on fat 11-18mm below the skin
- Leaves skin intact
- Dissolved fat removed over 6-8 weeks

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How Liposonix® Works






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Liposonix® – an alternative to liposuction

- Same process as liposuction but no surgery/ scars or anaesthetic
- Minimal downtime
- Reduces fat layer under the skin – relies on skin elasticity taking up afterwards

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Is Liposonix® suitable for me?

- Good skin tone – No skin folds in treatment area
- Good overall healthy lifestyle











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Is Liposonix® suitable for me?

- Not suitable if already have a lot of loose skin or large scars – may produce more loose skin
- In this case result will be better with skin excision eg abdominoplasty (tummy-tuck)






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The Liposonix® procedure

- Analgesia eg panadeine forte or valium 45mins before
- Procedure takes about 1 hour
- Sore/bruised feeling for a few days after
- Next day can perform normal everyday activities – a few days off sport
- Bruising comes out a few days later

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High Intensity Focused Ultrasound (HIFU)



The image shows the LipoSonix machine on the left and the HIFU handpiece on the right.





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The LipoSonix® procedure



The image shows a patient standing on the left and lying down on the right, with a handpiece being used on their abdomen.





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The LipoSonix® Procedure



The image shows a patient's abdomen with markings and a hand applying gel to the skin.








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What to Expect

Before, During and After Treatment




- Average treatment time for abdomen and flanks is about one hour
 - Office visit time may vary
- Sensations
 - During treatment: discomfort, pain, cold, prickling, tingling, or warmth
 - After treatment: pain (discomfort), redness, and swelling, bruising later, generally rated mild

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LipoSonix® - results

- > 90% patients respond to only one treatment
- Results start after a couple of weeks – final result not until 2-3 months
- Average reduction 2.6cms (1 inch) after 1 treatment
- Harder to put on fat in the area of treatment
- Can have another treatment after 3 months if desired

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Before & After Photos





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Treatment Area(s): Abdominals + Flanks




Before Liposonix 12 Weeks Post Treatment
5 cm (2 inches) Reduction

All before and after photos are un-retouched. Results may vary.

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Treatment Area(s): Abdominals + Flanks




Before Liposonix 8 Weeks Post Treatment
5 cm (2 inches) Reduction

All before and after photos are un-retouched. Results may vary.

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Treatment Area: Abdominal



Before Liposonix 2 Months Post Treatment
4.25 cm (1.8 inches) Reduction

All before and after photos are un-retouched. Results may vary.

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Treatment Area: Abdominal




Before Liposonix 3 Months Post Treatment
4.05 cm (1.6 inches) Reduction

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Treatment Area: Abdominal



Before Liposonix 2 Months Post Treatment
5.0 cm (2.0 inches) Reduction

All before and after photos are un-retouched. Results may vary.

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Treatment Area: Abdominal




Before Liposonix 2 Months Post Treatment
3.1 cm (1.2 inches) Reduction

All before and after photos are un-retouched. Results may vary.

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Treatment Area: Abdominal




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Treatment Area: Abdominal



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Treatment Area: Abdominal



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Treatment Area: Abdominal



Before Liposonix

3 Months Post Treatment
4.0 cm (1.6 inches) Reduction

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Treatment Area: Abdominal



Before Liposonix

3 Months Post Treatment
4.0 cm (1.6 inches) Reduction

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Treatment Area: Abdominal



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Treatment Area: Abdominal




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Treatment Area: Abdominal






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Liposonix® - summary

- Simple office treatment
- Almost no downtime
- Average 2.6cm (1 inch) waistline difference after one treatment

Thermage® Skin Tightening

Treatment wrinkles & skin laxity





Thermage® skin tightening – treatment wrinkles/skin laxity

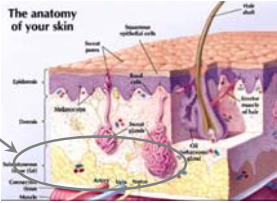
- Forehead/around eyes
- Face/jawline/neck
- Body – abdomen/thighs/buttocks/arms
- Temporary improvement of cellulite
- Over 1 million treatments worldwide – proven safety record








Skin laxity - Thermage®

- Sustained heating of collagen using absorption of RF by water
- Treatment
 - Immediate collagen contraction
 - Long-term collagen stimulation



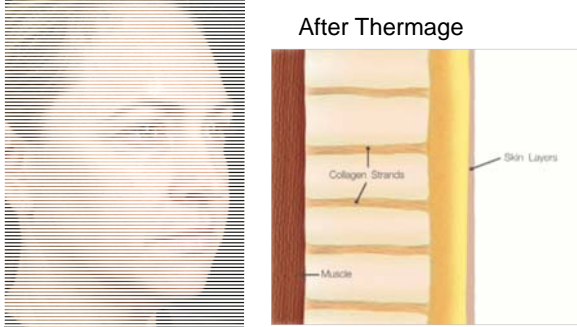




With Ageing







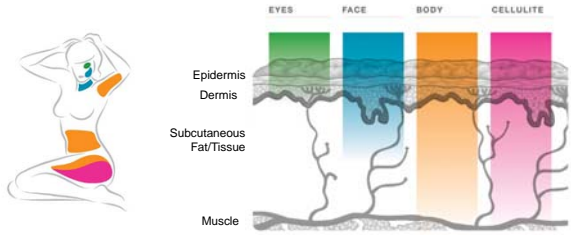



After Thermage

The diagram shows a cross-section of skin layers: Epidermis, Dermis (containing Collagen Strands), Subcutaneous Fat/Tissue, and Muscle.

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Thermage® Treatments



The diagram shows the treatment areas: EYES (green), FACE (blue), BODY (orange), and CELLULITE (pink). The skin layers are labeled: Epidermis, Dermis, Subcutaneous Fat/Tissue, and Muscle.

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The Thermage® Procedure

- Analgesia eg panadeine forte or valium 45mins before
- Procedure takes about 1-1.5 hours
- Next day can perform normal activities

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The Thermage® Procedure



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Treatment of skin laxity with Thermage®

- > 90% patients respond – many see immediate improvement
- Full effect not seen for at least 3-6 months
- 100% have increased collagen – slows down ageing process over the next 2 years
- Useful for patients with early skin laxity or who don't want surgery

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Results – Thermage®

- Results soon after treatment
 - Smoother, tighter and firmer skin
- Continued improvement over time
 - Continued tightening and contouring
 - Results last for years

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Results – Thermage®

- Everyone gets new collagen
 - Slows down the aging process
 - Improves health of your skin
 - Helps maintain a younger looking appearance



Before & After Photos









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Liposonix® and Thermage®

- Simple office treatments
- Almost no downtime
- Improvement after one treatment

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little black dress...

Liposonix® & Thermage®

Get into that **Little Black Dress** you've been saving