

**B**ody contouring, body shaping, body slimming . . . all current buzzwords in the cosmetic medicine world. The use of laser technology for fat reduction is an exciting new option for those who are looking for an alternative to liposuction. There are many different lasers available, all claiming to shape and slim the body with little to no pain. As always, it is important to be knowledgeable about the risks, benefits and alternatives to any procedure.

First, let's discuss the reasons behind these innovations: fat and cellulite. The fat under the skin has its own dynamic. While it serves the body as insulation and to provide shape and form, it can also become abnormal. Large amounts of fat in certain areas can cause these areas become unshapely. Cellulite is another cosmetic concern for many people. Cellulite is formed by tethering anchors within the fat layer that connect just under the skin surface. These anchors result in the dimpled appearance that is seen mostly on the buttocks, abdomen, thighs and legs. Cellulite occurs mostly in women, but it can be seen in men as well.

For years, liposuction has been the procedure of choice to reduce fat in specific areas of the body. Pioneered and engineered by dermatologists, this technique is performed by suctioning unwanted fat through a tube-like device inserted under the skin. Liposuction is an effective procedure that has wonderful success in the hands of experienced surgeons. It is also an invasive surgery which can be expensive, painful, and requires anesthesia and days off work for recovery time. While it is highly effective for fat reduction, many of us would prefer not to have such an invasive surgical procedure.

Enter non-invasive body contouring, also known as body shaping or circumferential reduction (thinner body parts!). Non-invasive body contouring involves a number of techniques that have evolved over the past 10-15 years to the group of procedures we have today. To shrink fat and reduce cellulite, you need energy. Different devices use different types of energy to attempt to shrink, melt, or dissolve fat. These energies include light, heat, cold and pressure. The advantages of non-invasive body contouring are that there are no needles, tubes under the skin, recovery time or pain. Patient



# Shaping Up!

with VelaShape II™

by Todd E. Schlesinger, MD, FAAD

demand for these procedures is growing rapidly.

The most widely adopted and successful procedure used is a device called the VelaShape II™. VelaShape II™ is the first FDA-cleared non-invasive medical solution for circumferential reduction and the first FDA class II cleared platform for cellulite reduction. VelaShape II™ is the product of years of research and combines of the four types of energy that have been found to best reduce fat and cellulite: infrared light, radio-frequency (RF) energy, vacuum-pulsed negative pressure and specially designed rollers. By combining them all into one treatment, the results have improved dramatically.

VelaShape II™ treats excess body fat and unsightly cellulite in areas such as the abdomen, "love handles," thighs, legs, arms, neck and chin. Treatment consists of 5-6 weekly sessions, taking 20 minutes per area. Each area is about the size of an 8 1/2 x 11 inch sheet of paper. There is no pain or discomfort during or following the treatment. Treatments feel like a warm, deep tissue massage. Results may be seen as soon as the second treatment and clinically proven results are visible after the fourth session. The results of a recent study show an average reduction of 2 centimeters in thigh circumference and 1-3 inches reduction in abdomen circumference.

When you are thinking of having any cosmetic procedure performed on your body, whether it is a non-invasive procedure like the VelaShape II™ or surgery, the single biggest consideration is the choice of your surgeon. "Price Shopping" for cosmetic procedures is never a wise decision. Going to a highly trained and experienced physician who is aware of the various devices and techniques available will ensure you get the best results possible.

## VelaShape II™

### Applications

- Circumferential (size) reduction
- Cellulite reduction
- Body Shaping
- Post-liposuction treatment
- Post-baby treatment

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