



The Next Generation

Nothing stays still in the beauty biz. Mr Ayham Al-Ayoubi of the London Medical & Aesthetic Clinic explains how Cynosure, suppliers of the latest SmartLipo MPX laser, has responded to the demands of both practitioners and patients to create Triplex, the next generation laser with even greater fat removal and skin tightening capabilities

1st generation
I introduced laser lipolysis into the UK in 2006. The very first machine was based on one laser that targeted the fat cell membrane; the cell was fractured and it drained out of the lymphatic system. This produced great results in small areas, but it also had many limitations.

It actually produced bad results when used on large areas and it took a long time for the fat to dissolve so you weren't providing the instant results that

“ It is possible to get tissue tightening of up to 62%, which is more than any other laser on the market ”

patients demanded, and you were also relying on the patients to stick to a strict diet and exercise regime to produce the best outcome.

To combat some of these problems, I introduced gentle suction to the procedure to

remove about 40 to 50 per cent of the fat.

2nd generation
In 2008 Cynosure launched the SmartLipo MPX. This consisted of two lasers; one targeting the fat cell membrane and one that targeted blood vessels and water.

This introduced a significant amount of controlled heat to tighten the skin so practitioners were now able to do multiple or larger areas.

3rd generation
In terms of the patients who present for this procedure, there became a need for a more powerful machine to tackle larger areas of fat. However, the problem with any laser treatment is that you have

to introduce heat. The more powerful the laser, the greater potential to overheat the tissue and that can cause burns. So the trick here was to introduce another wavelength that didn't produce heat.

The Triplex machine is composed of three lasers; the first laser targets the fat cell membrane, the second targets blood vessels and water, and the third tackles the fat tissue itself. This third laser works on a cold laser wavelength so you're able to melt the large fat cells without introducing any extra heat.

This is great for patients who are unable to diet and exercise and it is possible to treat up to a dress size 18 or 20, but you have to explain to patients that they might need two sessions and you must definitely combine the procedure with gentle suction otherwise it won't give great results.

Take it from me

It is important for patients to realise that the suction we apply

body ■ ■ ■



body ■ ■ ■

after the laser lipolysis procedure is different from traditional liposuction, which can be very aggressive.

To perform fat removal without the application of energy, either in the form of laser, radiofrequency or ultrasound, you usually have to insert fluid and then suck out the fat and fluid together.

With traditional liposuction there is no increase in temperature so this is solid fat coupled with quite a lot of blood. The downsides of traditional liposuction are that it can cause bruising, is usually quite painful and you have to wear a pressure garment for the next four weeks to avoid a build-up of blood or fluid.

By using laser or any other form of energy, you are fractionating the fat cell membranes, heating the fat tissue, stopping a lot of the bleeding that occurs and you're not damaging the nerve tissue as it is not affected by the laser wavelengths.

The voice of experience

Cynosure has introduced two very important safety precautions

to assist practitioners and make the procedure as safe as possible for patients.

Firstly, SmartSense; this is a special sensor which measures the energy applied every microsecond. If the movement slows down the machine will cut out, so you don't apply too much energy in one particular area. As well as ensuring the tissue isn't damaged, SmartSense also means that equal results are produced all over, which is very important when you're doing a large area.

The second safety innovation is the ThermaGuide. This is a microsensors that sits in the tip of the cannula and measures temperature. It alerts the practitioner when you're approaching the maximum temperature, and then shuts off laser output when a higher limit is reached.

Cynosure works hand in hand with clinics and hospitals so they know what their needs are. However, I would still advise practitioners that they gain experience in smaller areas before tackling larger areas.

They have to be knowledgeable of the body's

Triplex: three lasers, three benefits

The unique combination of three different lasers in one machine means that Triplex can tackle a range of different problems from smaller areas such as under the chin and arm to large areas such as the abdomen; and also multiple areas within one treatment

different fat structures; the fat that is present in the hips, lower back, under the chin and arms is different to the fat situated in the abdomen. They also have to be aware that women may have had previous operations or caesareans so there may be scar tissue present in the abdomen.

The market leader

The skin tightening capabilities of Triplex are great because you have three lasers firing at the same time; studies have demonstrated that it is possible to get tissue tightening of up to 62 per cent, which is greater than any other laser on the market. Bodysculpting is now the most requested procedure in my clinic, and it is fantastic to be able to offer my patients what I consider to be the safest and most effective treatment.

CS&AG



The results of Triplex on the outer thighs after just one week



It can also be used on large areas such as the abdomen

Available from: For more information on Cynosure and their lasers visit www.cynosureuk.com or call 01628 522252. For a full list of all the procedures that Mr Al-Ayoubi performs and to book a consultation with the London Medical & Aesthetic Clinic visit www.lmaclinic.com or call 020 8342 1100

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