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**Fat Removal –
Energy Assisted**

Who does it?

- Plastic Surgeon
- Cosmetic Doctor

What is it?

Ideal for those who want to get rid of stubborn areas of fat at the same time as tightening skin, energy-assisted fat removal differs from Body Sculpting – Energy Assisted (p 52) in that it uses suction to remove the fat and the energy source – usually laser, ultrasound or radiofrequency – is used to both liquefy the fat, making it easier to remove, and tighten the skin.

Who is suitable?

It is generally considered that laser-assisted fat removal is more suitable for smaller areas of fat, like the face or chin, while ultrasound- and radiofrequency-assisted devices can treat larger areas, like the stomach or thighs.

These are not weight loss procedures, and if you are overweight your surgeon might recommend a Weight Loss Programme (p 137) before s/he will agree to treat you.

A full consultation with a plastic surgeon is recommended prior to treatment, as it is important that your full medical history is taken, to check for any contraindications.

What's the treatment like?

In laser-assisted liposuction – the most common form of which is SmartLipo MPX – a tiny incision is made in the treatment area, through which a specially calibrated laser is inserted to heat up the fat cells, turning them



**from £1,500
to £5,000**

COSMETIC SURGERY & AESTHETICS GUIDE

**Dr Ayham Al-Ayoubi on
SmartLipo Triplex**

SmartLipo Triplex is a revolutionary new fat reduction and body sculpting laser treatment from global aesthetic leaders Cynosure. This procedure introduces a third wavelength to its dual wavelength technology to break down fat mechanically, as well as thermally. Creating 20 times more absorption in adipose tissue, this translates into a more powerful treatment for surgeons.

Body sculpting treatments have been one of the most requested procedures in my clinic since 2010, but with the new generation Triplex machine I can offer patients a far quicker treatment time, improved fat reduction results and up to 62 per cent skin tightening – greater than any other laser on the market.

Cynosure have also created a new thermal sensing technology called ThermaGuide, providing more accurate treatment doses and a higher degree of safety. This delivers more reliable removal of tissue and formation of new skin.

For many people diets don't work and trying to lose weight can be demoralising. This is an exciting new treatment launch; its technology is significantly advanced, not only in terms of results, but more importantly in terms of safety.

www.lmaclinic.co.uk

For more information on Triplex visit www.cynosureuk.com



to liquid. Then a very fine cannula is inserted through the same incision to suction out the fat.

Ultrasound-assisted liposuction follows much the same process, but uses ultrasonic waves to break up the fat and the incision is often slightly larger. The best known system for ultrasound-assisted liposuction is VASER.

BodyTite is the market-leading machine for radiofrequency-assisted liposuction. The fat is melted using a handpiece that is held to the surface of the skin whilst the cannula sucks out the fat. Its proponents claim that this offers a significant improvement in skin tightening, so it's an ideal procedure for those who have lost a lot of weight.

All of these procedures are performed using local anaesthetic, but treatment time will vary depending on the system and the treatment area.

What happens afterwards?

The use of energy means that the procedure is not so traumatic as liposuction, so although there may be some bruising, it is unlikely to be extensive.

Some clinics market these as 'lunchtime' procedures, which they aren't – you will still need to allow yourself a day or two's rest, but normal activities can usually be resumed pretty quickly.

Will I have a scar?

You may have a small scar, but it will fade quickly and it's unlikely to be very noticeable.

CS&AG | 85



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