

BodyTite Evolves RF Energy for Impressive Body Contouring Results

By Bob Kronemyer, Associate Editor

With the increasing amount of body contouring systems on the market – all promising the best results – choosing a device can be daunting. Invasix Ltd. (Richmond Hill, Ontario, Canada) recently introduced BodyTite, a body contouring system that simultaneously firms skin. BodyTite has already received CE and ISO clearance and is currently awaiting FDA approval.

BodyTite uses Radiofrequency Assisted Liposuction (RFAL) technology to “simultaneously coagulate blood vessels – which decreases the amount of bleeding and bruising associated with traditional liposuction – and actually dissolve fat cells through the use of radiofrequency (RF) energy,” explained Malcolm Paul, M.D., F.A.C.S., a clinical professor of surgery at The Aesthetic and Plastic Surgery Institute, University of California, Irvine. Furthermore, tissue also coagulates, resulting in an overall tighter skin appearance.



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RF energy travels from an internal cannula to an external electrode, resulting in coagulation of adipose, vascular and fibrous tissue. Gentle heating of the entire soft tissue matrix also occurs and aspiration of coagulated tissue is performed at the same time.

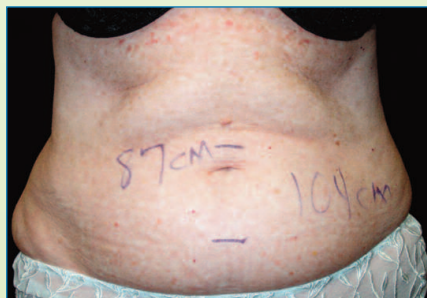
According to Dr. Paul, results are considerable. “The coagulated and liquefied tissue is aspirated, while heating of the soft tissue matrix and subdermal tissue results in significant

body tightening and recontouring.” BodyTite has also evolved RF energy to “treat from the inside out, thus directly heating the subdermal and subcutaneous layers, which are the optimal target for skin tightening,” Dr. Paul added. “Skin tightening results are significant.”

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BodyTite’s high speed allows Dr. Paul to treat large body areas, in much less time than other laser devices. “With the built-in safety features, I am able to maximize my power levels and reach my endpoints in contouring and temperature faster,” he said.

In addition, most patients enjoy a less painful recovery. “They feel better sooner,” Dr. Paul noted. “This is particularly true in areas that tend to be extremely tender after traditional liposuction, such as the epigastrium.” Overall, “there is



Before Tx

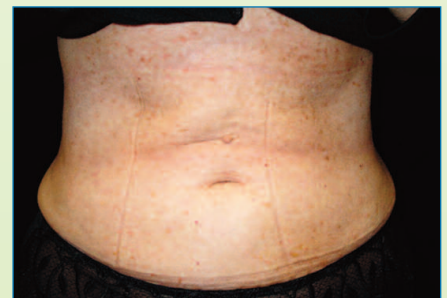
probably at least a 30% or more decrease in recovery time.”

Diane Duncan, M.D., a plastic surgeon in private practice in Fort Collins, Colo., has evaluated a number of devices for skin tightening. “Despite the claims, nothing other than BodyTite really works,” she said. With competing systems, “you may attain as much as 10% improvement in skin tightening, but BodyTite truly causes skin contraction, if used correctly.”



Diane Duncan, M.D.
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Together with Invasix, Dr. Duncan is conducting a study of 15 women undergoing standard liposuction, followed by RFAL treatment in the infraumbilical area. Boxes 3 cm in size were tattooed in the areas treated by RFAL technology. The surface area of these boxes was then monitored objectively over time with a three-dimensional architectural system measuring volumetric change (either addition or lessening) and sequential surface area reduction.



After Tx

Photos courtesy of Malcolm Paul, M.D., F.A.C.S.

"We are observing a decrease in surface area and a thickening of the skin in response to the heat," Dr. Duncan reported. "Although there are other RF devices that claim to cause skin contraction, it is not really measurable. With BodyTite, you can actually measure the contraction. With one treatment, I am seeing up to 40% skin retraction. However, thicker skin is not going to shrink as much."

According to Dr. Duncan, RFAL is ideal for women who don't want a tummy tuck, "but have so much extra skin (for example patients who experienced massive weight loss) that you cannot in good conscious perform liposuction because you know it will result in extra skin that hangs over. With RFAL, I can achieve really nice results with no large scars in patients who have had massive weight loss or that have poor skin quality with fat, who would normally have to undergo a dermolipectomy."

For additional control and safety, BodyTite has a precise on-line temperature and impedance measurement to keep the surgeon informed of the epidermal temperature at all times. This reduces the risk of thermal side effects and helps the user determine the endpoint for optimal results. Dr. Duncan appreciates this automatic shut-off modulator for the occasions that settings are exceeded. "My maximum setting for skin temperature is usually between 36° and 38° C. I do not want the skin to become stiff, nor do I want the fat to be like concrete, which can occur with overaggressive liposuction. Every single patient of mine has been ecstatically happy with treatment."

Even though pre-treating the fatty skin with the RF component is an additional step compared to standard liposuction, "the extra time is well worth it because of the dramatic skin tightening," Dr. Duncan noted. Moreover, she cautions physicians to

pay closer attention to the patient than the system. "Once you achieve the desired contour, and prior to suctioning the fat, you can see the skin shrinking before your eyes. By waiting to suction, you will achieve a stellar result."

"With RFAL, it appears that the energy is directed toward the skin. This is a huge advantage because we no longer have to worry about heating structures under the probe. We'll be able to achieve more precise treatment."

"I consider BodyTite the next-generation in non-surgical skin tightening devices – more evolutionary than revolutionary – allowing precisely elevated skin temperature," said Jason Pozner, M.D., plastic surgeon and medical director of Sanctuary Medical Aesthetic Center and Sanctuary Plastic Surgery in Boca Raton, Fla. Dr. Pozner is most impressed with the unidirectional capability of the system. Directional RF, applied between the cannula tip and the external electrode, effectively targets the desired areas and avoids the possibility of unwanted collateral heating seen with other energy based technologies.

"When heating from the inside out, lasers basically spread their energy in all different directions. This means

that structures below and above the target could be heated up, which you may not want to attend," Dr. Pozner conveyed. "However, with RFAL, it appears that the energy is directed toward the skin. This is a huge advantage because we no longer have to worry about heating structures under the probe. We'll be able to achieve more precise treatment. The skin also heats quicker and more uniformly compared to lasers."



Jason Pozner, M.D.
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Dr. Pozner is also impressed with the safety. "The ability to modulate the skin surface temperature with BodyTite is better than any other system on the market," he said. Hence, patients end up with fewer burns. Faster treatment time also means less anesthesia time.

"This should be an easy procedure to market to patients because I feel it meets a need," Dr. Pozner concluded. "We'll be able to achieve more skin tightening in a liposuction patient with loose skin compared to other existing modalities. These patients may no longer require a tummy tuck. Practices should be able to charge a premium for that benefit."



Before Tx



After Tx

Photos courtesy of Malcolm Paul, M.D., F.A.C.S.