

# LipoSonix Fat Reduction

## What is LipoSonix?

LipoSonix is a non-invasive procedure which uses high intensity focused ultrasound (HIFU) to destroy fat cells. The ultrasound energy penetrates the deep fatty tissue (adipose tissue) and destroys it, without causing any damage to the surrounding and overlying tissues.

The treatment destroys and breaks down fat cells by a natural occurring process in the body, which is called 'necrosis'. As the fat cells start to break down, it causes a reduction of the connective tissue under the dermis layer which results in an overall reduction of the area that has been treated.

The LipoSonix treatment is different from other fat reduction treatments as it is one of the few techniques that are truly non-invasive, meaning there is no downtime. It is also a 'one off' treatment, whereas other non-invasive procedures often require a number of sessions to see results.

LipoSonix is designed to help shift the 'stubborn' bulges around the abdomen, flanks and occasionally the thighs. Patients should only require one LipoSonix treatment and can expect to see a circumferential reduction of approximately 2.5cm to the waist measurement (approximately one dress size for females and one belt notch for males).

## What does the procedure involve?

Prior to any treatment taking place, all patients will have an assessment and consultation with a qualified LipoSonix clinician. During this consultation, patient expectations are established and the clinician will decide whether the patient is suitable for the treatment. Details of height, weight and medical history are recorded and the patient's Body Mass Index (BMI) is calculated. It is recommended there is a BMI of less than 30 in order to proceed with the treatment.

On the day of the procedure, the area being treated is photographed, measured and then marked up and numbered in a grid pattern with a non-permanent marker pen to clearly indicate the area. The head of the LipoSonix machine is then placed on each individual square and the energy is released. Each individual square will be treated twice during the procedure.



## Who is suitable for the procedure?

LipoSonix is a very suitable treatment for patients with smaller, more stubborn areas of adipose tissue (fat) that will not shift with healthy eating and exercise.

It is not a suitable treatment for those who have less than 1cm depth of fat in the area to be treated or have a BMI of more than 30.

In addition, it is not suitable for those who are pregnant, have a blood clotting disorder, a history of cancer and related conditions or cardiovascular devices fitted eg. Pacemaker.

## Does it hurt?

The level of discomfort experienced will depend on the area that is being treated. The feeling has been described as a prickling, warm feeling with some squares treated being more uncomfortable than others. Immediately after the treatment the area will look red and may feel tender with some slight swelling.

## What can I expect to see after the treatment?

The tenderness and swelling may continue for some days after the treatment and it is not unusual for parts of the area to bruise. These occurrences are all expected results and are the body's natural response to trauma and will subside over the following days.

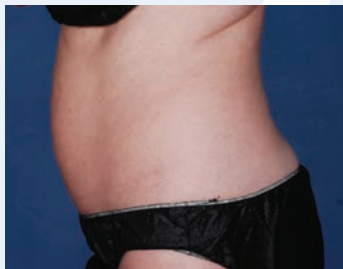
## What happens to the fat in the treated area?

The destroyed fat cells at the treated area are reabsorbed by the body over the following 12 weeks. The waste products are naturally eliminated from the body, permanently removing the damaged fat cells from the body, leaving a slimmer waistline.

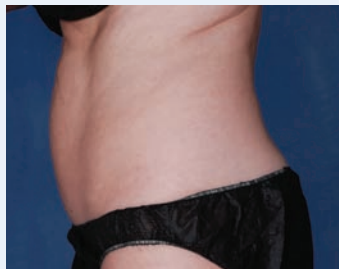
## How quickly will I see results?

It is not unusual for the results to take up to 12 weeks to be fully seen and the treated area will likely go through various changes in texture and feel during that time. The area can often feel 'doughy' or 'jelly like' and many patients initially experience an increase in urination. All of these changes are quite normal and will eventually settle down.

In order to monitor improvements to the treated area, before / after pictures are taken and the area is measured at three different points around the belly button area. These measurements and photographs are used as markers for post procedure follow up assessments.



Before



12 weeks after initial treatment

## Will my skin sag after the fat has gone?

As only a small area of fat is being treated, the amount of fat being destroyed and liquefied will not be enough to create a sagging of the skin. There is also some evidence to suggest that the heat of the treatment itself does cause an element of skin tightening. If the area already has an element of skin laxity, an additional skin tightening procedure may be suggested to compliment the LipoSonix treatment but this will be discussed during the initial consultation.

## How long do the results last?

As long as additional weight is not gained, the fat cells will not return to the treated area. The treatment will not prevent new fat cells from developing and the patient is encouraged to continue with a balance of healthy eating and exercise to maintain the results.

If you would like to know more about LipoSonix fat reduction at Absolute Aesthetics, please look at the website:

[www.absoluteaesthetics.co.uk](http://www.absoluteaesthetics.co.uk)

or contact us on:

[info@absoluteaesthetics.co.uk](mailto:info@absoluteaesthetics.co.uk)

or Tel: 01483 477 189.

Patient treatment by Vicki Smith of Absolute Aesthetics. The patient lost an average of 4.9cms



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