

Battle of the **Bulge** with BodyTite

The Latest Chapter in Liposuction

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Introduction to Liposuction

Liposuction offers surgeons the ability to reduce excess fat, smooth bulges, and improve body proportions. These benefits have been enjoyed by millions of patients over the last few decades and are particularly attractive because they can be directed toward areas that are often stubborn or unresponsive to diet and exercise programs. Consequently it is not surprising that liposuction has grown in popularity to become the most common cosmetic surgical procedure in North America.

In its' simplest form liposuction is little more than a minimally-invasive vacuum for body fat. The suction is introduced into the fat layers using a thin cannula inserted through tiny incisions. This suction force, combined with the mechanical efforts of the surgeon, results in removal of the excess fat tissue. While this basic concept has remained relatively unchanged over the years, other innovations have dramatically improved the safety and effectiveness of liposuction overall.

Energy-assisted Liposuction

Over roughly the last 20 years surgeons have directed much attention toward technologies that apply some form of energy to the fat tissue prior to suctioning. For the purposes of this article I will refer to these collectively as "energy-assisted" liposuction techniques.

Generally these techniques make preliminary use of some form of energy, introduced through a cannula, to melt or break down the fat. This step is followed by suction removal of the products in a more traditional manner. Virtually every conceivable type of energy has been employed and marketed at one time or another, with varying degrees of success. Some of these technologies have included ultrasonic liposuction, laser-assisted, power-assisted, water-assisted, and so on.

Regardless of the actual technology employed the net effect of these modern liposuction innovations is that removal of excess fat is easy. The real aesthetic challenge lies with management of the leftover skin; removal of "too much" fat can yield unsightly folds and ripples, much like abdominal skin that fails to completely tighten-up after pregnancy. Skin with poorer initial tone, as seen after pregnancy or weight loss, is more susceptible to these

Dr. Guillermo Blugerman
Dr. Diego Schewkoon



Abdomen treatment - 3 months post, 12 cm reduction

Dr. Blugerman



Thighs, hips and abdomen treatment - 10 cm waist reduction, 8 cm hips reduction

BodyTite™

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consequences and has traditionally been best treated with excisional procedures like a tummy tuck.

Radio-Frequency Assisted Liposuction (RFAL) - BodyTite™

BodyTite™ is a new form of energy-assisted liposuction, recently approved by Health Canada, that approaches the desirable combination of gentle fat removal with unprecedented tissue and skin contraction. Research has demonstrated that application of heat to the skin, at a precise temperature, induces skin contraction. RFAL is the first technology to capitalize on this fact using radiofrequency (RF) energy applied under the skin in a safe, uniform manner.

How it works

BodyTite™ uses an innovative, dual-purpose cannula that serves as both the source of RF energy and the traditional suction tip. This cannula is inserted through small incisions into target area as for regular liposuction. Unlike other energy-assisted liposuction technologies, however, BodyTite™ is a single-stage process, both melting and simultaneously removing fat. This process allows for a faster treatment, more easily extended to large areas. The RF energy works gently, even in tough, fibrous areas like the back and male chest that have typically proven challenging for traditional liposuction. It also coagulates small blood vessels, minimizing blood loss and reducing the amount of post-treatment bruising. Because the RF energy does much of the actual “work”, there is less mechanical disruption of fat with BodyTite and consequently less discomfort, swelling, and bruising.

Safety

Radiofrequency energy is safe, reliable, and has been used for decades in numerous medical applications; it is the same technology used in practically every modern surgical procedure for cutting or cauterization. The characteristics of RF energy are well-understood and easy to control.

BodyTite™ includes sophisticated safety features, such as computer-controlled power delivery that instantly shuts-off upon reaching the target temperature. This feature minimizes the risk of burns and ensures a uniform treatment effect.

The BodyTite family

The BodyTite machine serves as the core of a flexible body-contouring platform. A series of different hand-pieces are available to the surgeon. When combined with finely-tuned power settings these products allow

effective use in problem areas practically from head-to-toe.

- *BodyTite* – designed for use in most large body areas
- *CelluTite* – uses a special cannula to break-up cellulite. When combined with RFAL it offers a single-stage solution to reduce the dimpled appearance of cellulite. This effect is in contrast to other liposuction technologies which can in fact make cellulite worse.
- *NeckTite* – this employs a smaller cannula designed for use with lower power settings in the thinner, more delicate tissues of the face and neck. It is ideal for reduction of excess fat and loose skin under the chin and jawline.

Body Areas

BodyTite will certainly be effective in any area where other types of liposuction would be used. But the advantages of RFAL offer surgeons the ability to enhance the fat reduction in these areas and minimize creation of loose skin. Initial clinical studies have shown up to 40% skin contraction with BodyTite™, compared to approximated 10% for traditional liposuction. This enhanced tightening effect should allow the indications for BodyTite™ to be extended to those who have traditionally been poor candidates for liposuction, including older patients, those with thicker fat, or diminished skin tone as after pregnancy or weight loss.

Some of the specific body areas amenable to treatment with BodyTite:

Abdomen/tummy – the abdomen is a common area for accumulation of excess fat but also reduced skin tone after pregnancy or weight loss. The advantages of BodyTite allow improvement in both of these problems and the exciting opportunity to provide the tightening effect of a tummy tuck but without the long scar.

Breast reduction (Women) – the tissue-tightening with BodyTite can achieve a lifting effect in the breasts in addition to reducing weight, allowing for the possibility of a scarless breast reduction.

Breast reduction (Men – gynecomastia) – scarless chest contouring can be achieved in men by both tightening skin and removing tough, rubbery breast tissue.

Arms – the “batwing” deformity consisting of loose, floppy skin on the upper arm has traditionally been best

Dr. Diane Duncan



Before



After

Arm treatment - 3 months post - significant skin contraction

Dr. Guillermo Blugerman
Dr. Diego Schvelein



Before



After

Abdomen treatment - 3 months post, 20 year old male

Dr. Dennis Hurwitz



Before



After

Abdomen treatment - 18 weeks post, 7 cm waist reduction

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treated with a brachioplasty (arm lift). BodyTite offers the potential to tighten the loose skin and avoid a long scar on the inner aspect of the upper arm.

Repeat/revision surgery – scarring in areas of previous liposuction or surgery can make repeat liposuction difficult and less effective. BodyTite is able to penetrate the tough scar tissue in these areas and also enhance skin tightening that might otherwise be exhausted.

Recovery

BodyTite surgery is most often performed using local anesthetic and some form of sedation, almost always on an outpatient basis. Most patients find recovery after BodyTite is a relatively rapid and comfortable process. Normal but temporary consequences include mild discomfort, swelling, and bruising. Patients should expect to wear elastic compression garments for 4-6 weeks after surgery to encourage resolution of swelling and facilitate skin contraction. Patients should also expect numbness of the skin surface in the treated areas with return to normal sensation after several months. Most patients are able to resume light activities almost immediately and usually return to work within several days. The final results will declare themselves over time. At least 3 months must pass after BodyTite treatment for swelling to resolve and the skin-tightening process to complete but some patients will notice continued skin contraction for up to 6 months after surgery.

Is BodyTite Right For You?

The addition of BodyTite to the list of body contouring options is a welcome and exciting one. The role of this technology in the spectrum of available treatments is still in evolution but appears poised to grow and become part of the trend toward safer, more effective treatments with faster recovery. A consultation with an experienced plastic surgeon will help potential patients determine which body contouring option is most appropriate for them.

To Find out more about BodyTite
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