



BodyTite

The Latest Chapter in Liposuction for Men

written by Peter Bray, MD, MSc, FRCS(C)

Introduction to Liposuction

"I'm so frustrated; I work out regularly and watch my diet but I just can't get rid of these blasted love handles and this little bulge in my lower abdomen".

"I have suffered with man-boobs since I was a teenager and am very self-conscious. I avoid the beach, wear a T-shirt at the pool, and haven't seen any improvement with chest exercises".

"This wattle of flab and loose skin under my chin is making me look old. I'd like to get rid of it but I don't want a face lift or anything major".

Liposuction offers surgeons the ability to reduce excess fat, remove 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 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 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 atten-

tion 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 easier than ever before. 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 weight loss, is more susceptible to these 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 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.

The fat in men is characteristically tougher and more fibrous than in women and therefore more resistant to removal by the usual liposuction forces. Thus the use of energy-assistance to make the process easier, less traumatic, and more effective has been conceptually attractive and is now a reality

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 the 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