

Lipo you can live with

BY DEBORAH FLEISHMAN

Long to lose those pockets of stubborn fat and improve the appearance of cellulite, but don't want to deal with the downtime or saggy skin aftermath?

Thanks to an all-new technology that combines qualities of laser and liposuction, it's possible to achieve a sleek, sculpted body with almost no downtime.

The U.S. Food and Drug Administration recently approved SmartLipo, a laser lipolysis technology that can make love handles, thunder thighs and potbellies disappear, with minimal insult to the rest of your body. Over time, the technique also tightens loose skin where the fat was removed.

Older lipo techniques can create a lot of tissue trauma, but SmartLipo does not, according to Jeffrey Adelglass, M.D., F.A.C.S, and Gregory Roberts, M.D., the first physicians in the Dallas area to offer the procedure, at Skintastic Medical & Surgical Skin Rejuvenation Center in Plano. It's becoming one of their most popular procedures, especially with summer just around the corner.

Traditional liposuction generally takes weeks to recover from, but the SmartLipo technique takes about two days. It is so non-invasive that patients can have it done on a Friday and be back at work the following Monday.

"This is a revolutionary process that combines liposuction with laser," Dr. Adelglass says. "No other procedure contracts and tightens the skin while removing fat."

One of the biggest advantages of the new technique is that it is performed using a local anesthetic. General anesthesia is not required. It's also less invasive, using a 1-millimeter insertion tube, compared to older techniques that use a 4- to 6-millimeter tube that can cause skin tears and scarring.

Because patients are awake during the procedure, they can stand up, allowing the doctor to measure progress and to perform small tweaks that wouldn't be possible if the patient were under general anesthesia.

SmartLipo works differently, too. Older methods are designed to suck out solid chunks of fat through a metal tube. The laser lipolysis or SmartLipo, uses a glowing optic fiber to dissolve and remove fat. The doctor can watch it under the skin and strategically target areas of fat to dissolve and remove. The process enables doctors to create a much more sculpted result.

Laser lipolysis has been available in other countries including Brazil and Italy for more than five years, and is the first new liposuction technique approved by the FDA in more than four years.

SmartLipo is manufactured by Cynosure, and is currently the only laser lipolysis treatment with FDA approval.

The new technology is not designed for people who are considered obese. It is ideal, however, for those who are near their optimal weight, with areas of fat that are difficult to

reduce with diet and exercise.

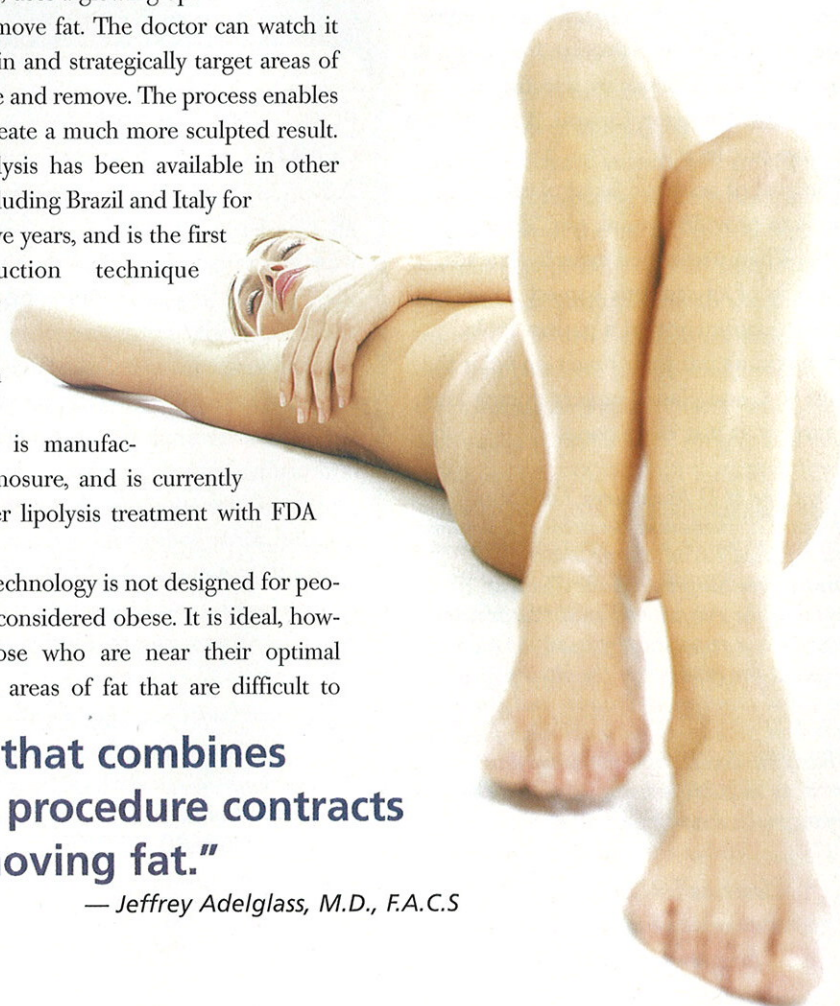
It's also excellent for reducing the size of men's breasts, Dr. Adelglass says.

Costs range from \$3,000 to \$8,000.

To arrange for a complimentary consultation at Skintastic, call 972-620-3223. ■

SMARTLIPO

- » Only local anesthesia needed
- » Tightens skin where fat is removed (laser dermal layer heating generates new collagen production)
- » Little pain and almost no downtime
- » Reduced risk of complications
- » Minimal bruising
- » Ability to create a sculpted look



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