

The image features a woman from the waist down, wearing a white crop top and white shorts. Her back is to the camera, showing her waist and legs. A large, stylized graphic is overlaid on the image, reading "The LIPO Revolution". The word "The" is in blue, "LIPO" is in pink, and "Revolution" is in blue. The graphic is set against a white background that appears to be a piece of paper or a sticker placed on her back.

# The LIPO Revolution

In the last few decades, liposculpture has evolved from science fiction subject matter to being the most popular cosmetic surgical procedure in the USA. Though body contouring is now firmly accepted in the collective psyche, few people realize the significant improvements that have occurred in the procedure over recent years. Liposuction now has several different varieties and techniques, and some are intended to make for a quicker and easier recovery and a less stressful experience on the body and mind. On the cutting edge of new technologies for body contouring is VASER LipoSelection, developed by Sound Surgical Technologies out of Colorado, USA.

### What is VASER LipoSelection?

VASER LipoSelection is a fat reduction procedure that uses patented ultrasound technology to emulsify (liquefy) fat before removing it from the body through traditional suction and massage. The principle behind this innovative technique is that by emulsifying fat before removal, less damage is incurred on the delicate tissues that surround the fat cells, making for a quicker and easier recovery than with conventional liposuction. VASER LipoSelection is "tissue selective", meaning it can target the large soft fat cells and break them apart with ultrasound energy, while largely preserving the surrounding tissues. This results in less bruising, bleeding, and pain during the recovery period after the procedure. While ultrasound assisted liposuction is not new, VASER LipoSelection represents some significant improvements over its predecessors.

### How is VASER LipoSelection different from other Ultrasound Assisted Liposuction procedures?

VASER LipoSelection improves on earlier techniques for ultrasound-assisted liposuction by using a special patented probe that diffuses the energy to minimise tissue trauma and to reduce the incidence of complications and thermal damage. Previous ultrasound devices were powerful and effective for fat removal, but sometimes not gentle enough to preserve skin and other tissues, resulting in complications such as burns and seromas or collections of fluid. VASER technology allows a reduction in power but enough efficiency to destroy and remove fat. The result is a lower incidence of complications without compromising the aesthetic result. Also, the recovery period associated with VASER LipoSelection is comparatively shorter and less painful than other methods of liposuction.

### How is VASER LipoSelection different from the popular new treatment Smart Lipo?

VASER LipoSelection is often confused with Smart Lipo, a laser-assisted body contouring procedure, because on the surface the treatments appear quite similar. Both involve making small punctures into the skin and inserting a small cannula (a thin probe), which is moved back and forth to emulsify fat cells. The difference is that Smart Lipo uses energy from a laser to rupture the fat cells and the liquefied fat remains inside the body to be eliminated through our own natural metabolic processes. VASER LipoSelection uses a special probe that emits ultrasonic energy to emulsify the fat, which is then removed from the body at the same time. Because the fat is being removed, VASER LipoSelection can treat larger areas of fat, where Smart Lipo is better reserved for smaller areas. Also, it typically takes longer to see results after Smart Lipo (months) compared to VASER (days).

### What areas of the body are most effectively treated?

VASER LipoSelection is effective in treating stubborn areas of fat that are often resistant to exercise and a healthy diet. For men, the most common treatment areas are the abdomen and flanks (love handles). VASER LipoSelection is also an excellent choice for reduction of male breasts, or gynecomastia. In women, the upper and lower abdomen, flanks, inner and outer thighs, upper arms and back are effectively treated. The VASER LipoSelection equipment is designed for precision, so it is great for effectively contouring smaller areas; however, because the fat is removed from the body at the same time, it is also ideal for larger areas.

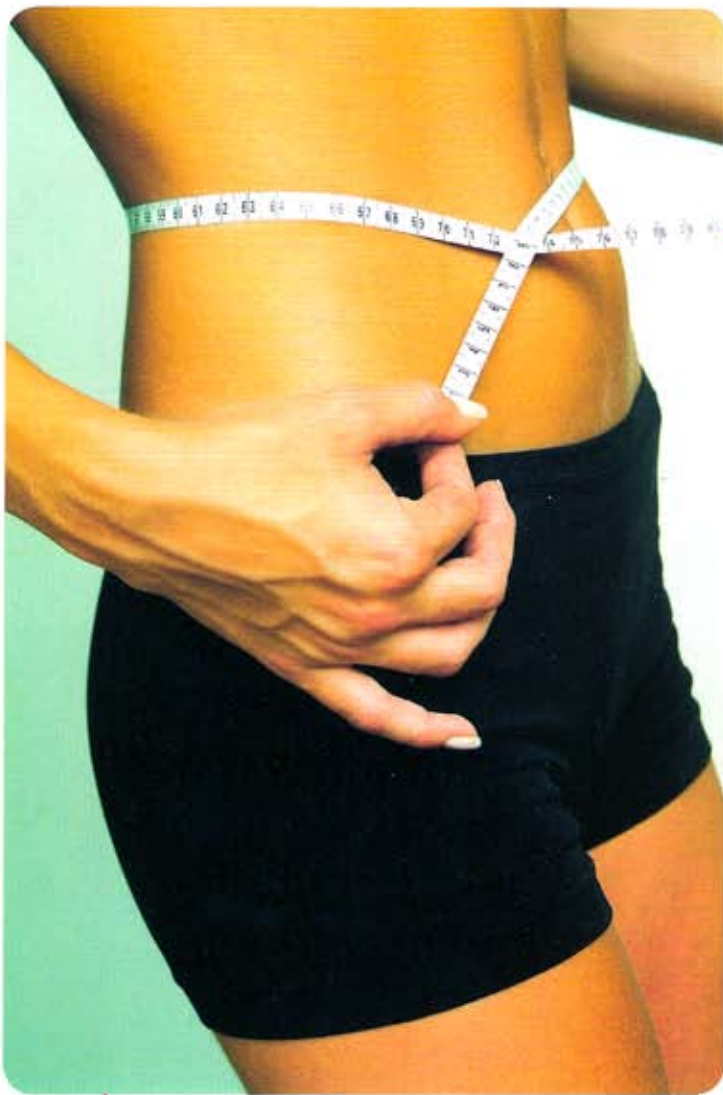
### Who is a candidate for VASER LipoSelection?

The ideal candidate for VASER LipoSelection is someone with relatively stable weight, who has stubborn areas of diet and exercise resistant fat. Skin tone and elasticity are also important factors to consider, as the ability of the skin to conform smoothly to the new contours will affect the overall aesthetic appearance. A specially trained doctor will provide a consultation to determine whether someone is a candidate for treatment. The goal of VASER LipoSelection is not weight loss but improved contour. Someone who is overweight may need to lose some weight first to be considered a candidate. There is a limit to the amount of fat that can be safely removed at one time on an outpatient basis, and for this reason VASER LipoSelection is not recommended for removing very large amounts of fat. It is also important with any cosmetic procedure to have realistic expectations. The goal of VASER LipoSelection should be improvement rather than perfection. Body contouring can help improve the body's appearance and make clothes fit better, but not everyone will come out with a perfectly flat belly or skinny thighs.

### What happens during the consultation for VASER LipoSelection?

During the initial consultation, the doctor will explain the procedure in detail, outlining the potential risks and side effects and answering all questions to the patient's satisfaction. The patient will have the chance to view before and after photos of clients who have had the procedure to get a clear idea of the type of results that can be expected. If the patient elects to proceed with the treatment, a second consultation will be needed at least one and a half weeks before the surgery date, during which a blood test will be conducted and measurements will be taken for a compression garment to wear after the procedure.

**The goal of  
VASER LipoSelection  
is not weight loss  
but improved contour.**



### What can I expect in terms of a recovery period for VASER LipoSelection?

Patients who undergo VASER LipoSelection should expect to rest for the first 12 hours after surgery. After this initial period, patients should take it easy for the first week, resuming normal activities as they feel comfortable doing so. It is important to avoid strenuous activities and aerobic exercise for 2-3 weeks after the procedure, and to wear a compression garment for one month afterwards to help the skin to adjust and conform to the new body contours. Post-operative discomfort takes the form of deep muscle soreness and usually improves over 2-7 days. Bruising is normal and varies between individuals, though some patients experience no bruising at all.



far left: before  
left: 19 days after  
LipoSelection



far left: before  
left: 10 days after  
LipoSelection



far left: before  
left: 7 days after  
LipoSelection

### How is VASER LipoSelection performed?

A doctor makes a few small punctures into the skin and injects a saline solution that includes a local anaesthetic into the treatment area. A patented grooved solid metal probe is then inserted that vibrates at a rate of 36,000 times per second. Ultrasonic energy is emitted from the sides and end of the probe as it is passed back and forth to break down the fatty deposits. A hollow metal instrument called a cannula is attached to a vacuum source and inserted next to gently remove the emulsified fat. The entire procedure generally takes around three hours to complete, though this can vary depending on the size and number of areas being treated, as well as the consistency of the fat itself.

### Is the treatment painful?

VASER LipoSelection is performed under local anaesthesia, so patients are awake during the procedure. Though there may be slight discomfort as the initial numbing solution is passed into the fat, this is short-lived, and the rest of the procedure is painless.

Images courtesy Dr. Peter Prendergast

### **What are the potential risks and side effects?**

Possible side effects include having an allergic reaction to surgical materials, asymmetry following the procedure, changes in skin and skin sensation, alterations to body contour if weight is gained in the future, abnormal scarring (very tiny scars and good healing are usual), burns and tissue damage and lignocaine (local anaesthetic) toxicity. There are risks involved with all cosmetic procedures; however, those associated with VASER LipoSelection are very low. It is important for all prospective patients to discuss the potential risks with the doctor performing the procedure beforehand.

### **Who should perform VASER LipoSelection?**

Liposuction is a multidisciplinary procedure and indeed the procedure evolved through the coordinated efforts of doctors from several disciplines, including dermatology, plastic surgery, general surgery and gynaecology. Importantly, the doctor performing the procedure should be trained specifically in using VASER LipoSelection, which differs somewhat from traditional liposuction. Before the procedure you should have a consultation with the doctor performing the procedure.

### **How much does VASER LipoSelection cost?**

The price for this treatment ranges between €2900-€6500 depending on areas treated.

### **Are repeat treatments necessary?**

Generally speaking, one treatment of VASER LipoSelection is sufficient to remove excess fat from a number of stubborn areas. Once fat cells are removed, they do not come back. However, if you do not continue to exercise and eat healthily, remaining fat cells can enlarge and compromise the result. If several areas are being treated, such as abdomen and thighs, it may be necessary to stage the procedures and perform a second procedure 3-6 months later. There is also a limit to the volume of fat that can be safely removed in one session on an outpatient basis. Infrequently, it may be necessary to perform additional surgery to improve results.

### **Where is VASER LipoSelection performed?**

Venus Medical Beauty clinic, located in Dublin, is currently pioneering this procedure in Ireland. For more information on VASER LipoSelection log onto [www.venusmedicalbeauty.ie](http://www.venusmedicalbeauty.ie) or [www.vaser.com](http://www.vaser.com) or call 01 2962747

