

The skinny on Body Treatments

With bathing suit season rapidly approaching, it's not too late to get in fit form. Local plastic surgeons have been busy transforming clients into lesser versions of themselves.

While some patients opt for traditional liposuction, others choose non-surgical procedures, which result in no downtime or bruising, but several sessions.

Dr. Anthony Weikel of Boston Cosmetic Center in Newton performs mechanically assisted liposuction. Dr. Weikel says approximately three to four pounds of fat can be removed from a liposuction procedure. He explains that an individual will be able to return to work in about three to four days, and can resume exercise after three weeks.

Mechanically assisted liposuction is performed like routine liposuction — but with mechanically assisted liposuction, a motorized, more powerful cannula allows for shorter procedure time, less pain, quicker patient recovery time and better results. The power cannula sucks away fat as the surgeon moves the tip back and forth through tissue. Surgeons can also use the cannula with the power off as they would do in routine liposuction.

“The best indications for liposuction are selective areas that represent contour type problems such as saddlebag areas, abdomen, flank areas, and in males, overdeveloped breasts,” Dr. Weikel says.

Other plastic surgeons perform more non-invasive liposuction procedures. Patients who opt for non-invasive procedures may not be able to tolerate traditional liposuction if they have health problems or can't tolerate anesthesia — or they may not want anyone to know they have had work done.

Try the Tri-Active System

Drs. Bill Adams and Brooke Seckel of the Adams Center perform non-invasive, non-surgical procedures using the Tri-Active system. This machine uses a combination of laser and vacuum suction to improve lymphatic flow throughout the body and break up the fat. >>

"It's a very comfortable treatment," Dr. Seckel says. "You have this big, soft, rubber massaging-type suction head that glides over the skin. A laser passes through that."

Dr. Seckel says that improving the lymphatic flow improves blood flow through areas of cellulite, which helps to more easily break up the fat.

This treatment is not a one-time procedure like traditional liposuction. Patients need multiple treatments – 12 sessions on average once a week – then maintenance treatments.

However there is no downtime - patients can have a treatment during their lunch hour and return to work, Dr. Seckel says, adding that there is usually no bruising or redness.

Dr. Seckel says if someone begins now, "It will get him or her through bathing suit season."

He Has An Accent

Dr. Jafar Koupaie, of the Liposuction Institute of Boston and Boston Dermatology and Cosmetic Surgery Center, also performs non-invasive, non-surgical liposuction treatments with an Accent radio-frequency machine. Dr. Koupaie says he can perform complete body contouring with this machine.

Dr. Koupaie passes a handpiece over the patient's body spot by spot. The handpiece increases the temperature inside the skin by about 10 degrees and melts fat and tissue that causes pulling of the skin. The machine has a cooling system so it doesn't burn or hurt patients.

"Many patients don't want anyone to know they've had anything done—even their wife or husband," he says. "This is the machine to do it with. You come in, have a treatment. There is no anesthesia, no downtime, no bruising, no swelling."

Patients opting for the Accent radio-frequency machine need between three to six treatments every other week, Dr. Koupaie says. He says that after the first session, it takes about a week to 10 days to see results.

He says the results are gradual so a patient can tell people they've been on a diet. He says he had the procedure done on his neck area.

"I have busy patients who don't want family and friends to know they've had liposuction," he says. "Now we have something we can offer them - an alternative to liposuction. And they can come in during their lunch hour."

Diet and Exercise – The Winning Combination

All the doctors stress, though, that liposuction and other plastic surgery procedures aren't a substitute for diet and exercise – the hard work that most people try to avoid.

Dr. Weikel urges patients to be aware of their diet because "it's dangerous to remove too much fat," he says.

Drs. Adams and Seckel refer patients to their personal trainer, Mike Deangelis of Body Evolver of Boston.

"We work very hard to try to get patients to diet and exercise because it's better for their health," Dr. Adams says. "The liposuction kind of helps them along the way. It's the icing on the cake. Diet, exercise, meditation, a low-glycemic diet - those are the foundations of looking good," he adds. "Liposuction is a tool."

With all of these specialized body treatments, your teeny weeny bikini will thank you. **M**

