

COMBINATION TREATMENTS WITH VELASHAPE III - PERSPECTIVES FROM A BODY SHAPING PRACTICE

Non-invasive, energy-based body shaping and slimming modalities are increasingly by today's uber-demanding cosmetic surgery patient. These individuals want minimal-to-no-downtime and visible results at the point of purchase.

Pairing the right device/s with the right patient can help meet – and beat – these high expectations. Below Jason Emer, MD, a dermatologist in Beverly Hills discusses how he successfully combines high-definition liposuction with Syneron Candela's Velashape III for better, quicker results. He also discusses how he combines VelaShape with UltraShape for patients who do not want or can not tolerate surgery.

Owing to advances in technique and technology, today's liposuction is more about shaping and sculpting than fat reduction alone. One technology that has helped fuel this evolution is Velashape III, a third-generation radiofrequency body-contouring device by Syneron Candela. The VelaShape III system is US Food and Drug Administration (FDA)-cleared for temporary reduction in the appearance of cellulite and temporary reduction of thigh and abdominal circumference. Powered by eIōs technology, VelaShape III combines IR (infrared), bi-polar RF (radiofrequency) and vacuum to precisely heat the tissue. The combination of IR and RF causes deep heating of the adipocytes, their surrounding connective fibrous septae and the underlying dermal collagen fiber.



Jason Emer, M.D.

Dermatologist
Beverly Hills, California

“ When I put these combos together, the results are vastly improved and patients heal faster. ”

Quicker Results

I have been combining Velashape with liposuction for about two years. Before that, I would use liposuction with other devices to decrease residual swelling, but these combinations did not influence healing time.

The Liposuction - VelaShape combination speeds healing and reduces swelling so patients can see the results of high-definition etching and body shaping sooner. My liposuction plus Velashape results are now fully visible in four to six weeks as opposed to three months. That's half the time, and patients love this aspect. It is even quicker when treating the neck or buttocks. Patients will see their results in two weeks when we target these smaller areas.

Improved Cosmesis

The combination also improves the cosmetic outcome. Swelling can cause fibrosis and change the end result, which is especially detrimental when we are sculpting and shaping. The addition of Velashape improves tissue for a better result in the long term. I also employ physical manipulation to increase fat tissue metabolism. In my hands, when I put these combos together, the results are vastly improved and patients heal faster.

The Velashape Plus Liposuction Protocol Combination

I perform liposuction first, and then one week later I incorporate Velashape III treatments every one to two weeks for a four-to-six-week period. This typically involves six to eight

Velashape treatments. To make it more palatable to patients, I will include four in the initial bespoke treatment package and offer the remaining treatments at half price. My liposuction plus Velashape patients also receive localized massage therapy once or twice a week for a month to further reduce swelling and prevent fibrosis.

Enhanced Versatility

The ability to alternate handpieces allows for greater versatility of treatment areas. Velashape III has a Vcontour applicator with 3 different treatment sizes to expand treatment capabilities and one Vsmooth applicator, which is a larger handpiece that targets cellulite. All applicators are combined on the same platform with a dual connector allowing for efficacy and comfort. For buttocks, I always use the Vsmooth post-treatment because if you only address liposuction, cellulite could get worse. For a smaller area where we don't care about cellulite and just want skin tightening and to prevent irregularities after liposuction, increase metabolism of tissue and move fluid out, the smaller applicators are ideal. The smaller applicator is also excellent to prevent irregularities after liposuction, increase metabolism of tissue and disperse fluid.

Where Does Ultrashape Fit In?

UltraShape, recently introduced in the US is the first FDA cleared system that uses pulsed focused ultrasound to selectively target and destroy fat cells.

Unlike previous technologies that used continuous wave ultrasound for fat destruction, UltraShape's pulsed delivery of acoustic energy results in low to almost no temperature elevation in tissue. This results in a very painless treatment.

Aside from being extremely comfortable, what I find most valuable about using UltraShape as a tool is the ability to custom contour according to the unique needs of a patient. This allows for a much more artistic approach to treatments versus the rigidity of fitting a "problem area" into a pre-sized handpiece.

Skin tightening must be combined with fat reduction for optimal cosmetic results in the patient who doesn't want liposuction. For these patients, I combine pain free Ultrashape and Velashape. When consulting with new patients, I create a single-priced, individually tailored package based on their aesthetic goals. Liposuction can range from \$8,500 to \$30,000 depending on the number of areas treated, and Velashape costs \$300 to \$500 per treatment per area.

The protocol involves three treatments: Velashape, Ultrashape, and finally Velashape again. The VelaShape treatment pre-heats fat cells, making them more vulnerable to the Ultrashape ultrasound based fat destruction. When UltraShape is combined with VelaShape, we routinely get 30% - 50% improvement instead of 20%-30%.

Before And After Photos



UltraShape-VelaShape Combined Treatments. Photos: Jason Emer, M.D.



VelaShape-Lipo Combined Treatments. Photos: Jason Emer, M.D.