

LOOKING GOOD, FEELING GREAT!

Dr Joffily of Botonics answers the questions you wanted asking on revolutionary body sculpting treatment SmartLipo

What is it?

A revolutionary new body sculpting treatment using lasers to achieve similar effects to traditional liposuction. Far less invasive than liposuction, SmartLipo can also treat the face, bingo wings and knee areas.

Who is this treatment most suitable for? Can it be carried out on anyone?

SmartLipo is most suitable for women or men that are a healthy weight yet have pockets of fat that don't respond to dieting or exercise. SmartLipo is an excellent technology for reportioning or body contouring, however it isn't a treatment for obesity or weight loss. There are very few contraindications for SmartLipo treatment as it is relatively gentle on the body.

Why is it superior to traditional liposuction?

When used in appropriate

cases, SmartLipo is superior to traditional liposuction for many reasons. First of all, it is much safer for the client because the process only melts fat cells and does little damage to other tissues. The downtime is much less with SmartLipo (typically a day or two) than with traditional liposuction (normally several weeks or more). Clients need only wear support garments for a week or two after SmartLipo versus several weeks or months with traditional liposuction and the discomfort level for clients is significantly lower with SmartLipo because there is less trauma to the body.

Since there is less trauma, SmartLipo clients have much less bruising and swelling relative to traditional liposuction. There is also little or no scarring with SmartLipo since only a 1mm fibre optic cable is used and the heat from the SmartLipo laser also stimulates collagen production, so the client actually experiences a tightening and

toning of the skin over time

Another major advantage is that because it is less traumatic to the body than traditional liposculpture, SmartLipo can be used in areas that it would be dangerous to do liposuction, such as the upper abdomen, inner thighs and neck/jawline.

What are the long term effects?

SmartLipo permanently melts fat cells. Of course, the procedure does not give you immunity against putting on weight or the ageing process. If an excess of calories is consumed, then the remaining fat cells in the body can swell. However, if a stable diet is maintained, the reportioning affect of SmartLipo will be permanent.

Should it be combined with a lifestyle change to see the best results?

Yes. A healthy diet and exercise regime is always good advice and the way for anyone to



CASE STUDY

Name: Kim Murray

Age: 35

Occupation: Sales assistant

Treatments: SmartLipo to lower abdomen

Why?

I exercise but just can't get rid of the baby fat around my stomach. I am so obsessed with these tyres that I keep grabbing them; that's probably worse for others than the problem is to me!

The procedure

The consultation with the doctor was really intense but also very friendly and reassuring. A course of treatment was designed specifically for me: my skin type, my allergies, my lifestyle and my diet. The session lasted about two hours and due to the local anaesthetic I felt completely comfortable.

I did experience some minor pain and swelling for a couple of days afterwards but the doctor reassured me that this was to be expected due to the detoxifying nature of the treatment.

The results

Three months on, I am really pleased with my new toned tummy, but it's definitely not for those looking for an easy, quick fix. I have had to work hard to keep it toned with regular gym visits and healthy eating. Having said that, SmartLipo has given me a new lease of life and I love my fitted white T-shirts again!



look their best. However, it is particularly important during the metabolisation phase of SmartLipo. The procedure melts the fat cells, and the waste triglycerides are then eliminated through the body's own metabolic processes through

the kidneys and liver. The metabolisation phase lasts for about four to eight weeks after the SmartLipo procedure. During this phase, there are effectively extra calories available to the body. We find that clients who get the best results are

those that do some moderate cardiovascular exercise and maintain a healthy diet during the metabolisation phase so that these extra calories are flushed from the system.

Is this a treatment you can have repeated in the future if necessary?

Yes. Unlike traditional liposuction, there is no damage to the skin and tissue so the procedure can be repeated if necessary. However, repeating the process would be an exception and probably a result of putting on additional weight. SmartLipo is normally a one-time procedure.

How does it work?

Treatment begins with a local anaesthetic. Then the doctor creates small incisions of about 1cm in length to enable the fibre optic cable to enter the body. The cable is guided into the fatty tissue, where it breaks down the fat cells, leaving all healthy cells intact. The local anaesthetic means the client is awake, but feels minimal discomfort. Once the treatment has been concluded, the client is dressed in light pressure bandages (usually worn for five days) and given lifestyle and nutrition advice to ensure the very best, long-lasting results.

What is the recovery time?

Your recovery time is minimal. Within reason, normal activity can be resumed almost immediately. Often a course of antibiotics is prescribed (infection risk is minimal, but why take the chance?).

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Details for Botonics are www.botonics.co.uk and 0845 680 1964