



Innovative Cellulite Devices

Achieve Measurable Results



Karyn Grossman, M.D.

SmoothShapes from Elemé Medical (Merrimack, N.H.) features proprietary Photomology technology to treat cellulite with dynamic energy (laser and light) and mechanical power (contoured rollers and vacuum) through a single handpiece. "With simultaneous discharging of both 915 nm and 650 nm wavelengths fat is not only melted, but absorbed and carried away," explained Jeffrey Adelglass, M.D., a cosmetic surgeon and researcher in private practice in Dallas, Texas.

Patients generally schedule eight sessions of SmoothShapes (twice a week over four weeks), with a typical session lasting about 30 minutes. The two most popular areas treated by Dr. Adelglass are buttocks and thighs. Following a series, "most patients see significant improvement in the smoothness, texture and refinement of their cellulite. The slight heat of the procedure also feels very comfortable and soothing." SmoothShapes can also be used post liposuction to treat small areas of cellulite or reduce inflammation.

VelaShape from Syneron, Inc. (Irvine, Calif.) uses a combination of infrared light energy, suction and radiofrequency (RF) energy all in one pulse. "Patients are seeing results in relatively few treatments," said Vince Afsahi, M.D., a dermatologist in private practice in Newport Beach and Tustin, Calif., who has treated thighs, legs, upper arms, belly, back and love handles. "Previous

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devices would require about eight treatments or more, but VelaShape achieves results in as little as four treatments (spaced about one week apart)." The procedure feels similar to "a deep, heated massage."

A normal treatment session with VelaShape lasts between 20 and 45 minutes, depending on the number of body surface areas targeted. In addition, patients often apply a topical product: Body of Knowledge from Prescribed Solutions (New York, N.Y.), twice a day, for a synergistic effect. Active ingredients of this cream include caffeine and lecithin. "Both of these ingredients are designed to improve circulation in cells," Dr. Afsahi noted. "By increasing the circulation in tissue, it is thought you can decrease the appearance of cellulite."

Thermage's (Hayward, Calif.) Thermage NXT unit with a cellulite tip "is a one session treatment, which requires one to three hours, depending on the area," said Karyn Grossman, M.D., a dermatologist in private practice in Santa Monica, Calif., and New York City, N.Y. "Other available treatment modalities require multiple sessions."

Study results from Dr. Grossman show that optimal results are obtained at five to six months. Overall, 80% of patients achieve a 50% to 75% reduction in cellulite appearance. "However, a lot of pulses are required to achieve results," she stated. For example, buttocks and outer thighs need 1,200 pulses per side (2,400 pulses total). "We use photographic documentation as an early marker of change." A number of patients also lose circumference with Thermage treatment.

