

FAQs on Vaser Liposelection

INTRODUCTION TO VASER:

Every body type has areas that are predisposed to fat storage and even with rigorous diet and exercise those unwanted bulges often persist. Patented VASER® technology and the advanced LipoSelection® technique now offer a safe alternative for eliminating unwanted fat, revealing a smooth new shape with fast recovery.

What is VASER Lipo? How does it differ from traditional liposuction?

VASER Lipo, also known as LipoSelection®, is an advanced body contouring procedure that selectively removes unwanted body fat. An alternative to the harsh techniques of traditional liposuction, VASER Lipo uses state-of-the-art ultrasound technology designed to gently reshape your body. What distinguishes the VASER Lipo procedure is its ability to differentiate fatty tissue from other important tissue structures – such as nerves, blood vessels and connective tissue. Innovative VASER technology breaks up fat while preserving other important tissues to promote smooth results and rapid healing.

What is the difference between VASER Lipo and laser lipolysis?

The main differences are how the technologies treat the fat and what kind of treatments can be performed. Laser lipolysis uses a laser fiber to deliver laser energy to the fatty tissue through an incision in the skin. Laser lipolysis is not tissue selective, so important tissue structures like blood vessels and nerves can be damaged in the treatment. VASER Lipo, on the other hand, uses a thin probe to deliver ultrasonic energy to selectively break apart the fat while preserving important tissues to promote fast recovery and smooth skin retraction. Typically, laser lipolysis is only used to treat small areas of localized fat. VASER Lipo can be used to treat both small and large areas of the body. Both of these procedures use small instruments and can be performed in-office while you are awake using extremely safe tumescent techniques. Tumescence is the careful use of local anesthetics, such as Lidocaine with epinephrine, that is infused under the skin with precision and specificity. It has been found to be a magnitude safer for liposuction than any other type of anesthesia such as general or spinal anesthesia.

How does VASER Lipo work?

First, the area to be reshaped is filled with a tumescent saline solution that helps numb the site and shrink the blood vessels (to minimize blood loss and reduce bruising). This solution wets and fills the area to be treated, making it easier to break up fatty tissue with the VASER Lipo System's ultrasound energy. Then a small probe transmits sound energy to break up (liquefy) fat on contact while preserving other important tissues. Finally, the liquefied fat is removed through a gentle suction process designed to minimize trauma to surrounding tissue structures such as nerves, blood vessels and other connective tissues.

What body areas can be treated with VASER Lipo?

Doctors have experienced great success in treating all of the following areas: abdomen, thighs, knees, ankles, calves, buttocks, hips, back, arms, male and female breasts, love handles, chin, face and just about any other body part you need treated.

How soon will I see my results? What is the recovery time?

This varies with the extensiveness of the procedure—the amount of fat removed, the number of areas treated, and so on. Many patients report that they see results immediately after the procedure with the final result at around 3 to 6 months. It is important that you establish realistic expectations through discussion with your doctor.

What about future weight gain / fat migrating to other areas?

This is a common misperception. Following your VASER Lipo procedure, should you experience weight gain or loss, it will tend to be proportionately distributed over your entire body. Once you have fat removed, it is gone and, assuming a healthy lifestyle of proper diet and exercise, it will not return or migrate. However, because fat is necessary to a healthy body, some essential fat layers in any given area remain untreated. If you do gain a significant amount of weight, the remaining fatty tissue will expand. Normal aging changes can also be expected.

How can I be certain VASER Lipo is right for me?

If you are frustrated by the resistance of certain body areas to diet and exercise, VASER Lipo can provide a solution. If you are healthy and seeking a fast, low-pain solution to losing stubborn fat deposits, the VASER Lipo procedure could be your answer. Although there are limits to the amount of fat that can be removed, your doctor can assist you with your decision about potential areas for sculpting, anticipated results, and the recovery process.

What body areas can be treated with VASER Lipo?

Dr. Alinsod will concentrate on his areas of expertise such as the upper and lower abdomen, mons pubis, love handles, backs, inner thighs and inner knees, saddlebags and outer thighs. Vaser is also excellent on calves, buttocks, hips, arms, male and female breasts, chin and facial areas.

How much fat can be taken? Can you treat multiple areas at once?

Yes, we can treat more than one during your VASER Lipo procedure. Dr. Alinsod will be able to give you a better idea of what is right for you and how much will be taken out during your procedure. You can discuss what areas you would like treated with Dr. Alinsod when you come in for your consultation. The goal is a slimmer and more pleasing appearance and outline. You may have some weight loss but it may not be a large amount. Vaser is not intended as a weight management procedure.

Where is VASER[®] Lipo performed?

VASER Lipo is performed in a clean and sterile environment. We perform ours in the office under local tumescent anesthesia, the safest of all locations and techniques.

How soon will I see my results? What is the recovery time?

This varies with the extensiveness of the procedure - the amount of fat removed, the number of areas treated, and so on. Because the ultrasonic energy used in the VASER Lipo procedure is tissue selective, patients report minimal pain and bruising, and fast recovery. Many patients report they are able to return to work within a few days and say

they see results immediately after the procedure with the final result at around 3 to 6 months.

How much does the treatment cost?

VASER Lipo is an advanced procedure. Consults are free. The total cost of your treatment will vary depending upon the number of body areas treated and the extensiveness of the procedure. We do have financing plans available, so that you can pay for the procedure in convenient monthly payments.