

sculpting bodies

THERE IS A NONSURGICAL ALTERNATIVE TO LIPOSUCTION, ACCORDING TO MINNEAPOLIS COSMETIC PHYSICIAN **ELIZABETH BRAUER HAGBERG MD.**

KRISTI LANGEMO CONTRIBUTES

Liposuction is an effective method of removing quantities of fat in one operation, but many potential patients are hesitant about its invasiveness and the amount of downtime required postoperatively. However, there is now a new nonsurgical alternative for those patients seeking to improve body contour.

The treatment, lipodissolve, claims to melt away fat in unwanted areas through a series of injections. Lipodissolve is billed as a nonsurgical alternative to liposuction and tummy tucks (abdominoplasty), and its advocates claim it actually provides results. The Skin Rejuvenation Clinic of Edina is one of the first in the Twin Cities to offer this treatment, which utilizes a combination of naturally occurring compounds administered through a series of micro-injections for the purpose of subcutaneous fat reduction. Lipodissolve injections reduce the size of localized fat deposits and cause skin retraction in the treated body regions. This is not a treatment for weight reduction, but rather a procedure for improving shape and reducing fat in targeted areas.

The substance administered in these injections consists primarily of two ingredients: phosphatidylcholine and deoxycholate. Phosphatidylcholine (PPC), a naturally occurring substance in the body that up to 60 percent of cell membranes are comprised of, facilitates cell membrane transport and is a component in bile that is responsible for emulsifying the fat we consume in our diet

for absorption. The PPC used in injectable formulas is derived from the soybean, lecithin. Deoxycholate (DC) is a bile salt that makes PPC soluble in water, aiding in the breakdown of fat consumed in our diet. The combination of these substances (PCDC) has been used in various medical applications since the 1950s and has been utilized for cosmetic treatments since the mid-90s.

Not to be confused with mesotherapy, which involves injections into the middle layer of the skin (dermis), lipodissolve treatments are deeper injections administered directly into the fat. After the injections are given, fat cells are broken down, absorbed and excreted by the body.

One of the biggest advantages of lipodissolve is that it provides significantly less downtime than surgical procedures such as liposuction and tummy tucks. It is also much less costly. Usually after a lipodissolve treatment there is no requirement for bed rest or reduced activity and most patients resume their normal schedule immediately. The minimal disruption to their daily lives is a primary reason most patients have a positive response to this treatment.

I have been administering these treatments for several months and am seeing impressive results. I use lipodissolve for treating the lower eye pads, chin, jowls, cheeks, abdomen, upper/lower back, upper arms, hips, thighs, knees, buttocks and love handles. Individual results vary, depending on the amount of fat in the targeted area and differences in each patient's unique body chemistry, but typically a series of three to six

treatments, spaced two or more weeks apart will provide noticeable results. However, some patients have been very happy with the reduction of fat after fewer treatments.

There are some medical conditions that will prevent a patient from being treated and these should be discussed in the initial consultation. The ideal candidate is healthy and within their ideal weight range. Lipodissolve works best for those with isolated problem areas that are resistant to diet and exercise; it is not intended for those seeking to lose weight. It provides the best results when injected into small to medium fat deposits on patients with soft or fluid-like fatty tissue. The treatments do not produce satisfactory cosmetic results on patients with an obese body type or significant volumes of fat.

Although this treatment is nonsurgical and arguably much less traumatic than a surgical procedure, patients should expect some discomfort following treatment. After the treatment, while the body's inflammatory response is prominent, the patient will swell in the treated area. This is expected and temporary. Once the body begins metabolizing the fat, contour improvement occurs. In addition to swelling, there may be minor pain, throbbing and tenderness in the treated area for one to three days following treatment. Some patients may feel a few bumps under the skin, which should dissolve within two weeks. Occasionally, medication is prescribed to alleviate any itching that may occur as the inflammation resolves.

I find lipodissolve to be a safe and effective method of reducing fat in unwanted areas. It is a consistent and predictable method of dissolving fat in localized areas for patients who are not suitable candidates for fat-reduction surgery. **CBM**



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- Chin
- Saddlebags
- Eye Pads
- Stomach
- Love Handles
- Thighs
- Under Bra Line



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