

A close-up photograph of a person's midsection, showing a yellow measuring tape being used to measure the waist. The person is wearing a light-colored, ribbed tank top and dark shorts. The background is a solid dark grey. The text is overlaid on the image in a white serif font.

Bruce Katz, MD discusses how
the latest innovations in
minimally-invasive technology
have helped expand and
improve body contouring
treatments

PRIME JOURNAL 2020

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Sep/Oct 2020
Volume 10 | Issue 5

INTERNATIONAL JOURNAL OF AESTHETIC AND ANTI-AGEING MEDICINE

FILLER SPREAD
A NEW CLASSIFICATION

**BODY
CONTOURING**
THE LATEST ADVANCES

**GUT
MICROBIOTA**
LONG-TERM HEALTH
AND WELLBEING





FOUR-DIMENSIONAL BODY CONTOURING: LATEST ADVANCES

INTEREST IN BODY CONTOURING procedures has exploded in the last few years, both from physicians and the public. It is largely due to the significant advances in non-invasive and minimally invasive technologies. These advances have made body contouring procedures more effective while at the same time allowing for fewer side-effects, faster recovery with less or no downtime.

Muscle toning and sculpting

Until recently, the three dimensions of body contouring included skin tightening, fat reduction and cellulite procedures. With the advent of high-intensity focused electromagnetic fields (Emsculpt), addressing the muscle component in body contouring became the fourth dimension¹. This was revolutionary in itself as we can now tone and sculpt muscles of the abdomen, buttocks, arms, thighs and legs which was not possible before. All of a sudden, we had patients coming to our offices who did not have loose skin, or excess fat or cellulite but just wanted to have sculpted abdomens, butts, arms and legs that they weren't able to achieve at the gym. We can now



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KEYWORDS

Body contouring, skin
tightening, minimally invasive,
muscle toning, fat reduction,
cellulite

“These technologies are improving in efficacy while becoming less invasive with less downtime and fewer adverse events. It is an exciting time to be offering body contouring procedures to our patients.”



Figure 2 (A) Before and (B) after treatment with FaceTite (InMode, Lake Forest, CA, USA)

▷ structural components of cellulite (Cellulaze). Used under local anaesthesia, the unique laser fibre emits energy at 90°C degrees to the usual direction of energy emission. By rotating the handpiece while it is in the subcutaneous layer, the laser can cut the fibrous bands, melt the herniating fat and target the undersurface of the dermis, thus stimulating neocollagenesis and tightening it. Though it does require a learning curve for the operator to master the technique, it has been the author's experience that with one treatment, Cellulaze results have lasted over 6 years.

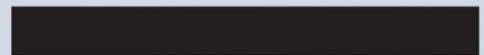
The most recent approach for the treatment of cellulite has been an injectable called collagenase clostridium histolyticum (CCH). It enzymatically targets and lyses collagen fibrous bands. It has received FDA approval for the treatment of Dupuytren's contracture and Peyronie's Disease (Xiaflex). Currently, in phase III trials to correct cellulite skin alterations, it is thought to enzymatically disrupt fibrous cords, leading to the release of skin


sites. Due to its ease of use as an injectable approach to treating cellulite, it is poised to be a very successful new treatment modality for this very common condition.

Advances in body contouring techniques continue to evolve. With the advent of muscle toning and sculpting, we have just added the fourth dimension to the three dimensions of skin tightening, fat reduction and cellulite treatments. These technologies are improving in efficacy while becoming less invasive with less downtime and fewer adverse events. It is an exciting time to be offering body contouring procedures to our patients.

► **Declaration of interest** None

► **Figures 1-2** © Dr Katz





All of a sudden, we had patients
coming to our offices who did
not have excess fat, cellulite or
loose skin...but just wanted to
have a more sculpted body.

-DR. BRUCE KATZ

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