



48-Hour Six Pack™

ETCH A PERMANENT PAIR OF ABS WITHOUT LIPO



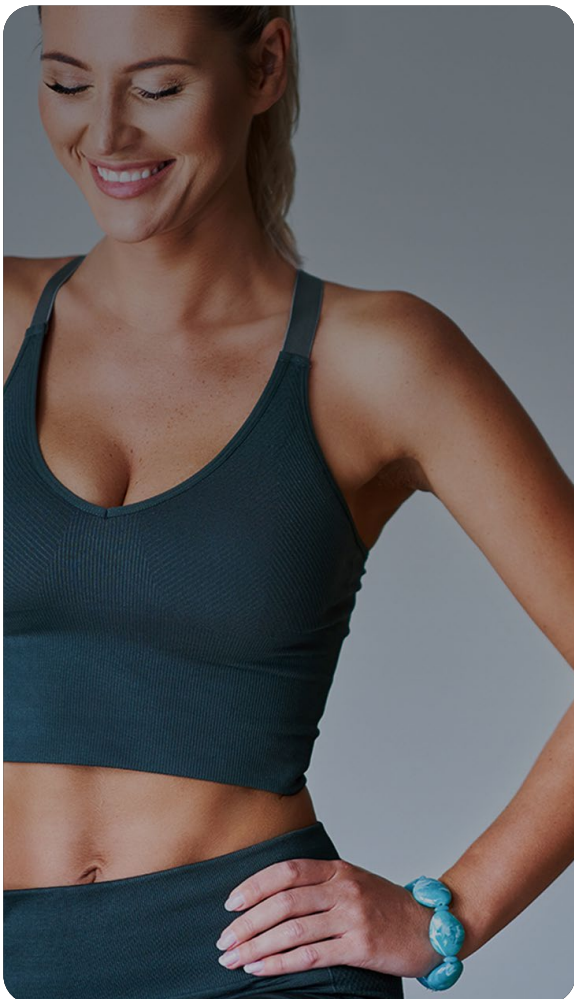
AirSculpt®

Next-Generation

Body Contouring

& Fat Removal

AirSculpt®



FROM YOUR DEEP-V TO A FLAT TUMMY

Remove Stomach Fat And Uncover Your Defined Abdominal Muscles

Our patented AirSculpt® 48-Hour Six Pack™ procedure permanently tones your abs in a single treatment. The power-automated design of AirSculpt technology provides surgeons with enhanced precision and artistic capabilities when sculpting the abs. Many patients see more defined stomach muscles just 48 hours after the procedure. However, they will really start becoming noticeable once swelling and bruising subsides after a couple of days or weeks. There's no needle or scalpels, no large scars, and no need for general anesthesia. After three months, truly dramatic results and a set of sculpted abs should have appeared.

AirSculpt® Benefits

Designed to optimize comfort and precision, our patented technology enables surgeons to physically pluck your fat by the cell, like berries off a bush. AirSculpt reveals your body's natural contours by delicately targeting just the pockets of fat you want gone forever while completely sparing surrounding areas.



24-Hour Downtime

AirSculpt works so gently that patients can get sculpted and return to work the next day! Compare that with invasive procedures needing weeks of downtime and drains for excess fluid.



Awake the Entire Time

Elite Body Sculpture never uses general anesthesia, meaning patients remain completely awake. Using local anesthesia drastically reduces risks and allows patients to be easily maneuvered, ensuring perfectly balanced results.



No Scalpels or Stitches

Rather than cutting large incisions with a scalpel, AirSculpt uses a biopsy punch tool just 2 mm wide to create an entryway that heals with dissolvable sutures. Entry points look like freckle marks that can be easily concealed if they form at all.



Results in One Session

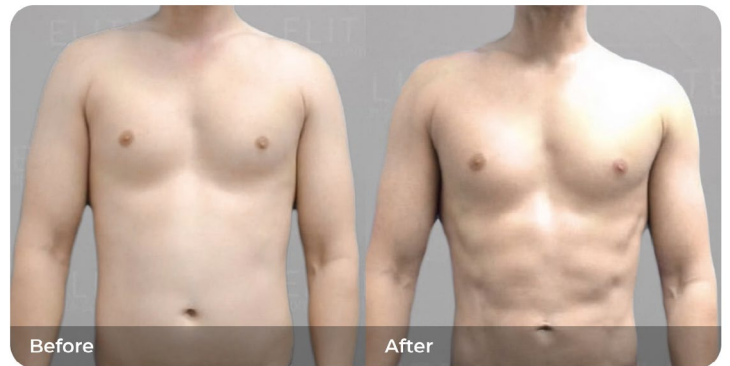
Unlike many time-consuming procedures requiring upwards of five sessions, there are no sessions with AirSculpt, just permanent results with one treatment. Patients walk out with instant changes that get dramatically better with time.



Natural-Looking Results

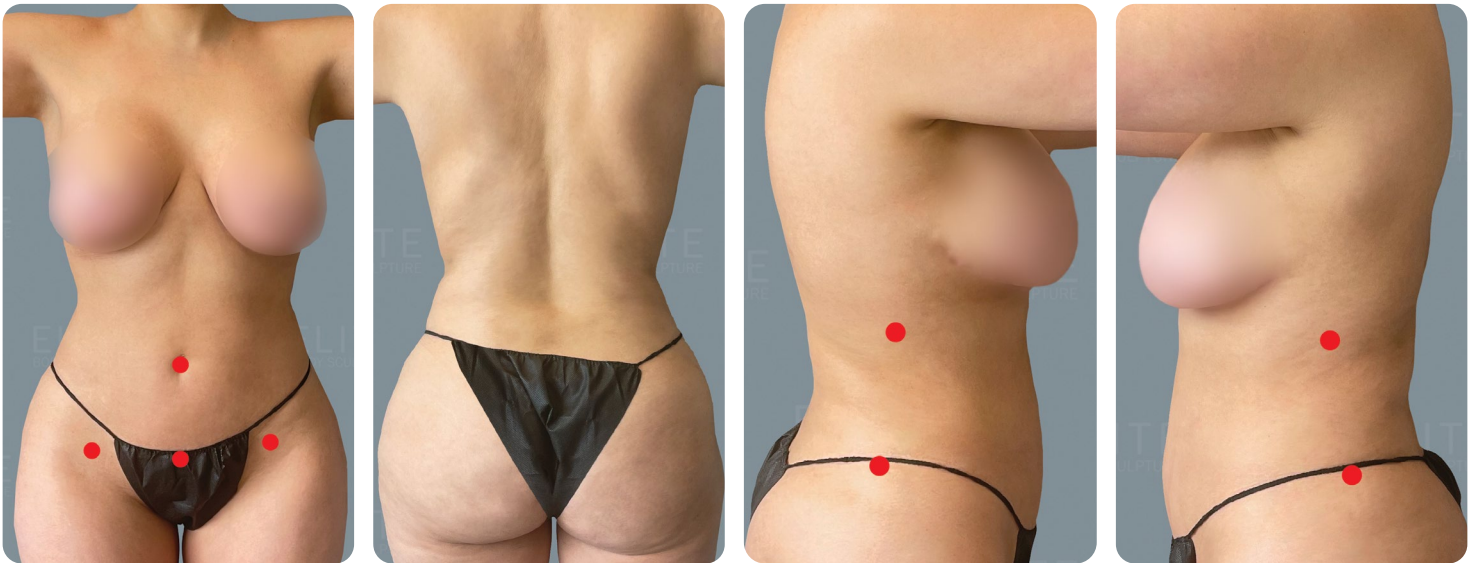
AirSculpt was designed to accentuate naturally existing curves while maintaining desired proportions. AirSculpt also leaves the treated area's skin tighter than before, meaning patients may be able to skip the invasive lift procedure!

Before & Afters



[MORE BEFORE & AFTERS](#)

AirSculpt® Entry Points



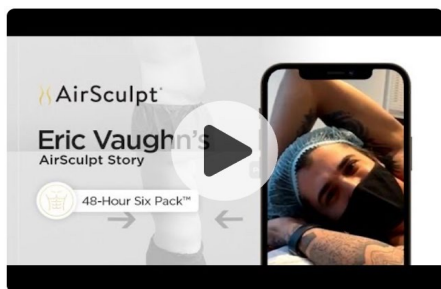
48-Hour Six Pack™

Two entry points are created on the side of either torso, two more on each flank just above the hips, one near the belly button, one just above the waistline in the front of the stomach, and two more on either side of the waistline.



HEAR THEIR STORY WHILE THEY'RE AWAKE

Customer Journey Videos



[VIEW CUSTOMER JOURNEY GALLERY](#)

Testimonials

“

I now have defined muscles

Working out and gaining muscle definition was something that was not possible for me...I now have defined muscles...even in my abs! Unbelievable!

“

You will be very satisfied with the results

If you want a great job done from great doctors, go with Elite! You will be very satisfied with the results and overall experience!

“

I actually have curves again

I actually have curves again and can see my abdomen muscles that I knew were under there!

Pre / Post Op Timeline



One Week Prior:

- Avoid the following for one week before and after AirSculpt:
 - Tobacco
 - Alcohol
 - Fish Oil
 - Flax Seed
 - Omega 3 Pills
 - Avoid mixing alcohol and medication
- Let us know if you're prescribed or taking a blood thinner.
- We'll call to discuss relevant patient information.



24 Hours Prior:

- Verify medications are picked up and the patient's driver/ride after the procedure.
- Eat a good meal prior to arrival.
- Bring dark and loose clothing to put on after surgery.

Day Of:

- Eat prior to the procedure.
- DO NOT take any sedating medications.
- Patient MUST have a responsible adult to drive the patient home after their surgery and attend to the patient for the first 12- 24 hours.
- Arrive 30 minutes prior to procedure time.
- Make sure to bring all required medication.
- Patient picks out preferred music.
- Once the procedure is completed, the nurse helps patient with the compression garments and escorts them to the recovery room.



First 24-48 Hours Post-Op:

- Surgeon contacts patients in the evening of the procedure or the following morning.
- Nurse calls the patient within 24 hours after the procedure, answers all questions, reminds the patient of post-op instructions, and schedules the patient for an in-office visit in 1 week.
- Return to work whenever you feel comfortable to do so — usually between 24-48 hours.
- Drainage is normal and may occur anywhere from one to a few weeks.
- Showering is OK 48 hours after your procedure.
- Take garment off for the shower and wash it in washer/dryer, then wear for two weeks.
- Don't use band-aids - leave entry points open to heal.





One-Week:

- One-week post-op visit in person to check entry points.
- Soreness is totally normal and may last up to one week.
- Swollen hands or feet are normal—elevate the limb above heart level.
- Do not use ice or heat.

Two Weeks:

- Most workouts can be resumed.
- Sexual activity can be resumed whenever the patient is comfortable.

One Month:

- Swelling and bruising will begin to subside more quickly.
- Loose clothing is recommended for at least two to three weeks.
- Results should begin becoming clear around four to six weeks.

Three Month:

- Post Op Visit.
- Swelling and bruising should have significantly subsided.
- Results should be quite evident.

Six Month:

- Final Post Op Visit.
- Results should be fully complete by this point and will be permanent if constant weight maintained.



Tips to Ensure Ideal Results:

- Eat a healthy diet without calorie restrictions.
- Walk at least 30 minutes daily.
- Don't smoke tobacco and marijuana to help the body recover.



Garment Instructions:

- Showering is OK 48 hours after your procedure.
- Take garment off for the shower and wash it in washer/dryer, then wear for 2 weeks.
- Wear your compression garment 24/7 or as often as possible.
- Wear the garment for 2 weeks for fat removal and 3 weeks for a fat transfer.



Procedure-Specific Instructions:

- Female patients will be provided with a High Back Girdle and Compression Bodysuit, and male patients with a Sleeveless Bodysuit.
- Foam will reduce bruising as well as prevent fluid from building up where it's not supposed to.
 - Leave the one we sent you home with on for 48 hours, until your first shower.
 - On your shower day (48 hours after), you can throw the white foam piece and any poise pads away.
 - Use your brand-new foam from the recovery bag and place the foam as you found your first one, underneath your garment.
- Garments sticking to entry point holes is normal – this will last only a week or two until the points become scabbed over.
 - Get these small areas wet before taking off your garment if it bothers you, or use small pieces of gauze between your openings and the garment.

Pre / Post Op Timeline

One Week Prior:

- Avoid the following for one week before and after AirSculpt:
 - Tobacco
 - Alcohol
 - Fish Oil
 - Flax Seed
 - Omega 3 Pills
 - Avoid mixing alcohol and medication
- Breast enhancement will also need to come in for imaging

24 Hrs Post-Op:

- Return to work if you feel comfortable to do so
- Drainage is normal and may occur for anywhere between one day and a few weeks
 - Use your brand-new foam from the recovery bag and place the foam as you found your first one, underneath your garment.
- Walk at least 30 minutes daily

48 Hrs Post-Op:

- Return to work if you feel comfortable to do so
- Showering is OK 48 hrs after your procedure
- Walk at least 30 minutes daily

24 Hrs Prior:

- Nurse will call to remind of the arrival time. Verify medications are picked up and patients driver/ride after procedure.

Day Of:

- Eat prior to the procedure.
- DO NOT take any sedating medications
- Arrive 30 minutes prior to procedure time

Two Weeks:

- Most workouts can be resumed at two weeks
- Sexual activity can be resumed whenever the patient is comfortable

One Month:

- Swelling and bruising will begin to subside more quickly

Three Months:

- Post Op Visit

One Week:

- One-week post-op visit in person- check entry points

Three Weeks:

- You can remove compression garment

Six Months:

- Final Post Op Visit
- Results should be fully complete by this point and will be permanent if constant weight maintained

Frequently Asked Questions

Can women get the 48-hour six pack?

Women can absolutely get the AirSculpt® 48-Hour Six Pack™. It should be noted that those with some already existing abdominal muscle will likely obtain the best results.

Where are the entry points?

Two entry points are created on the side of either torso, one near the belly button, one just above the waistline in the front of the stomach, and two more on each flank just above each hip bone.

What makes the six pack more pronounced with AirSculpt?

First and foremost, the power-automated mechanism of AirSculpt technology provides surgeons more precision and artistic capabilities when sculpting the abs. Furthermore, patients will be asked to flex before their procedure and have their abs outlined, which gives the surgeon a better idea of the exact locations where targeted fat removal will make the abs more pronounced.

Is it possible to take out 5 liters alone from the stomach?

It is certainly possible to remove five liters of fat from the stomach, though it should be noted that we cannot go above that quantity due to state restrictions.

How soon will I notice my new abs?

Results will be apparent as soon as you leave the procedure, though they will really start becoming noticeable once swelling and bruising subsides after a couple of days or weeks. After three months, truly dramatic results and a set of sculpted abs should have appeared.

Can AirSculpt help get rid of my beer belly?

AirSculpt can definitely get rid of a beer belly, though we would likely recommend Stomach AirSculpt rather than an abdominal etching procedure for this purpose. Note that we only target subcutaneous, pinchable fat, which tends to be responsible for beer bellies.

How long will I need to wear the garments for?

Garments are worn for a full two weeks unless instructed otherwise by your surgeons. You may take off your compression garment for a brief time when you shower or when you are washing it. During the second week, breaks for an hour or two are permitted.

What do the entry points look like?

Entry points look like a small freckle-sized mark at worst. Thanks to our symmetrical, two-millimeter wide biopsy punch tool, patients heal far more seamlessly than invasive procedures like liposuction, which use scalpels to create wide incisions. In fact, entry points don't even require stitches to fully heal!

Can you target my V-cut to make it more noticeable?

Located at the bottom of the abs where the stomach and obliques meet, the V-cut is a coveted feature that AirSculpt can both create and make more pronounced with unmatched accuracy.

Is there a weight requirement?

AirSculpt® does not have a weight limit and does not have any restrictions on size. As long as you have fat to remove, you can generally receive AirSculpt®

Is there a BMI requirement?

There is no specific BMI requirement for AirSculpt®.

How many post-op appointments will I have?

Patients require three post-op appointments. The first appointment takes place within one week of the procedure, the second about three months afterward, and the last roughly six months after.

READ MORE FAQ'S

Corrective AirSculpt®

AirSculpt® surgeons are skilled in revising mistakes and finally delivering the results you've always wanted. Corrective AirSculpt® uses a precise technique to smooth out and fix irregularities resulting from traditional liposuction or other body contouring treatments. Whether it's fat removal gone wrong, uneven fat transfer, or erroneous injection lipolysis, our revision treatment will permanently correct any such issue.

Our Locations

Located all over North America, Elite Body Sculpture is spreading the magic of AirSculpt® technology! We never sacrifice quality and only hire experienced surgeons who must complete and pass rigorous fellowship programs. Each office offers a serene environment designed to provide patients with an unmatched, luxurious experience from start to finish.



- Atlanta, GA
- Beverly Hills, CA
- Chicago, IL
- Dallas, TX
- Denver, CO
- Houston, TX
- Minneapolis, MN
- Nashville, TN
- New York, NY
- Orlando, FL
- Phoenix, AZ
- Sacramento, CA
- San Diego, CA
- Seattle, WA
- Toronto, CAN
- Washington, DC
- Charlotte, NC
- Miami, FL
- Las Vegas, NV