

What is LipoSelectionSM by VASER[®]?

LipoSelection by VASER is an exciting new method for body reshaping via the removal of fat pockets. With the VASER System's very gentle, extremely precise technology, the doctor is able to help you uncover the slimmer silhouette that is truly you – all with minimal pain and fast recovery.

Why LipoSelection by VASER / what's so different about it?

The VASER System is the latest generation of ultrasonic assisted systems, and the most advanced approach to fat removal available today, because it is able to differentiate fatty tissue from tissue that should be left undisturbed (such as nerves, blood vessels and connective tissue). In fact, the technology is so gentle and specific that it was originally used to treat brain tumors.

How does LipoSelection work?

High frequency sound energy targets and dissolves softer fat cells on contact, while minimizing damage to other important tissues; the emulsified fat flows into the wetting solution, and is easily extracted because it is in a liquid form. This unique process allows the skin to retract readily after the procedure and minimizes the pain and bruising typically associated with fat removal. The result is fast recovery and a return to normal activities within days, not weeks!

My husband has a potbelly and love handles – will LipoSelection by VASER help him? What body areas can be treated?

With LipoSelection by VASER, we can effectively treat upper and lower abdomen, “love handles”, inner and outer thighs, hips, knees, “saddlebags”, upper and lower back, arms, neck, and even the chin.

How much fat can be taken?

There are limits to how much fatty tissue can be safely taken, and the deepest layers of fat – those surrounding and protecting our vital organs – cannot be taken safely (which can amount to quite a bit of your fat). One way to get a good idea for yourself is to stand and bend from the waist; the amount of “loose-hanging” fat you can easily grab above / below your waist will approximate what can be removed. Bear in mind that this procedure is not intended as a weight loss solution; the goal is to create a slimmer silhouette. As fat weighs less than water, you may not notice a significant amount of weight loss, but should be pleased with your slimmer new shape.

What happens during LipoSelection?

First, the area to be sculpted is filled with a special 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 fat cells easier to liquefy with the VASER System's sound energy. (Envision bursting a water balloon that is fully expanded versus one that has little or no water in it.) Then, small probes transmit sound energy (similar to that used for cataract removal in the eye) that dissolves fat cells on contact, while leaving other important tissues undisturbed. Finally, gentle suction and massage of the sculpted site removes the emulsified fat quickly and easily. Thanks to its unique patented technology, only LipoSelection by VASER first liquefies and then removes fat cells in this manner, which is why it is so gentle, so effective, and provides such fast, predictable results.

Is it safe?

Cleared by the FDA in September, 2002, for use in fat removal, the VASER technology used for LipoSelection is so gentle and precise that it was originally used to treat brain tumors. It specifically targets fatty tissue while leaving other important tissues largely undisturbed. LipoSelection by VASER has reduced both the incidence and severity of potential complications typically associated with traditional ultrasonic lipoplasty (per FDA paper submitted), such as contour irregularities, prolonged swelling, loss of sensation or prolonged numbing, blood clots / bruising / blister-like spots called seromas, and skin discoloration. Recovery from LipoSelection is fast and patients are able to return to their normal activities within days, as opposed to the weeks we normally anticipate with traditional liposuction.

Where is my LipoSelection by VASER performed?

LipoSelection by VASER surgery is performed in a clean environment:

- in the doctor's office
- in an outpatient surgery center
- in a hospital

What's the advantage of general / local anesthesia, office / hospital procedure?

Some individuals find the thought of any surgery very disturbing; in a hospital, under general anesthesia, you are blissfully unaware of what is happening – you go to sleep and awaken post-operatively. Especially if you are having a large amount of fat removed, or having multiple sites treated, this method of anesthesia may be preferable.

Some individuals find general anesthesia intimidating, preferring to remain awake under local anesthesia – perhaps accompanied by IV sedation. If the treatment is not too extensive, this may be a viable option.

For still others, the convenience and familiarity of their doctor's office allows for maximum comfort, provided the surgery is not too extensive. Here, under local anesthesia (perhaps accompanied by a sedative), they experience minimal discomfort while remaining awake but relaxed.

What's in the anesthesia / isn't lidocaine dangerous?

A saline solution is injected, to "loosen up" fat cells. This high dilution ratio includes a blood constrictor to reduce bleeding and bruising [Epinephrine], and an anesthetic numbing agent [Lidocaine].

The percentage of lidocaine and the amount of fluid is carefully monitored and administered, to avoid toxicity issues. If this is a serious concern of yours, you should definitely discuss it with the doctor before you make your decision.

What is my anticipated recovery time?

This varies with the extensiveness of the procedure – the amount of fat removed, the number of sites treated, and so on. However, with the exception of some activity restrictions (such as heavy lifting), recovery from LipoSelection by VASER is so rapid that most patients return to normal activity within days as compared with the weeks normally anticipated with other fat removal systems.

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

This is a common misperception. Subsequent to your LipoSelection by VASER treatment, 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 site remain untreated. If you do gain a significant amount of weight, these remaining fat cells will expand. Also, although your post-operative shape is relatively permanent (providing you don't experience a significant weight gain), normal aging changes can be expected.

Will LipoSelection by VASER eliminate my cellulite?

“Cellulite” is a term used to describe a specific look of fat in skin overlying certain areas of the body (often described as “orange peel” or “cottage cheese skin”). As we age, almost all of us develop some cellulite. While you may notice improvement in the appearance of cellulite post-operatively, it is unrealistic to expect that your LipoSelection treatment will eliminate cellulite. There is currently no curative “fix” for cellulite.

How can I be certain LipoSelection by VASER is right for me?

If you are frustrated by the resistance of certain body areas to diet and exercise, LipoSelection by VASER can provide a solution. If you are healthy and seeking a fast, minimal-pain solution to losing excess fatty tissue, LipoSelection could be your answer. Although there are limits to the amount of fat that can be removed, our doctor(s) can assist you with your decision about potential areas for sculpting, anticipated results, and the recovery process.

How much does it cost / why pay more?

As with other treatments, costs can vary among surgeons and depending upon the specific nature of the treatment (location of fat pocket, number of treatment sites, extensiveness of treatment, etc.). “Why pay more?” is a question only you can answer for yourself. What we have found, in talking with many, many patients, is that most would readily pay a few hundred dollars more for a LipoSelection by VASER treatment since they place a higher value on post-op comfort, smooth results and fast recovery.

May I speak with a patient(s) who has had a LipoSelection by VASER treatment(s)?

We would be happy to facilitate that for you. Patients are so pleased with the results of their LipoSelection that they are usually very happy to talk about it.