

SmoothShapes Combines Dual Wavelengths for Effective Cellulite Reduction

By Bob Kronemyer, Associate Editor

One of the best ways for an aesthetic practice to capitalize on the growing demand for body shaping and cellulite reduction is to offer their patients the SmoothShapes System from Elemé Medical, Inc. (Merrimack, N.H.). This system joins laser and light energy with mechanical manipulation to reduce the appearance of cellulite.

"The reality is that 85% to 90% of adult women have cellulite," said Grant Stevens, M.D., an associate clinical professor of plastic surgery at the University of Southern California (USC) in Los Angeles, Calif. "Until now we have not had an effective and reliable treatment for cellulite."



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SmoothShapes simultaneously combines 915 nm and 650 nm wavelengths with contoured rollers and suctioned vacuum. "The 915 nm wavelength specifically targets the fat and dissolves it, whereas the 650 nm wavelength increases cell membrane permeability so that the liquified fat can be transported," Dr. Stevens explained. The rollers also facilitate the movement of the fat and "increase the circulation of the tissue."

Patients typically commit to eight sessions of SmoothShapes, twice a week, for a total of four weeks. "The majority of patients achieve visible results within three to four weeks," said Dr. Stevens, who is also the director of the Marina Aesthetic Surgery Fellowship (under the auspices of USC) in Marina del Rey, Calif. "Women will experience a change in their pant size. Pants are typically looser within

the first month and they see an overall improvement in their cellulite. However, in some patients cellulite can recur within six to nine months. Therefore, patients will likely return at an average of eight months for some touch-up sessions."

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Dr. Stevens noted that SmoothShapes is also helping patients before or after liposuction procedures by improving overall skin contouring. Pre-operatively, patients schedule SmoothShapes one or two days before and post-operatively sessions begin within the first few weeks.

An ongoing split treatment study of the buttocks (one side treated with a competing technology and the other side with SmoothShapes) is being conducted by Dr. Stevens. The study, which included 22 female subjects, has already resulted in many of these patients paying to have the side that was treated with a competing technology to now be treated with Smooth-



Before Tx



After SmoothShapes Tx
Photos courtesy of Robert Weiss, M.D.



Nathalie Fournier, M.D.
Dermatologist
Clapiers, France

Shapes. "Patients are happy with even small changes," he said.

Nathalie Fournier, M.D., a dermatologist in private practice in Clapiers, France, added, "I find that SmoothShapes provides very comfortable treatment. It can also be easily performed by an assistant."

Dr. Fournier's office schedules between 8 to 12 sessions of SmoothShapes, twice a week. Patients quickly achieve improvement "in smoothness and their skin looks nicer," Dr. Fournier said. "They can also expect a circumferential reduction of the thighs, for example, which ranges from 0.8 cm to 3.0 cm. Trousers fit better and clothes fit more loosely. Treated areas are both smoother and softer." Patients then return for a maintenance session every four months.

Dr. Fournier's practice mainly treats women between the ages of 25 and 65 with SmoothShapes. "However, young patients under the age of 50, respond better," Dr. Fournier observed. "In this age group, results are achieved quicker and in fewer sessions. For all patients, if they desire good quality results they need to follow a normal diet and exercise."

For enhanced results, Dr. Fournier may combine SmoothShapes with Nd:YAG skin tightening technology, particularly among older patients. The two or three sessions of skin tightening are scheduled one month apart and begin one month after completing a series of SmoothShapes treatments.