Lipolysis

A treatment for reduction of fat and cellulite once referred to as mesotherapy [n Definition: an alternative medicine treatment of injecting chemicals just under the skin to stimulate or break down tissues in the mesoderm] has evolved over the past couple of years into a proven and acceptable treatment protocol now more commonly known as Lipolysis therapy.

Lipolysis therapy can help to get rid of smaller deposits of fat that are susceptible neither to change in diet nor special exercise and not just temporarily, but permanently. This form of treatment therefore offers an ideal addition to dieting and physical exercise. It can also be used to accompany efforts to combat medium-sized fat deposits and possibly following liposuction therapy, lipolysis can be used as a means for dealing with any remaining fat deposits as well as smoothing out bumps, hollows and steps.

Good success can, if the correct injection technique is applied, also be achieved in treating cellulite because, as the fat cells dissolve, the skin also contracts elastically to leave a smooth, homogeneous surface. In general, lipolysis therapy is ideally suited for treating smallish, clearly defined zones of fat.

However, the lipolysis method is not suitable as a means for general weight reduction or for treating obesity. But, in these cases also, it can be used as a supplementary treatment for dealing with problems in specific, defined regions. Lipolysis can, for instance, be used to bring relief by reducing excessive fat in the area of the upper belly that restricts the breathing, or by eliminating rolls of fat that cause discomfort for bra wearers. Reducing a double chin, hanging jowls or a “bull neck” on the upper back can frequently have a highly positive effect on a persons psychological wellbeing.

Commonly asked questions:

Can I lose weight with injection lipolysis? The therapy is not intended as a means of weight reduction but is a way of getting rid of unwanted localised deposits of fat, e.g. double chin, fat on the thighs, belly and upper arms.

Which regions of the body are especially suited for injection lipolysis? Lipolysis is best suited for areas of soft fat on the belly, the neck, the inside of the thighs, the back of the arms and the hips. Injection lipolysis therapy also achieves good results on cellulite.

Are the deposits of fat that are treated with injection lipolysis permanently eliminated? How long do the results last? According to the current state of knowledge, fat cells that have once been dissolved do not return. This means that the fat deposits concerned are permanently reduced. Provided your weight remains unchanged, the results of the lipolysis treatment should also remain constant.

What are the special advantages of injection lipolysis? Lipolysis achieves a permanent reduction in fat deposits, especially in those places that cannot be specifically
targeted by dieting or sport. The treatment is gentle, virtually pain-free, low in risk, and does not take long. Complicated pre- or post-treatment is not necessary. Nor is ability to work impaired, except perhaps in the case of facial treatment.

How do I decide whether injection lipolysis or liposuction makes better sense for me? For a long time, liposuction was the only means for removing accumulations of fat. But with the aid of injection lipolysis, it has now become possible to eliminate smallish deposits of fat with minimum intervention and minimum stress to the body. The main difference is that injection lipolysis is a non-operative method of treatment, whereas liposuction involves a surgical procedure. With liposuction, the fat disappears almost immediately. Injection lipolysis allows a slower change to the body contour, allowing the patients also to gradually get used to their change in appearance over a period of several months. Injection lipolysis is also an ideal method of treatment following liposuction in order to remove any remaining fatty tissue and also tighten the surrounding skin.

How many treatments are necessary? As a rule, 2-4 treatments at intervals of 6 to 8 weeks.

Is injection lipolysis treatment painful? As there are few nerve fibres in the subcutaneous tissue, the injections can possibly be painful. Patients only feel a slight initial prick and, for the first 2 hours, a slight sensation of itching and burning. A very low number of all patients need a pain-killing tablet on the first night after treatment.

What risks does injection lipolysis involve? Immediately after treatment, slight swelling and sensitivity to pressure as well as reddening and/or itching may occur and can continue for up to 2 to 4 days. Massage, sauna visits and sport should be avoided for about 3 days. In rare cases, some hardening may occur (deep haematomas, bruises), but these disappear by themselves after 2-6 weeks. Altogether, the therapy can be regarded as low in side-effects. It therefore presents no risks if the individual health status and any resulting limitations have been clarified in advance and if you are treated by Doctor Anne Charteris who has undergone NETWORK Lipolysis training.

Positive outcomes to treatments for Fat and Cellulite reduction are dependant on both an honest self-assessment of available treatments and the advice of a medical professional who can assess the patient’s suitability for particular treatments and suggest a possible programme to follow. Skinmedics will generally recommend a combination of individual treatments to suit you not just one single approach. Treatment costs vary from approximately $400.00 to $600.00 per session.