

# Blast fat and reduce cellulite with truSculpt



**If you have an area of stubborn fat that won't budge, or if you want to get rid of unwanted cellulite, truSculpt fat and cellulite reduction is a quick 'no-fuss' treatment that could be the solution for you.**

Completely non-invasive, truSculpt is the latest technology in fat and cellulite reduction. Distributed in Australia by Cutera, truSculpt has recently been approved in the US by the FDA for permanent fat reduction.

"When I was first introduced to the truSculpt device I was really hesitant to give it a go. There are so many "fat removal" devices on the market and the before and after pictures I had seen for truSculpt seemed far too good to be true," said Practice Manager Samantha Reeve from SKIIN in Melbourne. "I decided that the only way I was going to comfortably recommend these treatments to my patients was if I could trust that the treatments work, so I decided to treat an area of my own stubborn fat. Let's just say I have performed a lot of treatments for many happy clients since my truSculpt trial!"

## What is it and how does it work?

truSculpt effectively reduces stubborn deposits of fat located anywhere on the body and multiple areas can be treated in a single session. It is completely versatile and can be tailored to meet the needs of individual concerns.

“truSculpt is ideal for the treatment of small, stubborn pockets of fat – especially those that tend to remain, even with strict diet and exercise. Saddlebags, love handles, tummies and thigh gaps are just a few examples of areas that we have successfully treated with truSculpt,” says Reeve.

truSculpt is a simple and comfortable way to deeply heat tissue and melt fat. It is an energy-based device that uses radio frequency (RF), which is transmitted through the skin’s surface to selectively target and kill stubborn fat cells. This reduces bulging fat pockets and results in slimmer, tighter skin.

Once these fat cells die, they will not grow back. They will be naturally metabolised and excreted by the body.

“The main point of difference is in the adjunctive skin tightening and almost completely discomfort-free treatments. It is also able to be used on all skin types, light or dark,” explains Reeves.

In a study in *Lasers in Surgery and Medicine* by Sugawara et al, it was found that truSculpt was effective in fat reduction and tightening of the lower face without complications, discomfort or downtime, with patients experiencing an obvious difference after weekly treatments over the course of five weeks. The results were still maintained 2 months after the treatments and it was noted that patients were highly satisfied with the fat reduction and tightening effect.

## What does treatment involve?

truSculpt is an incredibly simple procedure that involves very minimal discomfort or risks. Once the area has been cleansed and the applicator pad has been attached to your treatment area, the handpiece is held in contact with your skin for four-minute pulse durations. The total procedure generally involves the application of 16 pulses that can cover one of two areas and the entire treatment will last about one hour.

“I generally treat one to two areas at a time. Although there is no real limit to the amount of areas that can be treated in one sitting,” says Reeve.

truSculpt is a comfortable procedure and does not require any anaesthetics or gel. Unlike some other systems, with truSculpt there is no pinching, no hot spots and no risk of under treated/untreated areas.

You will usually experience a gentle warming sensation on the treatment site (the fat needs to be heated to 46 degrees). However this will only last for each pulse duration (4 minutes) before the handpiece is moved to another treatment area. What's more, the temperature can be adjusted depending on your comfort level.

"Other than the skin being slightly pink post procedure, there is no downtime with truSculpt treatments," says Reeves.

## Results?

Visible results can usually be seen in as little as four weeks, with maximum results taking up to 12 weeks.

The number of treatments varies depending on the areas you wish to have treated and your desired results. "For best results, I normally recommend between two and four treatments spaced four to six weeks apart," says Reeves.

"My typical patients are healthy individuals who have stubborn pockets of fat remaining in areas despite their best efforts with diet and exercise. I also commonly see post-partum women who still have a small amount of persistent tummy fat and loose skin post pregnancy," she explains. "It's really important that patients have a normal BMI in order to achieve the best possible results from this treatment, as this device is not designed for weight loss."

## Interested in a treatment?

To find a practitioner in your area, head to [www.cutera.com/patients](http://www.cutera.com/patients)