

# dissolvefat

If you are unhappy with the appearance of stubborn deposits of fat on your body, such as a double chin, love handles, flabby arms, cellulite or fat on the outer thighs, lipodissolve may be the answer.

Sydney cosmetic surgeon Dr Samuel Seit explains, 'Lipodissolve is a non-invasive procedure that requires multiple injections of active ingredients into the treatment area to seemingly melt away fat and expel it from the body. The treatment doesn't require anaesthetic, involves no downtime and has minimal side effects.'

## How does lipodissolve work?

Lipodissolve involves a series of fine-needle injections of active ingredients. The main ingredient is a naturally occurring lipid molecule called phosphatidylcholine (which is extracted from the Soya bean). Phosphatidylcholine is responsible for destroying and breaking down fat cells. It also stimulates the body's own enzymes to break down any globules of fat contained within the cells into very small particles that can then be transported to the liver. In the liver the destroyed fat cells are turned into bile salts and excreted from the body. The theory behind lipodissolve is that together the ingredients cause fat to liquify, dissolve and be eliminated from the body.

## What areas can be treated?

Lipodissolve is found to be most beneficial when used on small areas of fat or other areas that are unsuitable to undergo surgical lipoplasty. Popular areas for treatment include the thighs; hips; double chin and neck area; cheek fat and mid-face fat; fat deposits of the lower eye pads; upper and lower arms; upper and lower abdomen; love handles; rolls around the back; and the knees and legs. It can also be used to treat the conditions of cellulite, gynaecomastia, xanthelasma, skin retraction, scar reduction, lipomas, fat of the pubic or genital area, and some surgical deformities.

## What are the side effects?

Common side effects may include a slight burning and painful sensation in the treatment area, as well as some bruising, swelling and post-treatment aching. Women should avoid treatment before and during menstruation, as the hormone levels at this time can create a greater experience of discomfort. Cellulite treatment may be more uncomfortable than other treatments, however the area can be numbed with topical local anaesthetic or ice packs.

Sydney cosmetic surgeon **Dr Samuel Seit** explains lipodissolve, a nonsurgical method to remove small deposits of fat from the body. Sally Robertson reports.

## How much weight can I expect to lose?

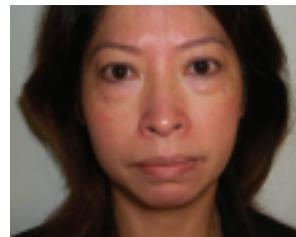
Dr Seit stresses lipodissolve is not a weight-loss program. 'Although some patients experience a dramatic reduction in circumferential body measurement, the actual weight loss may be insignificant. This is common even with liposuction surgery.'

## Will the fat return after treatment?

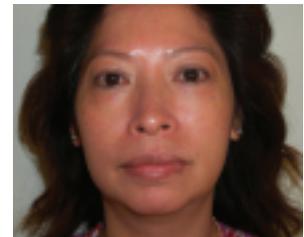
In theory fat will only return to the treated area if substantial weight is gained, and it will go to other places first.

## Conclusion

Lipodissolve is a popular procedure overseas and has become more so in Australia over the past year. According to Dr Seit, lipodissolve is achieving similar results to liposculpture. He has personally experienced the treatment with good results, but he stresses, 'Doctors should be properly trained and the procedure should take place in a clinical setting.' **acsm**



BEFORE lower eyelid treatment



six weeks AFTER second treatment by Dr Seit



BEFORE lipodissolve



five weeks AFTER one treatment by Dr Seit



BEFORE lipodissolve



five weeks AFTER one treatment by Dr Seit