

Non-Invasive SculpSure Contours the Abdomen and Flanks



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With its unique 1060 nm diode laser configured to selectively damage fat cells, SculpSure delivers results to patients across Europe in sessions of less than 30 minutes. This new offering from Cynosure (Westford, Massachusetts, U.S.) uses heat, rather than cold, for a therapeutic effect that works with the body instead of against it.

"This is unlike cryolipolysis, which uses cold to selectively damage fat cells," said dermatologist Christine Dierickx, M.D., medical director of Skinperium (Boom, Belgium). "Heated fat cells succumb to apoptosis and are removed by the body's natural processes through lymphatic drainage. When you make a direct comparison, the histology is quite similar between apoptosis via Cryolipolysis and SculpSure. Furthermore, it is very selective. The underlying musculature is highly vascularized with more blood flow so its temperature is virtually unaffected." SculpSure users may place up to four treatment heads, or PACs, on the body using a plastic template which is strapped onto the patient at the desired location. With an additional device users may place up to eight PACs at one time.

To initiate the therapeutic effect, the laser energy penetrates to elevate and maintain the temperature of adipocytes to between 42° C and 47° C, depending on patient tolerance. Advantages include a short application time of 25 minutes and a natural-looking result. "The fat destruction zone is uniform and predictable," Dr. Dierickx explained. "The result is very natural because the diffusion of energy creates a feathering effect, so there is no visible transition

between the treated and nearby untreated areas." She described the sensation as a tingling at first, which becomes more noticeable as time passes, tissue temperature gradually increases and the device alternates between cooling and laser heating. Once the minimum setting has been reached the settings are increased to whatever the patient will tolerate within the pre-determined range, so treatment is fairly comfortable.

"Manual massage is recommended after the procedure to periodically stimulate lymphatic drainage, but it isn't completely necessary," Dr. Dierickx said. "With cryolipolysis the fat crystallizes so massage has more of an impact on the final result."

Maurice Adatto, M.D., medical director of Skinpulse Dermatology & Laser Center (Geneva, Switzerland) especially enjoys SculpSure for situations where cryolipolysis cannot be used. "There are body areas you can't easily treat with cryolipolysis, and situations where skin does not have enough elasticity or there isn't enough fat to draw into the applicator."

Adequate treatment maximizes patient satisfaction, Dr. Adatto added. "It is mandatory to use enough PACs to properly treat the area. Rarely do I use one or two PACs, maybe only in cases with a small area, but in most situations I am using many more. Typically, we will need two, sometimes three treatments at six week intervals. Before and after photography helps patients see the results; they are definite and visible, but sometimes people forget how they looked. A happy patient is the essential part of the final outcome."



Before treatment



After SculpSure treatment

Photos courtesy of Maurice Adatto, M.D.