

Cosmetic Treatment

Recommended by an Expert

BodyTite is a new aesthetic procedure that helps in tightening flabby skin after one loses weight. *Salon India* speaks with Dr Mohan Thomas, Senior Cosmetic Surgeon at Cosmetic Surgery Institute to understand the process and its benefits

About the treatment

Massive weight loss due to self control with dietary restriction and exercise or due to bariatric surgery can cause a significant loss of volume in the body envelope. Along with obvious areas like the abdomen, breasts and face, other areas like the arms, thighs and buttocks also undergo changes which are akin to deflation in a balloon. These have been broadly termed as Deflation Syndrome as the changes seen and the treatment needed by different body parts is very similar.

The principle behind the appearance of this significant skin looseness is the sudden loss of volume of fat. The skin shrinkage cannot catch up with the volume lost as a result the skin looks loose and hangs in many places. Some places having marginal looseness such as the face and arms, will benefit with non surgical

skin tightening called the 'BodyTite' while other areas will need a surgical procedure to address the loose skin envelope.

Process and technology

The basic technology used is Radiofrequency and Magnetic Pulse therapy which can be combined with surgery to achieve maximum benefit. The process depends on whether it is surgical or non-surgical. Surgical procedures depend on the extent of skin looseness and the area where it is loose. Areas like the abdomen, outer thighs and buttock laxity can be combined together and tightened as part of a single stage surgery called the Circumferential Body Lift. Breast reshaping is usually undertaken three months after this surgery and may involve augmenting the breast as well as a breast lift. Arms and thigh skin tightening can be undertaken later, if required. Non-surgical procedure includes regular toning exercises as the weight loss progresses combined with a high protein diet so that the muscle mass is not lost. This should be combined with skin tightening technology which is a combination of Radiofrequency and magnetic waves to help in skin tightening by 30%.

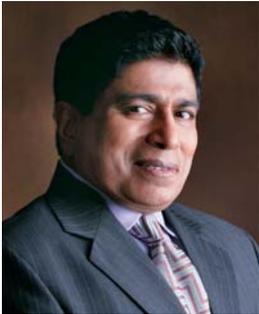
The USP

'BodyTite' is the only US FDA approved non-surgical technology to help in skin tightening as you lose weight. BodyTite is Radiofrequency assisted lipolysis (RFAL), a state-of-the-art technology that simultaneously liquefies and gently removes targeted fat, coagulates blood vessels, and tightens the skin. RFAL energy is applied under and above the skin to gently melt the fat, and heat the skin and supporting structures. The thermal energy safely molds, contours and tightens, in a minimally invasive manner, with consistent results.



‘BODYTITE’ IS THE ONLY US FDA APPROVED NON-SURGICAL TECHNOLOGY THAT HELPS TIGHTEN SKIN AS ONE PROGRESSIVELY LOSES WEIGHT.

– DR MOHAN THOMAS



Teamed with other surgeries

BodyTite can be undertaken as two modalities – one as a superficial technique where repeated sessions help in skin tightening without reduction of fat and a deeper technique when it is combined and is a part of liposuction called as RFAL. This combined technique helps in significant skin tightening and at the same time removal of fat in the tissues.

Number of sessions required

Usually six to eight sessions at intervals of a week are required for non-surgical skin tightening. Maintenance sessions are suggested once a month for six months. When associated with surgery it is a single session and the non-surgical technique can then be continued for maintenance.

Time taken

Each non-surgical session takes about 45 minutes per region.

Side effects

There are no major risks or complications associated with this technology. Since it is based on heating of the skin to stimulate collagen remodeling, people having sensitive skin should be closely monitored. Significant unmonitored increase in temperature can cause pain and redness. Induration in the area and edema of the skin can be expected.

Pre-treatment measures

When carried out as a non-surgical procedure, the only requirement is that the patient should not be on blood thinners and should have a liver and kidney function test done. Also the area of treatment should not be insensate, or else it may cause redness.

Post-treatment measures

Exercise is not allowed for a week and light massage of the area should be done, the very next day.

Educating the client

People are educated through brochures, write-ups and newsletters. It is primarily to help them understand that weight loss must be gradual and not dramatic and that there are options to improve and tighten the skin.

Future of this treatment in India

The future is good because people are have a lot of information about the risks of obesity. Also, they are looking forward and even working hard to lose weight. 📌