



body

# CURVES AND CONTOURS

QUEENSLAND COSMETIC DOCTOR **DR JOHN FLYNN** SAYS WINTER CAN BE AN IDEAL TIME TO UNDERGO COSMETIC PROCEDURES. JESSICA RULE REPORTS.

Queensland cosmetic doctor Dr John Flynn says winter can be a good time to undergo a body contouring procedure. 'The cool weather means we tend to hibernate and wear heavier clothes, which can disguise the fact that we have had a cosmetic procedure,' he says. 'By the time summer comes around most patients will have fully recovered from surgery and can shed the heavier clothes and emerge feeling and looking great.'

One of the most popular cosmetic procedures is liposuction. 'Body contouring solutions have become a lot more popular these days because of increased awareness and social acceptance,' says Dr Flynn. 'Baby boomers are not slowing down – they still have a zest for life and have a desire to look their best and maintain their active lifestyles. Those in a younger age bracket are more interested in trimming and refining their shape, and results tend to be superior in this age group as their skin has a better ability to contract and tighten.'

It is not just females who are presenting for liposuction, says Dr Flynn. 'More and more males

are seeking help to achieve a trimmer physique. A six-pack is possible with liposuction with a special technique called "etching" and is becoming popular with men,' he says.

Dr Flynn says liposuction does not replace the need for a healthy lifestyle but it does offer suitable candidates an effective solution for removing excess pockets of fat and resculpting the body.

'We all know that diet and exercise are good for us but we also know that this alone may not remove all of those unsightly bulges,' he says. 'The vast majority of liposuction patients have worked hard on their figures and are sensible with their diet but still have stubborn fat that won't shift. This is where liposuction can work well.'

Dr Flynn says liposuction is a procedure based around balance and harmony. 'Too often people view liposuction as purely an avenue to remove bulky fat deposits. While liposuction can indeed achieve this, the more important application is to create a pleasing body shape by removing particularly stubborn or noticeable fat deposits,' he says.

The procedure generally involves a process where fat is suctioned out with a fine instrument. It can be performed almost anywhere on the body where there are small pockets of fat, including the neck, arms, stomach, back, chest, buttocks, thighs and ankles. The focus is on creating a streamlined and svelte silhouette to help balance the body's proportions.

## BodyTite

One potential problem with liposuction is that when the skin does not shrink sufficiently and drape smoothly over the new contours it can leave behind loose and sagging skin.

'Liposuction alone does not produce stimulus to skin tightening,' Dr Flynn explains. 'Of course, the removal of fatty tissue helps to contour the body, but there is a limit to how well the skin firms post-liposuction. As a result there have been a number of treatments developed to try to improve skin tone and texture.'

One such treatment is BodyTite by medical device company Invasix. It uses radiofrequency (RF) energy which acts directly on the skin collagen to heat and cause tightening.

The key to the BodyTite system is its ability to perform liposuction and simultaneously supply RF energy to the skin to induce tightening.

'BodyTite simultaneously tightens skin as it melts the fat,' explains Dr Flynn. 'It can achieve dramatic skin tightening results. In addition, the device's special bio-feedback sensors further adds to its safety features.'

The science behind the BodyTite includes an internal generating electrode with a liposuction wand and an external receiving electrode. There are safety features such as protective feedback sensors to control temperature and therefore reduce the likelihood of a burn.

The system involves direct heating of the target fatty tissue, which acts to seal off a number of the smaller blood vessels in the area. The resultant bruising is typically less than traditional liposuction and can expedite healing.

'Both males and females are presenting for body contouring, particularly in preparation for summer,' says Dr Flynn. 'While liposuction does not replace the need for healthy living, it can be increasingly difficult to keep unwanted fatty deposits at bay – despite a balanced diet and regular exercise. For suitable cases, this type of surgery can create a more svelte and proportionate shape.' **acsm**



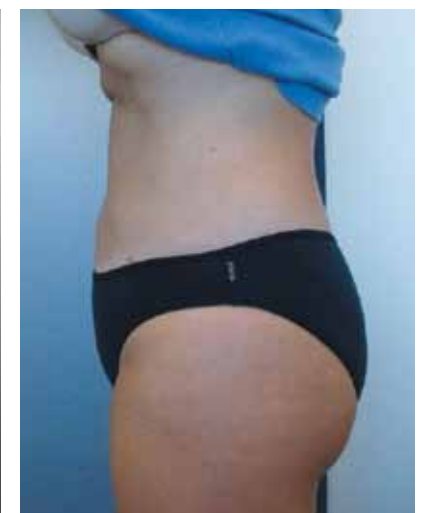
BEFORE



AFTER liposuction by Dr Flynn



BEFORE



AFTER liposuction by Dr Flynn