



Melt away stubborn areas gently

ERINA STARKEY

KEEN to ditch the love handles, bat wings and saddle bags? There's a new laser treatment in town - one that literally melts the fat away from your most stubborn problem areas.

Known as laser lipo or "lunchtime lipo", this minimally invasive form of liposuction allows patients to walk out of their noon appointments with a slimmer, more sculpted silhouette.

"Laser lipo is a relatively new cosmetic treatment. It's been around for about five years but it's only recently that they've really perfected the laser technology," says Dr Buddy Beaini, director of MD Cosmedical Solutions.

Traditional lipo vs laser lipo

Laser lipo offers numerous advantages over the traditional method of liposuction, which has been around since the '70s, Dr Buddy says.

"Traditional liposuction is a major procedure which involves a stay in hospital and the use of a general anaesthetic, which comes with its own attendant risks," he says.

"By contrast, laser lipo is performed in-clinic and under a local anaesthetic. Overall, it's a much safer, quicker and gentler procedure."

How does the treatment work?

Traditional lipo involves the suctioning of small pieces of fat from the body via a hollow metal rod, known as a cannula.

With laser lipo, a laser is used to melt the body fat prior to its extraction.

In its liquid state, the fat is then able to be sucked out of the body freely and easily.

This ensures patients experience less pain and bruising post-treatment while aesthetically, the skin reveals a smoother and tighter contour.

"Whilst melting the fat, the laser concomitantly remodels the skin collagen left behind, resulting in a tightening and toning of the skin tissue and a much-improved appearance," says Dr Buddy.

"There's less of the laxity (looseness) you can sometimes

see after a traditional liposuction procedure."

What is the recovery time?

Compared to traditional lipo, laser lipo requires minimal downtime for rest and recovery, as well as little post-operative discomfort. Most patients return to work one to three days post treatment.

Who does the treatment suit?

Not designed for the severely overweight, laser lipo offers a practical solution for those seeking to shift stubborn deposits of fat from problem areas of the body.

"It can help you take a few centimetres from those areas that aren't responding to diet and exercise," Dr Buddy says.

The technique can be used on virtually any area of the body where unwanted fat collects.

"The most common areas include the tummy, back, love handles, hips, waist, thighs, and 'man boobs'," he says.

Laser lipo can also be used to successfully remodel and define areas of the body such as the jowls, neck and chin.



FAST FACTS

Who: MD Cosmedical Solutions by Dr Buddy Paul Beaini MB, BS (NSW Uni), DCH, FACAM

What: Non-surgical aesthetic treatments and plastic surgery treatments in cosmedical medicine

Where: Clinics in Sydney CBD (Sheraton on the Park Hotel), Wahroonga, Canberra and Perth

More: mdcosmedicalsolutions.com.au or 1300 885 808

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