

Elemé Medical Develops Advanced Body Shaping Protocols for Enhanced Results

By Bob Kronemyer, Associate Editor



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According to Miles Graivier, M.D., F.A.C.S., a plastic surgeon in Atlanta, Ga., a new treatment protocol combining Elemé Medical, Inc.'s (Merrimack, N.H.) two devices: SmoothShapes® and SmoothLipo™, with tumescent liposuction, improves contouring results and dramatically decreases post-operative pain, bruising and swelling. Dr. Graivier utilizes this combination treatment for patients who have both cellulite and skin laxity.

greater body contouring uniformity and a gentler effect on surrounding skin tissue. "SmoothLipo is advantageous in patients, especially those with smaller areas that can be treated under local anesthesia," Dr. Graivier said. "It is also for areas with more skin laxity."



Before Tx

"SmoothShapes allows us to treat cellulite, mainly in women, often in the outer thighs, buttocks, the front of the thighs and sometimes even down to the knee," Dr. Graivier noted. Conversely, with the SmoothLipo, "we're trying to achieve improvement in skin laxity, often in the areas under the chin, around the knees and sometimes the inner thighs. We're also using SmoothLipo for the abdomen. There are many women with some skin laxity who may not wish to have a mini or full abdominoplasty. We're able to achieve improved skin retraction with SmoothLipo."

This new protocol begins with one session of SmoothShapes and is followed by a SmoothLipo treatment one week later. SmoothShapes is also scheduled the same day as surgery and again at one and two weeks post treatment. "What we found is that there is a dramatic decrease in pain and discomfort during the post-operative course. We can now improve our overall body shaping results while decreasing the patient's post treatment bruising, swelling and pain management." Dr. Graivier conveyed. "Liposuction becomes easier because you are first deflating the fat cells. The two SmoothShapes wavelengths work synergistically to increase the permeability of the fat cell and then actually help liquefy the fat, which makes it easier to remove during liposuction."



After SmoothShapes Tx

Photos courtesy of Robert Weiss, M.D.

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SmoothShapes is an external, non-invasive cellulite device that uses Photomology®, a proprietary technology whose mechanism of action features two wavelengths (650 nm and 915 nm) within one hand-piece, light energy, mechanical massage and vacuum. SmoothLipo, on the other hand, is a laser device for minimally invasive, laser-assisted lipolysis that uses a unique, continuous 980 nm wavelength for

"With body contouring becoming such an important part of today's cosmetic options, it is exciting to be working on new protocols that can consistently offer both volume reduction and skin smoothing simultaneously. We believe the combined therapies of SmoothShapes and SmoothLipo are allowing us to deliver a new level of body shaping results to our patients," stated Dr. Graivier.

One female patient, around the age of 55, loved the results of her combined protocol. Afterwards, "there was a dramatic improvement in skin laxity, as well as cellulite and contours," Dr. Graivier reported. "These results could not have been accomplished with any other method of body shaping alone."



Jean Luc Cohen, M.D.
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Even without combined therapy, results are impressive for SmoothLipo alone. Jean Luc Cohen, M.D., general secretary of the *French Society of Lipoplasty*, has performed over 300 SmoothLipo procedures since 2007. The 980 nm wavelength “offers the best depth of penetration and water absorption,” he said. “This wavelength also provides optimal thermolysis of adipocytes and stimulation of collagen with skin tightening.” Major indications are the face, high skin laxity zones and correction of damage caused by standard liposuction.

All of Dr. Cohen’s SmoothLipo cases are performed under local anesthesia in a medical office setting. “No hospitalization is required. SmoothLipo provides good results with high security for patients,” said Dr. Cohen, who practices aesthetic medicine in Marseille, France and Geneva, Switzerland. “Although there is a reduction of local volumes, this is not a technique for treating obesity. We also find the best skin retraction can be observed after neck and face lipolysis.”

According to Dr. Cohen, overall, SmoothLipo offers consistently smooth results and the procedure time is fast. “All zones can be treated, including chin, arms, knees, abdomen, thighs and hips. There is also only minor bruising and no collateral damage.” Additionally, operating the 980 nm wavelength in the continuous mode poses “little risk to healthy and surrounding tissue, very little risk to the optical fibers and you can use high-power parameters to reduce treatment time.”

Using SmoothShapes without SmoothLipo has also proven beneficial. In a ten patient study of women between the ages of 25 and 49, patients had one leg treated twice a week for four weeks with SmoothShapes while the other leg was left untreated to act as the control. “Most patients saw a circumferential reduction of about 3 cm on the treated side, compared to no change on the untreated side,” said principal investigator Robert Weiss, M.D. “We also saw a lot of smoothing of the cellulite on the treated side, which did not occur on the untreated side. Patients were pleased with the

treatment and they all chose to have their other leg treated with SmoothShapes.”

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“Results were better than we anticipated,” said Dr. Weiss, an associate professor of dermatology at Johns Hopkins University School of Medicine (Baltimore, Md.). “We have used other non-invasive devices for cellulite. So far, SmoothShapes has offered the only effective treatment.” Furthermore, Dr. Weiss has scheduled SmoothShapes as follow-up therapy for patients who have undergone standard liposuction, but have been left with an irregular surface or contour in the treated areas. “In these patients, SmoothShapes has improved the post-liposuction results tremendously.”

Two to three months after traditional tumescent liposuction, patients typically undergo approximately four sessions of SmoothShapes, spaced about one week apart. Following the series, “patient satisfaction is greatly improved and there is a smoother appearance in the treated areas,” Dr. Weiss reported. “It has become evident that combining SmoothShapes with tumescent liposuction can enhance our results.”



Before Tx



After SmoothLipo Tx

Photos courtesy of Jean Luc Cohen, M.D.



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