



Efficacy Of Non-Surgical Fat Reduction Procedure With Coolsculpting And SculpSure In The Fat Contouring: A Comparative Trial

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ABSTRACT

Background: Non-surgical fat reduction is a technique which use heat or cooling to reduce fat cells. Non surgical fat reduction options include variety of modalities,includes ultrasound,Infrared light ,radio frequency,Cryolipolysis,Injection lipolysis, Radio frequency lipolysis and Laser lipolysis

Aim: The study aim to evaluate the efficacy of non-surgical fat reduction procedure with coolsculpting and SculpSure in the fat contouring.

Methodology: This is a randomized clinical trial study conducted on 38 patients who are all referred to Dermatology Clinics.

Result: Efficacy of SculpSure is better then a cool sculpting and showdesirable results which a patient need.

Conclusion: Appropriate outcomes are achieved with a non surgical procedures SculpSure in contouring fat.

Keywords: Non-Invasive , Fat Tissue, Contouring , Laser diode , BMI, Liposuction, Lymphatic system , Triglycerides, Adipose Tissue, Coolingpad

INTRODUCTION

Fat is a condition of symmetric accumulation of fat cell in our body and commonly acquired. It usually occurs on the abdomen,flanks,buttocks,thighs, under arms, chin area and has higher prevalence in those peoples who take non healthy diet with high amounts of fat and an inactive life style [1] .Fat is one of the most occurrence condition of our body. It downturn the patient and patient get frustratation which had worse effect on their psycho-social quality of life [2] . Cool sculpting and sculpsure are a two non-invasive techniques to eliminates out extra fat cells from our body to provide a better shape to a body [3].Cool sculpting and

Sculpsure are two new method which prove safer and both techniques are FDA Approved and effective for contouring extra fat cells from our body [4] .Both non-invasive procedures and alternative to liposuction . [4] Sculpsure was approved in 2006,while cool sculpting was approved in 2010 from FDA. Liposuction is a surgical treatment for fat reduction , and a procedure for body fat contouring , weight loss, and skin rejuvenation, but Sculpsure and coolsculpting are alternatives of liposuction which are highly emerging techniques in non invasive cosmetology procedures [5] .Cool sculpting is performed to a

targeted area set at a specific cooling temperature for a period of time. While on the other hand SculpSure use heat energy to breakout fat tissues because fat cells are more sensitive to heat and easily breaks up.[6] .Cool sculpting and SculpSure are have same non invasive techniques but have a different method to contouring fat tissue from our body and rejuvenate it [7] .Cool sculpting and SculpSure improve physical body appearance by contouring extra fat tissue from body.[8] . We know that both

MATERIAL AND METHOD

This study is conducted in 38 patients who are referred to Dermatology clinic and it is a randomized clinical study. In order to determine fat in a patients by knowing their BMI and physical assessment . After this, patients undergo non invasive fat contouring with cool sculpting technique by use cooled

procedures are a non invasive so they have no downtime so you get on with your day after performing these non-invasive procedures [9] .Bruising may appear in area where these procedures are performed [10] . Other minor side effects include inflammation or swelling and feel slightly uncomfortable because these procedures are performed in an intense workout [11] . But these effects disappear rapidly and results of these procedures appeared within a four to six weeks [12] .

temperature to eliminate fat cells by freezing them to death in half of the patients and SculpSure is applied on the other half of the patient. SculpSure use pulses of laser heat energy to sub epidermal layer which eliminate fat cells from our body. Cool sculpting treatment lasts between 1hour. While on the other hand

Sculpsure takes 25 minutes to complete the procedure and 4 areas covered at a time. Patients'

RESULTS

After performing cool sculpting and Sculpsure it is clear to say that both procedures are good for non surgical fat contouring but Sculpsure more effective than cool sculpting because cool sculpting target only one area at

one time that's why it consumes 1

DISCUSSION

Presently, we have to many procedures to eliminate out fat tissue from our body but now here we discussed two non invasive body contouring procedures their efficacy. These non surgical procedures are cool sculpting and Sculpsure which both are FDA Approved procedures for contouring extra fat cell from our body, A study has shown that fat contouring is up to 20-24 percent after a completion Sculpsure and cool sculpting. While in a cool

looks slimmer, smoother and much more after these non invasive procedures .

hour, on the other hand Sculpsure take 25 minutes and cover multiple areas at one time. The heat based procedures in Sculpsure adds a benefit of stimulating elastin and collagen production in our body[13] .

sculpting patients typically need 2-6 treatments depending on the fat and area .On the other side Sculpsure need only 1-2 treatments to reach the desired level.[14] First of all it is important to understand that fat is actually adipose tissue which are stored in our body. It's happened by eating too much and move too little to burn out the energy which comes through the form of sugar and fat. A large amount of surplus energy is stored by our body as a

fat or adipose tissue. Both SculpSure and cool sculpting are not a treatment for weight loss. Body doesn't excrete out fat after these procedures. Both devices contouring fat non invasively from just localized area not the full body fat. Adipose tissue stored triglycerides which are not excreted out from the body like cholesterol. Cool sculpting is applied only on one area at a time. Its a cooled process in this procedure the cold temperature is set to target the fat cell. This cold therapy frozen the target fat tissues and crusting them after this the dead fat cells are flushed out from the body through lymphatic system. There have some negative facts of a cool sculpting, the skin where that procedure are applied skin becomes damaged ,numbness ,veins are affecting with this extreme cold process ,irritation and pain is lasts

for a few time mostly 24 hours but numbness is lasts for 4-6 weeks.[15] SculpSure safely reduced the stubborn fat from the body. SculpSure use laser heat energy to destroy fat cells.SculpSure is a diode laser that generated optical energy to the layer of tissues under the skin. A specific wavelength laser light is delivered through the skin to part of area which is treated that specific laser wavelength heating fatty tissues to the point where desired able results are to beachieved.These fat cells are heat 42 degree celsius to 47 degree Celsius that temperature is little heated water then a hot shower which didn't harsh the skin and applied to the all types of skin, two cooling pads are also attached with SculpSure which provides constant cooling to ensure that skin becomes not damaged during this this whole heating process. SculpSure take just 25 minutes to

complete this whole procedure and cover upto 4 parts at a time which is most beneficial thing and time saving procedure. SculpSure is very efficient procedure from start to finish its take 25 minutes.95 % percent of patient are fully satisfied from SculpSure which are referred to a dermatology clinic. And studies has also show 90% patients satisfaction rate. At present writing this article RealSelf.com

CONCLUSION

Fat contouring is challenging because fat tissues are stubborn pockets which are stored in our skin. In a non-invasive procedure cool sculpting and SculpSure are choosed for fat contouring. But SculpSure give better results because use its cover more then 4 parts in a single process which takes just 25 minutes to complete whole procedure. SculpSure have no serious side effects . Their have some redness which is non

shows 90% patients satisfaction rate.[16].The fat tissues are reduced upto 20%. By SculpSure procedures .Within a period of three months body eliminate out disrupted fat cells naturally and not regenerate. After care is necessary to get a desirable results. Massage the treated area for a week. Patients get slimmer smoother skin after SculpSure without any problem and all patients become satisfied [17].

serious and usually show after every non surgical procedures. SculpSure provide slimmer and smother skin and remove fat naturally through lymphatic system. By the help of non surgical far reduction patients are able to lose their stubborn fat without worrying about recovery time surgical complications.

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