

# LipoLite® Program Combines the VelaSmooth™ Contour Applicator With Injections to Optimize Fat Reduction

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The future of fat-reduction and cellulite-reduction technology is to combine applications to maximize results. Patients are looking for quick, substantial results with minimal time investment. To assist patients in achieving their goals, the author has created LipoLite®, a combined treatment of the VelaSmooth™ Contour Applicator and an injection of deoxycholate that reduces body circumference in treated areas.

When VelaSmooth™ was launched, the protocol consisted of an 8-week program involving 16 treatments. The fat-reduction and cellulite-reduction program enjoyed great success but was time intensive for patients and the physician.<sup>1</sup> In order to reduce the number of treatments and to optimize the success rate of those who experience fat reduction, deoxycholate (DC) injections were combined with VelaSmooth in a program called LipoLite®.

On average, 80% of the author's patients are women aged 25 to 50 years who have concerns of multifocal lipodystrophy or cellulitic skin.

## METHODS

With the introduction of the VelaSmooth Contour Applicator, and because of the increased radio frequency (RF) and heat in the new applicator, the author was able to reduce the number of treatments to once a week for 8 weeks in a VelaSmooth-only program for those patients who did not want the DC injections.

The VelaSmooth Contour Applicator achieves superior results in the thigh, buttocks, and abdomen regions. It may also be used in combination by targeting the chin, knees,

and love handles, as well as hard-to-treat areas such as the arms, neck, bra line, and backs of the calves.<sup>1</sup>

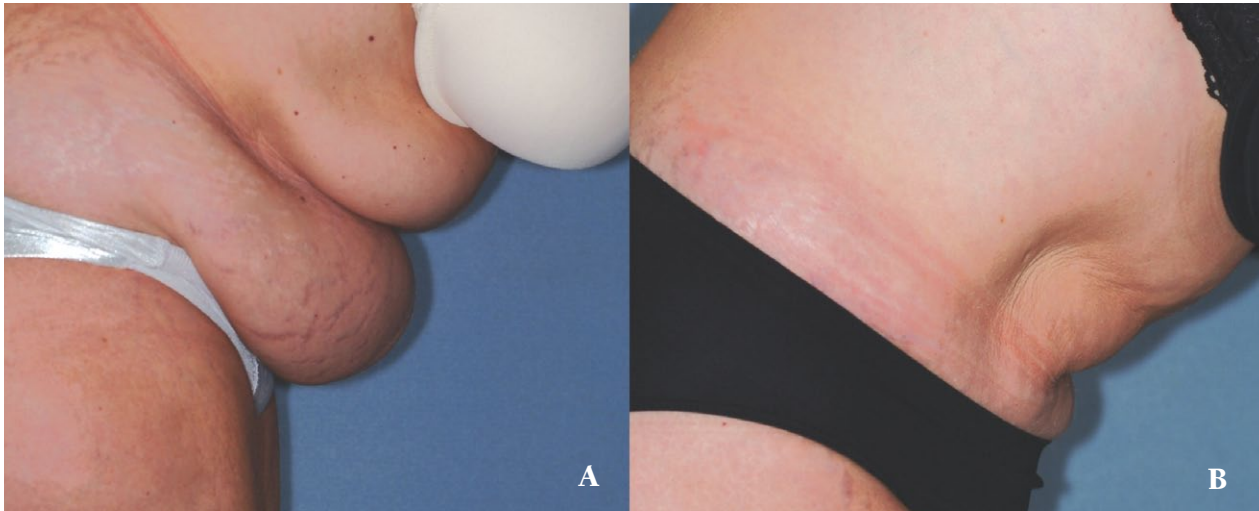
Treatment with the new applicator is consistent, with more than 90% of patients experiencing circumference reduction. The average reduction is 3 cm on the thighs and 5 cm on the abdomen and hips. To measure this reduction, we use a standard bony landmark and measure the thighs and arms. The same technician measures patients each time on 3 separate dates; the average measurement is taken to find the results of the treatments.

The VelaSmooth Contour Applicator provides a deep vacuum action specifically designed to draw the fat and cellulitic skin up between the bipolar RF electrodes. The RF electrodes deliver deep energy into the fat and cellulite. Synchronous with the RF energy is deep infrared heating of the fat and cellulite. The synergistic effects of the RF and infrared energy increase the metabolic rate of the fat (lipolysis), causing localized weight loss as well as breakdown (lipoclysis) of the fat when injections are introduced, leading to a gradual, safe reduction of localized fat collections and improved contour.

The same deep RF and infrared energy improves the metabolism of the cellulitic skin and, over the 8 weeks of treatment, helps to break down cellulitic skin retractions and improve the drainage of swollen fatty tissue, improving the appearance of the cellulite. The bumpy, cellulitic skin is smoothed during the 8 weeks.

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Patient before (A) and 6 months after (B) undergoing 4 sessions of treatment with the VelaSmooth™ Contour Applicator combined with deoxycholate injection to the abdomen.

LipoLite, the combination treatment developed by the author, calls for treatments once every 6 weeks. It combines the VelaSmooth Contour Applicator and deep fat injection at the same time. Patients wear a support garment between visits. Treatment takes less than 1 hour for up to 3 zones.

DC, the substance that is injected into the fat, is a naturally occurring bile salt that is well tolerated by the human body and is excreted by the kidneys.<sup>2,3</sup> Lipostabil®, the Brazilian drug that launched the injectable lipochalasis movement, contains both phosphatidylcholine (PC) and DC.<sup>4-6</sup> Peer-reviewed studies from the department of dermatology of the David Geffen School of Medicine at the University of California, Los Angeles, have shown that the active ingredient behind fat breakdown is DC, not PC. DC also has a recognized indication from the US Food and Drug Administration, whereas PC does not.<sup>2,3</sup>

DC is injected in small amounts directly into the area of unwanted fat immediately after VelaSmooth Contour application to complete each LipoLite treatment. The injection uses a 30-gauge, 0.5-in needle with 4.5 cc of 1% DC and 0.05% lidocaine. Injections of 0.4 mL are administered directly into the fat with 1.5 cm between injection sites. Whereas the heat from the VelaSmooth Contour Applicator shrinks the fat in the adipocyte through lipolysis, the DC actually ruptures fat cells, a process called lipochalasis; hence, the 2 LipoLite treatments are synergistic in the body-contouring process. The combination of these 2 treatments, chemically mediated lipochalasis via the DC and heat-mediated, VelaSmooth Contour Applicator-induced lipolysis, provides a powerful, nonsurgical body-contouring tool.

After each LipoLite treatment, patients experience moderate swelling and discomfort and are advised to wear a support garment for 1 week.

Patients may choose to receive the VelaSmooth Contour Applicator treatment only or LipoLite, the combined treatment. The combined treatment is performed once every 6 weeks; patients will usually need 4 treatments to achieve desired results. For patients who do not want injection-based treatment, the author offers a once-weekly, VelaSmooth-only body-contouring program. This protocol takes, on average, 8 treatments to achieve desired results.

The author offers the VelaSmooth-only program as two 4-week programs, in which patients may purchase the first 4 treatments, or as a 1-month program; if patients have not seen any desired results, they may decide to discontinue (<10% of patients see no measure of improvement). The author has treated approximately 200 patients, and most start to see results by the fourth visit and purchase an additional 4-week program. The 1-month program benefits the small percentage of patients who do not respond to treatment, because they do not need to purchase an 8-week treatment program.

## RESULTS

To ensure patient satisfaction, the most important component of the consultation is to establish realistic expectations. LipoLite is not liposuction but provides the best results for a noninvasive solution. The results of this treatment appear to exceed those of other products on the market, and LipoLite may be the best option for those who do not want surgery.<sup>4</sup> LipoLite will not make saddlebags or a pot belly disappear completely, but it will reduce these aesthetically displeasing convexities (Figure). It is important to note that LipoLite is designed for reducing fat, not cellulite. Cellulite reduction is still best served with traditional VelaSmooth treatments.

With traditional VelaSmooth treatments, the cellulite responder rate is approximately 75%; of those patients, an average of 68% continue to see improvement. Traditional VelaSmooth cellulite treatments must be given twice weekly for 8 weeks.

With LipoLite, the author's patients have reported a response rate of 96%. The circumference decrease is 2 to 3 cm on the thighs and 4 to 5 cm on the hips and abdomen. Mild, medium, and severe degrees of cellulite occur, with medium and severe cases showing the best results. Circumferential fat reduction of 2 to 6 cm may be achieved around the thighs, abdomen, arms, hips, and truncal regions.

LipoLite provides successful results by combining heat-mediated, VelaSmooth Contour Applicator-induced lipolysis and DC lipochalasis to shape the fat. Few risks are associated with the treatments. In rare cases, the applicator may cause reddened skin (which usually dissipates in <1 hour) or bruising. At the injection site, some swelling or bruising may occur, as well as some nodules or lumps in the fat as it settles. Patients may also experience some hypersensitivity or increased or decreased sensation at the injection site as the area becomes inflamed around the sensory nerves. These changes last approximately 6 weeks.

The cost of LipoLite ranges from \$250 to \$750 for each zone at each treatment. Most patients pay per treatment, and the author advises patients that they may be nonresponsive if they do not see any results after 2 sessions. More than 90% percent of patients respond to LipoLite. Satisfaction in well-selected patients is greater than 80%.

LipoLite, the combination of the VelaSmooth Contour Applicator with a DC injection, has a high response rate and is a great addition to the author's practice.

## REFERENCES

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