

BODY SCULPTING | WHICH FAT REDUCTION TREATMENT IS RIGHT FOR YOU

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By Dr. Glen S. Brooks Posted August 20, 2020 In CoolSculpting



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Body Sculpting refers to cosmetic treatments that eliminate fat cells and achieve a slim, more sculpted body. There are different types of fat reduction treatments available to choose from. Learning about each treatment can help you understand the differences and decide which treatment would help you achieve the best results.

Surgical and Non-Surgical Body Sculpting

The two most popular body sculpting treatments are surgical and non-surgical. Despite the differences, all fat reduction treatments help slim down and contour the body by eliminating stubborn fat cells. The treatments are perfect for men and women who follow a healthy diet and exercise routine but still struggle with fat bulges that are diet and exercise-resistant. Popular body sculpting treatment areas include:

- The abdomen
- The flanks
- The thighs
- The submental regions
- The upper arms
- The back and armpits

Surgical and non-surgical body sculpting treatments provide lasting results. Once fat cells are eliminated, they will never grow back or be replaced. This fact leads to permanent fat reduction in the target treatment area. There are, however, results that may be obscured if the patient gains weight. Regardless of which treatment you choose to undergo, you must follow a healthy diet and exercise routine to maintain the fat reduction results and a stable weight successfully.

When considering the different body contouring treatments, the surgical option will usually produce more effective results than the non-invasive options. However, the surgical option comes with several significant disadvantages, such as a high medical bill, stitches, scars, painful recovery, and lengthy downtime.

Non-invasive fat reduction options are the best choice for isolated deposits of fat. They yield natural, long-lasting results that require no surgery and minimal to no downtime.

Liposuction

The most sought-after surgical body sculpting treatment is liposuction. You go under general anesthesia during the cosmetic surgery, and a surgeon makes an incision using a scalpel. The surgeon inserts a sharp, hollow tube, known as a cannula, into the incision. The cannula is used to stab the fatty deposit to break up the fat cells. Then the cells are manually removed from the body through the cannula using a suction mechanism.

Non-Surgical Body Sculpting

Non-surgical body sculpting treatments remove fat cells from the body using a more natural, non-invasive approach. The treatments use specific energy to eliminate the fat cells below the skin. The process is known as lipolysis, and it disabled the fat cells from storing fat. Once they can no longer do their job, the immune system gathers the damaged fat cells and eliminates the cells from the body as waste product.

The treatments require no downtime, have a low risk of side effects, and tend to take 6 to 12 weeks for results to appear.

Different Types of Non-Surgical Body Sculpting

There are a variety of non-surgical fat reduction treatments that use different technologies to destroy fat cells. The energies include cold energy, ultrasound, thermal energy, or radiofrequency. The different approaches induce lipolysis and help distinguish each treatment from the other, with various advantages and disadvantages.

To determine which body sculpting treatment would be perfect for you, schedule a free consultation with the fat reduction experts at The Medspa West Hartford. During your consultation, a technician will evaluate your situation and listen to your goals to recommend which treatment would give you the best results.

CoolSculpting

CoolSculpting is a cold-based treatment that freezes fat cells. The process used is known as Cryolipolysis or cold-induced fat cell death. This treatment is the #1 body sculpting treatment on the market and the most popular non-invasive way to reduce fat cells. It is also the only treatment cleared by the FDA to eliminate fat cells using cooling technology.

[See real CoolSculpting results >>](#)

SculpSure

SculpSure is a heat-based body sculpting treatment. It uses lasers to melt fat cells using thermal energy. The treatments are often also referred to as "laser lipo" or "fat removal lasers." SculpSure is like CoolSculpting in terms of treatment time, cost, downtime, and results. The most significant difference between the two treatments is the type of applicator used and clinical evaluations. CoolSculpting has been available longer and has more studies to support its safety and efficiency.

truSculpt and Vanquish

truSculpt and Vanquish are both fat reduction treatments that utilize radiofrequency (RF). The RF energy targets water within the fat cells and disrupts the cell with the thermal energy. RF energy lacks the same efficacy as body sculpting treatments that use cold or heat energies.

UltraShape

UltraShape is a body contouring treatment that uses ultrasound energy to reduce fat cells. The therapy will disrupt fat cells using mechanical vibrations. UltraShape treatments, and similar options, require the most extended treatment times when compared to other body sculpting treatments. They are considered the least effective of all the non-invasive options.

Body Sculpting Treatments Near Me

When selecting the right body sculpting treatment, it is easy to see that CoolSculpting is the best option for optimal fat reduction results with the least number of disadvantages. It leads the pack for a reason. You can [learn more about CoolSculpting](#) and determine if this fat reduction option is right for you by scheduling a free consultation with The Medspa West Hartford. We are a premier provider of the CoolSculpting body sculpting treatment. We will help you achieve the best fat reduction results. Contact us by calling 860-272-6245 to schedule your consultation now.

SCHEDULE A COMPLIMENTARY COOLSCULPTING CONSULTATION

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Body Sculpting



Dr. Glen S. Brooks

Medical Director at The Medspa | The most important component in attaining high-quality plastic surgery results for residents of Hartford and Springfield is the cosmetic plastic surgeon they choose. Dr. Glen Brooks has been practicing since 1992 and is board certified by the American Board of Plastic Surgery. He is Harvard trained and locally based. His Massachusetts practice was named "Best Place for Cosmetic Surgery" in the Valley Advocate Readers' Poll for 2009-2019. The ideal candidate for cosmetic surgery recognizes specific aspects of his or her appearance that can be improved. This may give added confidence in the workplace, help him or her look as youthful as they feel, or give a psychological boost.



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