

Cynosure Attacks Localized Fat Non-Invasively with SculpSure



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Before treatment



12 weeks after two SculpSure treatments
Photos courtesy of S. Doherty, M.D.

By Kevin A. Wilson, Contributing Editor

SculpSure from Cynosure, Inc. (Westford, Massachusetts, U.S.) is an exciting new player in the non-invasive fat reduction arena. This new modality achieves results equivalent to competing devices, providing rapid treatment times and minimal discomfort in a no-downtime procedure.

Employing a 1060 nm diode laser, the goal with SculpSure is to induce hyperthermic disruption of fat cells using heat, according to dermatologist Klaus Hoffmann, M.D., director and head of aesthetic surgical medicine at the Center for Laser Medicine at the University Dermatology Clinic of Bochum (Germany). “SculpSure works with the body rather than against it by raising the temperature of the fat to a therapeutically relevant range between 42° C and 47° C, at a level the patient will tolerate.”

After evaluation, the physician chooses one of several frame templates, which is strapped to the patient at the treatment site. Up to four laser emitter heads are then clipped into these specially designed templates. Continuous contact cooling keeps skin safe and comfortable during the 25 minute session. The patient feels warmth and tingling that is adjusted based on their feedback. While up to four treatment heads may be used at one time (depending on the treatment zone), Dr. Hoffman shared that he typically uses eight applicators in one session by treating two different anatomical areas back-to-back. “Since the procedure is so rapid I can safely treat twice in one visit as long as the treatment areas do not overlap, which takes about as much time as one Cryolipolysis application.” Patients can resume normal activities immediately. The identical anatomical area should not be treated again for approximately six weeks.

After therapy, the result manifests over time as the body’s natural waste removal processes dispose of cellular debris while the fat is metabolized normally. Studies have shown statistically significant reductions in the fatty layer equivalent to Cryolipolysis, and reductions of a few centimeters’ circumference are certainly possible. “You will see results after a single application, but we usually recommend two or three sessions,” said Dr. Hoffmann. “Patient satisfaction is very high, both with results and the treatment experience.”

“Another advantage with SculpSure is that you can safely treat patients who have undergone liposuction in the past,” Dr. Hoffmann added. “Whereas you would not treat this patient subset with Cryolipolysis.”

Patients tend to try to tolerate as much discomfort as they can when undergoing aesthetic procedures in hopes of maximizing the result, which is unnecessary for SculpSure treatments, Dr. Hoffman emphasized. “This is not a case where high energy equals a more profound result. More research is needed, but we understand that achieving and maintaining a therapeutic temperature range is more important than the amount of energy being delivered. In our experience patient feedback on sensation is enough to help us effectively treat.”

Dr. Hoffmann uses other non-invasive fat reduction devices in his practice and there is demand for them, but SculpSure provides excellent results and is by far the fastest, quickly making it very popular among his patients. “You cannot underestimate the power of a safe and efficacious lunchtime procedure in Europe. The ability to treat successfully in a short period of time without downtime makes any treatment appealing to patients.”