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CRYOLIPOLYSIS™

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2 Cryolipolysis™: “Cool” Way to your Dream Body

For years, Cryolipolysis™ has been employed to reduce fat deposits on localized areas. The procedure targets and freezes fat cells to temperatures that trigger natural fat cell death. The destroyed cells are then gradually eliminated without harming the surrounding tissue.

The targeted removal of energy by means of a cold treatment causes the apoptosis of the fat cells. This ultimately leads to their destruction. The body naturally processes and removes the dead cells through the lymphatic system. This process takes about 10–12 weeks. Since the surrounding tissue does not respond to the cold treatment in the same way as fatty tissue, the treatment is considered safe, gentle and non-invasive.

The highly innovative Z Lipo System (Zimmer MedizinSysteme GmbH, Neu-Ulm) allows a targeted, permanent and non-invasive reduction of fat deposits. This procedure cools fat deposits over a longer period of time to a controlled and safe temperature range. Z Lipo convinces with its simple, safe and user-friendly operation.

Body regions that are treated most commonly include abdomen, hips, waist, inner and outer thighs, upper arms, and buttocks. Studies have shown that a local fat reduction



Fig. 1: Z Lipo System.



Fig. 2a-b: Cryolipolysis™-treatment at belly resp. hip.

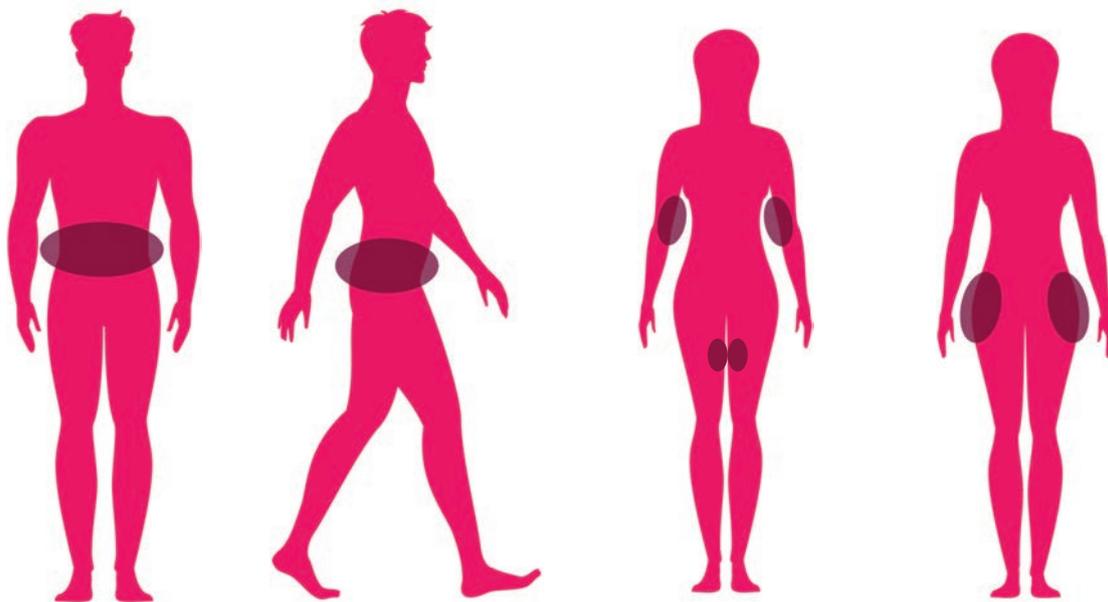


Fig. 3a-d: Possible treatment areas for Cryolipolysis™

of up to 30% can be achieved.

The system comprises applicators in three sizes to effectively treat specific areas of the body and fit different body shapes. Individual treatment protocols enable the practitioner to provide a solution tailored to each patient's requirements.

The use of a pulsed vacuum can have a positive impact on lymphatic drainage and metabolism already during the treatment. The intensity can be set to 10 different levels, even during treatment. The big 10.2" colour touch screen display allows the user to adjust application time, vacuum

intensity, and vacuum mode (continuous or pulsed) safely and intuitively.

The chosen parameters are clearly displayed on the screen. Medical screening and blood tests to assess the different stubborn fat deposits (subcutaneous fat/visceral fat) are recommended. You should not have cryolipolysis™ if you suffer from cold-induced diseases such as cryoglobulinemia, cold urticaria, peripheral vascular disorder, or Raynaud's phenomenon. Pregnancy or a bleeding anamnesis must also be excluded.

Cryolipolysis™ is an almost painless procedure. For the first



Fig. 4: Shockwave treatment following the Crylipolysis™



Abb. 5a-d: Appearance before (left) resp. after (right) completed cryolipolysis™ treatment

couple of minutes the patient may feel some mild discomfort caused by suction of the applicator. However, this is completely harmless and will subside after a few minutes. Mild side effects are rare. In some cases patients may experience redness or a slight tenderness of the treated area. Some patients report on a feeling similar to sore muscles.

The results can be improved further by combined treatments such as radiofrequency, lymphatic drainage, PowerPlate, pulsed ultrasound and particularly by implementing a diet-and-exercise program.

A significant enhancement of the results can be achieved by the combination of Z Lipo and Z WavePro (shockwaves). Studies and reviews show that the painless shockwave therapy after cryolipolysis™ treatment does not only improve fat reduction but also stimulates lymphatic drainage and enhances skin tightening. Unfocussed shockwaves

have a positive impact on the collagen structure, the skin and the connective tissue. They improve skin circulation and metabolism of fat cells. ■