

Tighten Up

You don't need surgery to firm your face and body. Dr. Julene Samuels shares the new, non-surgical procedures that are making taut skin a possibility without significant side effects or down time.

PHOTO COURTESY OF JULENE B. SAMUELS, MD, FACS

As a surgeon, I am a professed "anatomist." As a plastic surgeon, I appreciate form and function. I have dedicated my practice to the art of sculpting the human body in ways that help my patients achieve the best physical versions of themselves.

There is no question that when we feel good about how we look, we are happier as individuals, and this inner satisfaction spills over into many facets of our daily lives and relationships with others. This doesn't mean we have to seek perfection in our outward appearances, but rather, that it is okay to consider changing aspects of our outward appearance that create negative energy in our daily lives.

After appropriate efforts to manage our bodies by good diet, exercise and healthy habits, I tell patients everyday that they really should stop "beating themselves up" about aspects of their appearance that happen over the course of life and its rich experiences.

In the past decade, we have seen a real revolution in the introduction of new non-surgical technologies for face and body contouring; yet truly innovative surgical advances have been lacking. I am now happy to be able to introduce to Louisville the latest in surgical advances in body and face contouring...*BodyTite* and *FaceTite*.

BodyTite and *FaceTite* are radiofrequency devices that provide a new level of skin tightening to liposuction results of all areas of the body, face and neck, or they can be used as stand-alone skin-tightening, minimally-invasive techniques (when skin tightening without fat removal is desired). The radiofrequency used in these devices is more advanced due to its bipolar variety, as well as the addition of more real-time temperature and impedance control than what is currently available on other devices. This allows optimization of single session results while reducing the potential for discomfort or side effects. Procedures are performed in the office with local anesthesia and minimal oral or intravenous

Bottom, Pre *BodyTite* and, top, only three months post *BodyTite*. Most noticeable results occur after six months.



sedation (as desired by the patient). Even energy-assisted liposuction does not thoroughly tighten skin during its fat removal, so when combined with *BodyTite* or *FaceTite*, surgeons can now offer patients results that more closely approach the gold-standard results of surgery, but with much less effort. Recovery is one to two weeks, and when combined with ultrasound-assisted liposuction, bruising, swelling and discomfort are minimal. (The best long-lasting results are achieved when patients are near their "goal weight.")

Look for the 3-D video on awomanstouchmd.com.

So, go ahead and hit the gym...but, remember, there may be limitations to achievable results, and it isn't cheating to look further for ways to feel better about yourself. *FaceTite* and *BodyTite* are true advances to the list of surgical contouring options now available in Louisville.