

Cellulite Reduction Success

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In response to your query regarding cellulite treatments –

Cellulite is, in the simplest explanation, little “pockets” of fat in skin tissue. The dimpling effect comes when the surrounding tissue is less flexible than the fat pockets. The fat pockets bulge, and the tighter tissue constricts, giving rise to the common description of orange peel or cottage cheese thighs. Primarily distributed over the buttock and thigh area, its development can occur in women as young as their early teens. There is speculation that cellulite occurrence is in part diet-related, resulting from the impact of concentrated foods, high-fat foods, sugar and a lack of water intake. Other “causes” include hormonal fluctuations.

Since the American diet is not likely to change dramatically and there is no medical prevention known to exist, there is much pressure on the medical community to provide a solution. Treatments range from massage to compression shorts worn over a topical application of a product containing caffeine (some temporary visual improvement) to liposuction (often applauded but conventional liposuction is known to leave its own bumps and bulges) to injections of various medications through Mesotherapy and finally to the application of radio frequency and heat. Future use of ultrasonic liposuction may well be the best “fix” yet but as yet we have not brought this newer method to our patients.

To date, the most successful Cellulite Reduction measures we have implemented in our Total Dermatology office is a combination of VelasMOOTH (a triple function radio frequency, heat, and suction treatment) followed by Mesotherapy directly afterward.

VelasMOOTH “bothers” the fat cells, theoretically heating them to the point of breaking them apart. The suction will also bring increased circulation to the area, making the fat capsules more vulnerable to the effects of injected medications. Mesotherapy medications, primarily composed of Phosphatidylcholine (PTC), a natural soy-derived product tend to make the fat within the cells more “liquid”, allowing the body to flush it away through natural processes.

By priming the fat cells first, then immediately taking advantage of their more vulnerable condition, the process is quicker and more efficient in reducing the volume of the fat cell and carrying away the liquefied fat.

The VelasMOOTH/Mesotherapy treatment has an effect that is technically not the same as liposuction since there is no mechanical removal of the fat cells themselves. However, the appearance in improvement is often dramatic enough that patients are quite satisfied with the end results.

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