



Body-Jet Water-Assisted Liposuction

**GENTLE AND EFFECTIVE
BODY CONTOURING WITH
SUPERIOR RESULTS**

By Jeffrey C. Caruth, M.D.

Body contouring to eliminate love handles and other “problem” areas on the abdomen, thighs, under the bra line, and on the hips is one of the most popular cosmetic procedures in the U.S. today. As we all know, even with proper diet and exercise many men and women find it nearly impossible to get rid of bulges and unsightly pockets of fat to achieve the body image they desire.

Liposuction, the traditional method of fat removal, has been effective; but there are often unintended side-effects, including potential damage to connective tissues, the risk of fluid build-up, and a rippling or distortion of the tissues, leading to patient dissatisfaction and requests for a second “touch-up” corrective procedure.

More recent advances, such as the ultrasonic liposuction and laser assisted liposuction, represent an improvement in the technology; but these techniques also continue to have certain drawbacks and inherent risks, including damage to the skin from burns. Now an alternative body

contouring innovation has been introduced that takes patient safety, comfort, and satisfaction to the next level.

Cleared by the FDA in summer 2008, the Body-Jet Water-Assisted Liposuction (WAL) offers many advantages both for the physician and the patient. From my experience, the technique is not only an easy one to learn, but it achieves superior

“From my experience, the technique is not only an easy one to learn, but it achieves superior results with high patient satisfaction.” – Dr. Caruth

results with high patient satisfaction. There is a shorter operating time and a faster recovery period. Patients experience less bruising and reduced pain. Usually, only local anesthesia is needed so the patient is awake while the procedure is performed.

And very precise, smooth body contouring is achieved.

Manufactured by German-based Human Med and distributed by EclipseMed (Dallas, TX), Body-Jet WAL has been administered successfully in Europe and Asia since 2004. It was launched in late fall of 2008 for the U.S. market. I was one of the first physicians to begin using the device, and I now serve as a national training surgeon for professionals interested in learning the technique.

EASY ON TISSUE

One of the major advantages of Body-Jet WAL is that unlike traditional liposuction, which has some limitations and is a more aggressive procedure, this new method is gentle on the body.

With the Body-Jet about 70 percent of the integrity of the fat cell is retained. This allows physicians to offer patients the opportunity to harvest or transfer the patient's own fat for face and body enhancement.

The fat is effectively “washed away” using an irrigation technique that dramatically reduces the potential for damage to surrounding tissue, including the blood vessels, nerves, and the lymphatic system.

As we have often found with traditional liposuction, when the connective tissue is damaged, skin retraction may not be as successful; thus the outcomes are less desirable for some patients. The Body-Jet, on the other hand, delivers consistently excellent outcomes. The amount of skin retraction and how quickly it occurs has been unprecedented.

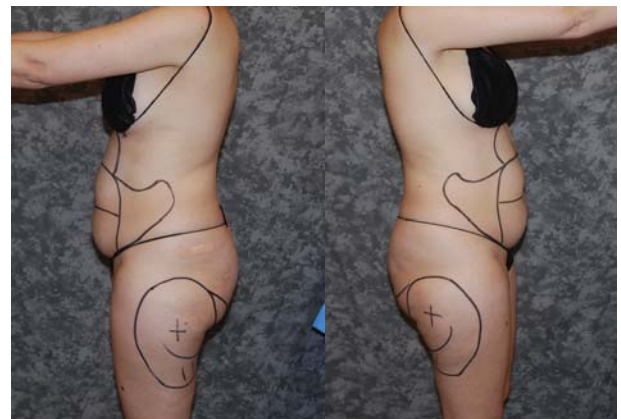
There is also an additional side-benefit to the technique's gentle approach to fat removal. With the Body-Jet about 70 percent of the integrity of the fat cell is retained. This allows physicians to offer patients the opportunity for lipografting, which is the ability to harvest or transfer the patient's own

fat and use it for face and body enhancement as an alternative to dermal fillers. During the aspiration process, the patient's fat can be collected in a sterile container and easily reinjected immediately as an excellent method for adding volume to the face and hands, and for buttocks augmentation.

THE BODY-JET TECHNIQUE

During the Body-Jet procedure, we make a small incision about the size of a grain of rice and insert a thin cannula for irrigating the area with a fan-shaped water jet.

Unlike traditional liposuction, which requires the infiltration of large volumes of fluid and, of course, a similar large amount of local anesthesia and vasoconstrictors, the Body-Jet uses a relatively small amount of fluid – about one-third of



Female Patient Before (above)



Female Patient After (below)

what was previously used – during the infiltration phase.

In the aspiration phase of the procedure, a high-pressure stream of saline loosens the structure of the fat cells, which releases them in an easy, gentle process. Compared to traditional liposuction, the saline solution includes a much lower concentration of both lidocaine to numb the tissue and epinephrine as a vasoconstrictor to diminish bleeding. In addition, the fluid is suctioned immediately, which decreases the exposure time for the tissues' absorption of the medications.

There is yet another benefit to Body-Jet. As more than 90 percent of the fluid is removed immediately from the body (approximately five times as much fluid removal as traditional liposuction), patients experience less swelling and reduced tissue expansion. The physician is then able to more immediately assess whether the appropriate contouring is being achieved, reducing the need for later corrective action.

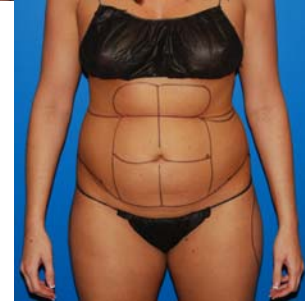
The procedure itself takes about an hour and a half, which includes the time it takes to contour the upper and lower abdomen, love handles, and outer thighs. We recommend that patients rest for 24 hours before resuming their normal activities. Some patients report that they are able to resume their activities without any delay.

Usually traditional liposuction has required a one- to two-month wait for patients to see optimal results, but there is immediate visible improvement with the Body-Jet. At the two-week follow-up visit, patients tell me they are already pleased with the outcome they see in the mirror and how well their clothes fit.

THE IDEAL PATIENT

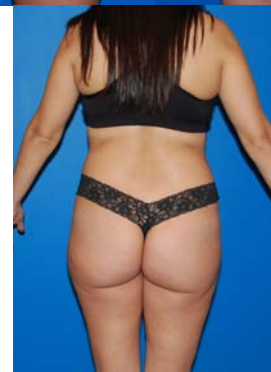
Who is a good candidate for the Body-Jet? I have performed the technique on patients ranging in age from 18 to 82. The ideal candidate is someone who is in fairly good shape and has a body mass index under 30. The Body-Jet is not meant to be a weight loss procedure. It is best for contouring and reshaping. While the procedure would not be appropriate for patients with serious

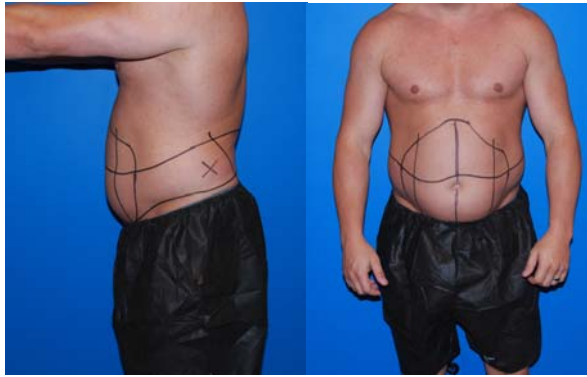
medical complications, it is acceptable for most, including people with hypertension since there is no significant fluid overload, and general anesthesia is not required.



Female Patient Before (above)

Female Patient After (below)






Male Patient Before (above)



Male Patient After (below)

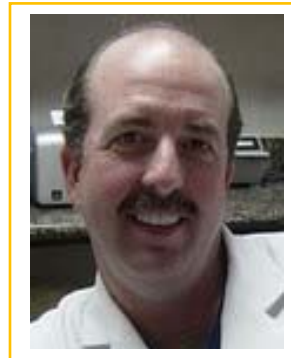
With today's fast-paced society, most patients demand good results quickly with little or no downtime. In my experience, the Body-Jet WAL is the ideal technique on the market today. It contours the body using a safe and effective fat-reducing cosmetic procedure that trims inches and gives patients a more firm, toned look without the side effects of a more traditional surgical procedure.

Best of all, the Body-Jet can easily be combined with a fat transfer procedure for body and facial enhancement. It is also an excellent adjunct to the SmartLipo laser procedure to stimulate the collagen and improve skin tightening for the highest level of patient satisfaction. 

For more information regarding patient results and product specifications, visit the EclipseMed website: www.eclipsemed.com, or call: 800.759.6876.



About the Author



Jeffrey C. Caruth, M.D., is a Board Certified Gynecologist who is at the leading edge of the many advanced cosmetic surgical techniques. He offers patients the latest advances in body contouring, breast augmentation, and facial rejuvenation and is certified in many of these pioneering innovations, including the new Body-Jet Water-Assisted Liposuction, Fractional CO₂ Skin Resurfacing, Advanced BOTOX®, Advanced Filler Injections, Vaser LipoSelection, and SmartLipo Body Contouring. For more information regarding this topic, visit Dr. Caruth's website: www.planoaesthetics.com.

