

# UltraShape's Contour I Features Tissue Selectivity and Tracking

BY BOB KRONEMYER, ASSOCIATE EDITOR

The Contour I from UltraShape Ltd. (Tel Aviv, Israel) incorporates innovative ultrasound technology and a unique tracking system for body contouring in an outpatient setting that is painless for most patients.

"This procedure employs a mechanical vibration effect that destroys the membrane of adipocytes and releases the fat contained in the adipocytes," said Javier Moreno Moraga, M.D., a general surgeon from Madrid, Spain. "The destruction of adipocytes achieves permanent results. No other non-invasive treatments are capable of destroying fat cells thus, their effects are less evident and transitory. Furthermore, the majority of these other treatments are aimed at improving the superficial appearance of the skin (cellulite), but are not effective in eliminating deeper fat deposits."

Dr. Moraga noted that for many years now, focalized ultrasound has proven to be safe and effective in treating renal stones (lithotripsy). "However, ultrasound must be focused and pulsed to avoid tissue overheating. The Contour I provides adequate energy and frequencies to enable a mechanical vibratory effect that destroys the specific target without overheating."

A recent clinical study involving 30 patients "ruled out alterations in the profile of circulating lipids and liver involvement," said Dr. Moraga, who was one of the study authors. "Thanks to the specific susceptibility of the tissue and to the characteristics of the UltraShape technology, blood vessels, peripheral nerves and fibrocollagenous fibers of the fat tissue are preserved."

The majority of Dr. Moraga's patients receive three treatments, with a mean reduction of over 2 cm of the adipose tissue in a single session. "Results are permanent and do not require maintenance sessions."



**Chris Inglefield, M.D., F.R.C.S.**  
Plastic Surgeon  
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"Treatment is painless for most patients and no anesthesia is required," said Chris Inglefield, M.D., F.R.C.S., a plastic surgeon in private practice in London, England. "Patients also have no restrictions



Before Tx

After three Contour I treatments

Photos courtesy of Javier Moreno Moraga, M.D.

on their daily lifestyle. There is no downtime." Three sessions are recommended, spaced three to four weeks apart. A typical session lasts between one and two hours. "We have experienced no adverse events. However, about 20% of our patients do feel mild discomfort during the treatment, but there is no discomfort post treatment."

Dr. Inglefield, who conducted a clinical study of 20 patients, found that patients "are very happy with their improvement. After three treatments, they lose on average 7.5 cm in their measurements. It is permanent treatment. As long as patients maintain a good diet and exercise program, no further treatments are necessary."

Because of the focusing of the ultrasound waves with the Contour I, "there is no thermal injury to the neighboring tissues," Dr. Inglefield explained. "It is purely a mechanical breaking of the fat cells, which means there is no bruising, no swelling and no inflammatory response in the treated areas. Its tracking system is also unique. It ensures that there is uniform treatment. The operator is prevented from overtreating any particular area, so you achieve a smooth outcome. I think the Contour I is a great advance in body reshaping for the right patient who desires a modest reduction in fat."