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UltraShape™ Non-invasive fat reduction and body contouring

Your reason for choosing [liposuction](#) may be as simple as just wanting to look better in your clothes. While [liposuction](#) is not a replacement for a healthy lifestyle, it can make you look and feel better.

What Is Liposuction? [Liposuction surgery](#) is performed to actually remove unwanted localized deposits of fat cells from the body. The procedure is meant for [body contouring](#). It is not a treatment of obesity. A suction tube is inserted through a tiny incision placed in an inconspicuous location on the skin. With a high pressure vacuum, fat cells are extracted through this tube. The result is a resculpting of bulging areas into more attractive contours.

What is the [Tumescent Technique](#)? With the [Tumescent Technique](#), large volumes of saline solution, local anesthesia, and adrenaline are infused into the fatty area being treated to cause swelling. This enables your surgeon to maneuver a small instrument called a cannula, connected to a vacuum machine, superficially under the skin. The cannula is inserted into the fatty tissue through tiny incisions. Your surgeon gently moves it around under your skin and suctions away the unwanted fatty deposits to reveal more attractive contours.

Who are the best candidates? The best candidates for [body sculpting](#) and [body contouring](#): • have firm, elastic skin and are in good health. • have tried to eliminate bulges through diet, exercise and weight loss. • have distinct areas of localized fat that are disproportionate to the rest of their bodies. • have realistic expectations and are only slightly to moderately overweight. • understand that [liposuction](#) and [soft liposuction](#) are not a substitute for weight loss.

How will my skin look after surgery? Dimples, ripples and stretch marks remain unchanged following [liposuction](#). Your new figure will be similar to what you would expect if you could lose an equal amount of localized fat through diet and exercise alone. The use of smaller cannulas allows the fibrous connections between your skin and body to remain. These connections will contract over time. As a result, excessive skin folds are so rare that many patients avoid the necessity for surgical skin excision by having excellent results with [lipo](#) alone.

What will my recovery be like? You will go home after the procedure and rest for a few hours, after which you may gradually increase your activity as tolerated. After 2 to 5 days you may resume normal activities. You may need to wear a snug elastic dressing, girdle, or body stocking over the treated area to aid healing. Find out if you could benefit from [Body Sculpting](#). Call our office and schedule your consultation today.

What areas can be treated by [Liposuction](#)? The most frequent areas treated by [liposuction](#) in men are the "[love handles](#)", breasts, abdomen and neckline. In women they include: thighs, hips, buttocks, stomach, knees, lower leg, cheeks, and double chins. Some

women elect to have their fat recycled through [lip augmentation](#).

How are the benefits of [lipo](#) and [soft liposuction](#) measured? Cosmetically speaking, successful liposuction is measured in inches rather than pounds. The weight removed is not as important as the improvement in your body's contour. Most important is our patient's improved self-image and self acceptance.

Are [fat removal](#) and [fat reduction](#) permanent? Yes! It seems that after puberty we do not create new fat cells. When you gain weight, you expand the fat cells that you have. Tumescant liposuction permanently removes fat cells to improve your body's contour. Should you gain weight after liposuction, it goes to the fat cells that remain in your body. The localized fatty deposits that existed prior to liposuction can no longer balloon up out of proportion to the surrounding areas.

Will I need a second procedure? Most likely one procedure will be sufficient. However, some patients require a fine tuning procedure at a future date. Will Liposuction get rid of [cellulite](#)? Liposuction is not a treatment for cellulite, although many patients do notice an improvement in the appearance of cellulite after the fat cells are removed.

Safe, effective and advanced
cosmetic treatments



Call us today on
1300 666 244

- Fat Reduction & Body Contouring

- [Permanent Hair Reduction](#)

- [Skin Rejuvenation](#)

- [Skin Tightening](#)

- [Injectable Cosmetics](#)



“With Total Body you can enjoy the same advanced technology and quality of care offered in my own practice.”

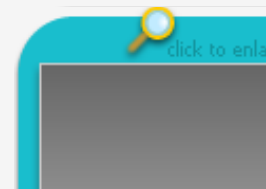


**Managing Director
Dr Mark Kohout**

Dr Kohout is a highly-trained and respected Plastic surgeon. He is a Fellow of the Australasian College of Surgeons (FRACS) and a member of the Australian Society of Plastic Surgeons (ASPS).

→ [Find out more about Total Body](#)

Safe, effective, non-surgical body
contouring and fat reduction for
men and women
[Change your shape and your life in
as little as a month](#)



Sometimes it takes more than just a healthy lifestyle to get rid of unwanted and stubborn fat deposits.

UltraShape™ is a safe, effective and surgery-free body contouring treatment that delivers measurable results without the need for follow-up treatments or maintenance.

UltraShape™ is a groundbreaking treatment designed for average and overweight men and women that frees your body of unsightly fat and helps you get your body into the shape you want. It is an excellent alternative for patients seeking effective removal of excess fat cells without surgery, fits into your busy schedule and lets you return to your normal lifestyle immediately.

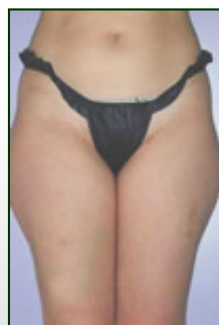
Suitable for both men and women, **UltraShape™** is a scientifically-proven, non-invasive treatment which breaks down unwanted fat using focused ultrasound energy.

After a single procedure you'll notice an average reduction of two centimetres in your body circumference in as little as a month.

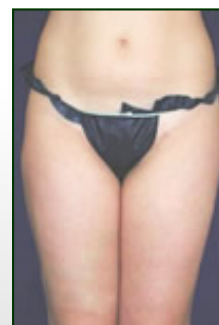


TOTAL BODY

- UltraShape Body Contouring. UltraShape Body Contouring



Before



After

Treatment is conveniently short, simple and safe and is particularly effective on stubborn fat deposits that resist even the most stringent of diet and exercise regimes such as:

- **Abdomen: reduce and contour your belly**
- **Thighs: say goodbye to the saddlebags**
- **Sides: get rid of the love-handles**

The **UltraShape™** treatment begins with an examination by our trained staff, during which the areas to be treated are marked. The size of the treatment areas determines the duration of the session, which usually last between one and one and a half hours.

Treatment does not require anesthesia - all you need to do is relax on the comfortable treatment bed while a hand-held device delivering ultrasound energy gently glides over the marked area.

The entire procedure is guided by innovative tracking technology to ensure smooth and even contouring results and the majority of treated patients report a pain-free and comfortable experience.



How it works

Scientifically-proven, non-invasive fat reduction and body contouring

UltraShape™ works by breaking down unwanted fat deposits using focused ultrasound energy.

The ultrasound energy selectively targets fat cells in specific problem areas, such as the abdomen or thighs, and safely disrupts the membranes of the unwanted fat cells without affecting surrounding tissues such as nerves or blood vessels.

By disrupting the fat cell membrane, the contents of the fat cell (primarily comprised of Triglycerides) is dispersed into the intercellular fluid, which is then transported through the vascular and lymphatic systems to the liver, where it is naturally processed. The liver makes no distinction between fat coming from the **UltraShape™** treatment and fat originating from consumed food so both are processed by your body's natural mechanisms.

What should I expect after treatment?

As soon as the session is over, you can immediately resume your daily routine. There is no recuperation period, and no need for follow-up treatments.

Patients state that there is no post-treatment pain or discomfort. In clinical trials worldwide, patients report that **UltraShape™** treatment is painless and that side-effects are extremely rare. Because UltraShape's unique **Contour 1** tracking system acts as a guide to ensure accurate treatment, the surface of your skin remains smooth and evenly-toned.

Recommended treatment schedule

UltraShape™ is a simple walk-in, walk-out procedure, which usually lasts

between one and one and a half hours. No recovery time is required and there is no need for maintenance or follow-up treatments - you simply pick up your life where you left off.

References and further reading

[Body Contouring by Non-Invasive Transdermal Focused Ultrasound \(PDF\)](#)

[Non Invasive Ultrasonic Body Contouring – Initial Experience \(PDF\)](#)

[What Happens to the Fat After Treatment With the UltraShape™ Device \(PDF\)](#)



Call us today on **1300 666 244** and find out how **Total Body** can help you look younger and feel better.

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Phone: 1300 666 244

Therapeutic:

[Lipo Sydney](#), [Fat Reduction Treatments](#), [Ultra Shape](#), [Liposuction Sydney](#), [Cellulite Treatments](#), [Soft Lipo Sydney](#), [Body Contouring](#), [Abdominoplasty](#), [Soft Lipo](#), [Fat Reduction](#), [Fat Reduction Sydney](#), [Body Contouring Sydney](#)

[Botox®](#), reduces the appearance and development of wrinkles - [Juvederm® Ultra](#), [Juvederm® Ultra Plus A](#) breakthrough dermal filler that can last up to a year - [Restylane and Perlane](#), An effective filler for lines & wrinkles - [Sculptra™](#), Restores contours and smooths wrinkles for up to 2 years - [Q-Med](#) revive skin rejuvenation, Naturally stimulates the body to rejuvenate skin - [Microdermoabrasion](#), Exfoliates and removes dead skin cells - [Glycolic Peel](#),

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- have

'Super Moisturiser' that unglues dead skin cells - [Chemical Peel](#), Gently removes the outer layers of the dead skin. - **Face Remodelling**, Radiofrequency treatment to tighten skin - [Facial Treatments](#), An effective combination of complimentary treatments - [Skin Rejuvenation](#), Improves skin tone, texture, fine lines and wrinkles - [Skin Resurfacing](#), Improves texture, skin tone, whilst reducing fine lines and wrinkles - [Aquamid](#), Rejuvenates the structural matrix of the skin

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