

SCIENCE

WHEN DIETING DOESN'T WORK

Frustrated trying to lose weight? These **four new medical procedures** could be worth a look.

BY KAREN ASP

There are numerous surgical options out there for people who need to lose lots of weight, such as a gastric bypass or Lap-Band. But if you're just looking for a nip or tuck, there are other ways to get it. Here are four of the newest.

VASER HI-DEF LIPOSCULPTURE

> How it's done: Doctors use a variation of the same ultrasound technology pregnant women use to see their baby, but it's tweaked to dissolve the fat surrounding specific muscle groups (your body gradually absorbs and passes the "melted" fat). **"We use your muscle structure as a template to sculpt your new shape,"** says John A. Millard, M.D., a Denver plastic surgeon and founder of the Advanced Body Sculpting Institute. The torso takes about four hours, arms or legs will only take about two hours.

> Cost: \$2,500-\$5,000 for arms or legs, \$7,500-\$15,000 for the core.

> Recovery time: Two to three days, but you'll generally be out of the gym for two to three weeks, minimum. Bruising and pain are minor, though. In fact, Millard says the discomfort is no more than what you might experience following an intense workout.

VELASHAPE

> How it's done: A combination of radio waves and infrared light beams shrink fat cells and tighten the skin. **"Most people say it feels like a warm massage,"** says Yan Trokel, M.D., a New York City cosmetic surgeon and founder of the YAN Center for Corrective and Cosmetic Surgery. You may see results after only four treatments, says Trokel.

> Cost: \$500 per session per body area

> Recovery time: None

CARBOXYTHERAPY

> How it's done: Your skin is injected with CO₂, triggering the body's production of collagen, which aids in removing the cellulite. Trokel recommends between four and 12 treatments, each one 20 to 60 minutes long.

> Cost: \$200 per session per body area

> Recovery time: None

ZELTIQ

> How it's done: Fat cells are chilled with a specialized transducer and subsequently die from the cold. Over time, the body flushes them out through normal metabolic processes. **The procedure generally takes about an hour and one treatment.**

> Cost: \$500-\$700 per body area

> Recovery time: Less than a day. "Most patients are in and out with minimal downtime," says Jason Pozner, M.D., medical director of the Sanctuary Medical Aesthetic Center in Boca Raton, Fla.

WELL?

● Wondering if these procedures are right for you? We asked Richard A. Baxter, M.D., a spokesperson for the American Society of Plastic Surgeons, what you should keep in mind before signing up.

PROS:

- 1) With the exception of VASER Hi-Def, most procedures are minimally invasive.
- 2) Relatively quick recovery.
- 3) Treatments may help you lose fat in areas that you haven't been able to hit through diet and exercise.

CONS:

- 1) Some of the procedures are experimental and haven't been well tested.
- 2) Results may not be permanent.
- 3) There's a risk for side effects, including everything from temporary nerve damage with Zeltiq to skin burns with VASER Hi-Def. And if your doctor isn't highly skilled, procedures involving any type of sculpting may not look entirely lifelike.

**\$10
BILLION**

HOW MUCH AMERICANS SPENT ON PLASTIC SURGERY LAST YEAR, DOWN 3% FROM 2008

