

# Nonsurgical Body Contouring

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## Overview

One of the most commonly requested cosmetic procedures, body contouring, is only growing in popularity. According to the American Society for Aesthetic Plastic Surgery, liposuction is one of the most popular plastic surgery procedures requested by patients.

However, if you're not quite ready for the surgical options just yet, a number of nonsurgical treatment options exist that are non-invasive procedures to target and reduce fat in various areas of your body.

Nonsurgical body contouring is typically recommended for removing stubborn areas of fat that resist diet and exercise. A series of treatments is generally prescribed by board-certified dermatologists or plastic surgeons to achieve your desired outcome and toned figure.

## How does Nonsurgical Body Contouring Work?

Nonsurgical body contouring can use cold or heat to destroy and reduce fat cells.



Using cold therapy, the procedure freezes fat cells and leaves it up to the body to remove them as they die, while heat targets the fat cells and breaks them down.

## Is Nonsurgical Body Contouring Right For You?

Nonsurgical body contouring is ideal for you if you are looking for:

- a non-invasive procedure with little to no downtime
- do not want to go under the knife
- procedures that target stubborn fat that diet and exercise have not helped with
- gradual change and toning of your body

In addition, nonsurgical body contouring has very few side effects, does not require general anesthesia, and requires minimal downtime after treatment. Best of all, the results may last a long time.

### **Treatment for Nonsurgical Contouring is Safe When Performed by a Board-Certified Plastic Surgeon**

Common types of nonsurgical sculpting include:

- **CoolSculpting**

Making use of a method known as cryolipolysis, CoolSculpting is an FDA-approved cosmetic procedure that uses cool temperatures to freeze and destroy fat cells in your upper arms, abdomen, thighs, buttocks, back, and chin. This nonsurgical procedure has few side effects, and most patients report a 10% to 25% reduction in fat in target areas.

- **Laser Therapy**

Laser treatment targets the layer of subcutaneous fat and works by breaking

down fat cells. Each treatment session lasts up to 30 minutes, with patients reporting results in as little as six weeks.

- **Red Light Therapy**

Making use of red LED light technology, this nonsurgical and non-invasive body contouring treatment induces lipolysis in the subcutaneous layer of fat, resulting in body contouring by loss of fat in the targeted area. While most patients can see results in as little as one treatment, your doctor may prescribe several treatments in order to get the desired cosmetic outcome in your hips, waist, or thigh area..