

Frequently Asked Questions

For Body Contouring



What is body contouring?

Body contouring includes surgical and nonsurgical fat reduction procedures. These procedures reduce or remove stubborn pockets of fat to contour and shape different areas of the body.

What is non-surgical body contouring?

Nonsurgical body contouring is also known as nonsurgical fat reduction. There are many types of non-surgical fat reduction procedures, but most are based on one of the following four principles:

1. Controlled cooling: using freezing temperatures to target and destroy fat cells
2. Laser lipolysis: using controlled heating and laser energy to target fat cells
3. Radiofrequency lipolysis: using controlled heating and ultrasound technology to target fat cells
4. Injection lipolysis: using injectable deoxycholic acid to target fat cells

Who is the best candidate for body contouring?

The best candidate for body contouring is someone who is close to their desired weight and wants to eliminate stubborn pockets of fat that are resistant to diet and exercise.

What is CoolSculpting?

CoolSculpting is an FDA-approved treatment that is non-invasive and uses cold temperatures to target and destroy fat cells in various areas of the body. The freezing temperature kills off fat cells, which are eventually flushed out of your body through the lymphatic system.

What is the “downtime” of these procedures?

Most nonsurgical body contouring procedures are minimally invasive to noninvasive. Generally, you can resume daily activities immediately after the treatment.

How long does a treatment take?

One treatment area takes 30-60 minutes. How many treatments are required? Multiple treatments are usually required to deliver satisfactory results.