

## Laser Liposuction More Effective Than Expected

### Heat Generated By Lipotherme Laser Melts Fat Away During Painless Procedure Done Under Local Anesthetic



Reporting

[Dr. Max Gomez](#)

NEW YORK (CBS) —

CBS 2 HD has reported before on a type of liposuction called "Smart-Lipo" that uses a laser to melt the fat before it's sucked out. Then Smart-Lipo patients started reporting that the skin over the treated area had gotten tighter, more firm.

And suddenly, a whole new way of skin tightening was born.

Liz Howard doesn't look like your typical liposuction patient. But when she was pregnant with her second child, Howard gained 47 pounds, which she worked very hard to lose.

"I did exercising, I did a lot of Pilates classes, weight lifting, but everything went except for the little mommy pouch," she told CBS 2.

That little mommy pouch just wouldn't come off, so Howard came to Dr. Bruce Katz at the Juva Skin & Laser Center for liposuction to remove the offending fat pocket.

But often that leaves a different problem.

"Well you know with traditional liposuction we always found that, if you took away the fat, in a lot of people, they ended up with loose baggy skin — sort of a deflated balloon appearance," said Dr. Katz.

But with Smart-Lipo, where a laser melts the fat before it's sucked out, Dr. Katz found that the laser adds another benefit: skin tightening.

"The laser energy stimulates new collagen from under the surface of the skin, in the dermis, and that's what leads to the skin tightening effect," he said.

In fact, Dr. Katz did a study and measured the effect: almost 20 percent shrinkage of a given skin area.

It's like some of the other skin lasers, only better, because the laser energy is applied right to the layer of deep skin where the tightening and rejuvenation takes place.

"I noticed sagging skin around the jaw line and the neck line," said Susan Gyurisko, one of the patients.

The results are perhaps more dramatic where there's not much fat to remove. Gyurisko didn't like her developing turkey neck, but after Smart-Lipo?

"The tightness, underneath the chin, the tightness in the jaw line, firmer looking skin. I got my profile back," she said.

Most patients report a couple days of down time, wearing a bandage and being a little sore, but then back to normal activities.

So far it's been used on the neck, tummy, hips, thighs, knees, even that dreaded back fat that some women develop around their bra line.

The laser liposuction procedure costs anywhere from \$3,000-\$6,000.