

Study Reveals Significant Benefits with VASER Compared to Standard Liposuction

By Bob Kronemyer, Associate Editor

According to a multicenter, single-blind clinical trial, a dramatic improvement in skin retraction and a significant reduction in blood loss are two major advantages associated with the VASER Lipo System from Sound Surgical Technologies LLC (Louisville, Colo.) compared to traditional suction-assisted lipoplasty (SAL).

"I wasn't surprised by the overall results of the study, but I was a bit surprised by the magnitude of skin retraction: a 53% improvement relative to SAL. In my mind, this is fairly dramatic," said principal investigator Paul Vanek, M.D., a plastic surgeon in private practice in Mentor, Ohio. Dr. Vanek presented the

study findings at the annual meeting of the *American Society of Plastic Surgeons* in Seattle, Wash. The other statistically significant difference was in blood loss: 26% reduction relative to SAL.

For the study, 20 female patients between the ages of 20 and 48 underwent a single session of contralateral treatment with SAL and VASER Lipo in up to five anatomical regions (arms, inner thigh, outer thigh, flanks and back). Being granted an Institutional Review Board (IRB) "to study two techniques on the same person is not typical because for the most part patients and reviewers do not want to subject patients to that risk," explained Dr. Vanek, who has an extensive background in soft-tissue research in both humans and animals. He believes that the selectivity and acoustic streaming effect of VASER ultrasound (roughly one half of the ultrasound energy of other platforms) "creates a dissolution of the soft tissues that is different from other energies or other techniques."

Furthermore, because of the reduced blood loss and tissue damage with VASER Lipo, "I'm able to treat more surgical areas on the same patient than with SAL," Dr. Vanek said. Physician fatigue is also less because ultrasound energy emulsifies the fatty tissue prior to removal. "I'm not as exhausted after a five area liposuction treatment. I can use just finger pressure. The small probe is 2 mm in diameter and the cannula glides through the tissue. Traditional liposuction requires 70% more work because the resistance of a standard cannula is so much greater."

Moreover, VASER Lipo "is very reliable and provides reproducible results," Dr. Vanek stated. "I also feel patient recovery



Michael Nagy, M.D.
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time is shorter. My subjective experience with the study patients indicates they were more comfortable and there was less bruising with the VASER treated side."

Co-investigator Michael Nagy, M.D., a plastic surgeon in private practice in Toms River, N.J., was also not surprised by the study results. "From my early experience with VASER technology, I noticed that the technique promoted skin retraction, but it was never officially quantified," he said. "I think VASER Lipo allows you to treat closer to the skin, which causes this tightening. At the same time, you avoid the previous side effects of treating closer to the skin, such as contour irregularities."

Over the past six and a half years, Dr. Nagy has treated hundreds of patients with VASER Lipo. "Patients have been happy; I've been happy. The results are excellent," he said. "Compared to traditional liposuction, the early post-operative experience is much better. There is less pain, less discomfort and less bruising associated with the procedure." Dr. Nagy also has fewer repeat sessions for touch-ups with the VASER system, which helps his bottom line.

"The biggest problem with traditional liposuction is that it is not very exact," Dr. Nagy noted. "By decreasing the effort involved and emulsifying the fat before it is removed, I think VASER Lipo makes it a more exact procedure."

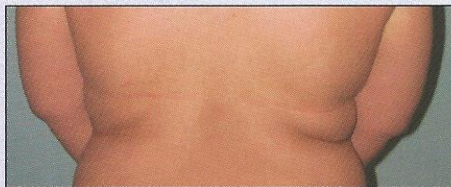


Before Tx

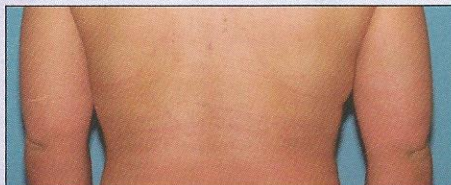


After Tx

Photos courtesy of Michael Nagy, M.D.



Before Tx



After Tx

Photos courtesy of Paul Vanek, M.D.