

# ‘THE Tites’ OPTIONS

**DR VERNON CHING** reveals some of the proven results driven non-invasive and surgical procedures that are available to patients who are looking for a tighter, toned, and more youthful appearance

**N**ew advances from InMode, a global provider of innovative medical technologies have led to revolutionary techniques, such as: BodyTite™ (skin tightening and fat reduction), Facetite™ (skin tightening of the face and neck), Accutite™ (pin-point skin tightening and body contouring), and Morpheus8™ (fractional microneedling for sub-dermal renewal).

These are safe, effective, minimally invasive treatments that leave you with surgical-like results without the downtime associated with cosmetic surgery.

## What is BodyTite™?

The BodyTite™ device is powered by radiofrequency assisted lipolysis (RFAL) technology, where thermal energy is used under the skin to tighten and remove unwanted fat.

The radiofrequency energy is channelled through a cannula, which is subsequently spread evenly to the different layers of the skin where heat is gradually produced and liquefied to remove the excess subcutaneous fat. This melted fat is then removed through sculpting and contouring liposuction surgery, with its results being a smoother, tighter contour and skin texture (without the bumps and irregularities commonly associated with regular liposuction).

BodyTite™ may be performed without liposuction if there is little to no fat present, and also has the benefit of skin tightening. Generally, some form of liposuction surgery is always required. It can furthermore be used to treat areas conventionally performed with surgery, such as a breast lift.

## Keeping A-Breast

Breast lift surgery aims to obtain a better appearance by

restoring a youthful shape and tightening of the surrounding skin. In suitable patients who require minor lifting, InMode BodyTite™ combined with external microneedling (Morpheus8™) can be used as a non-surgical breast lift treatment. After surgery, a RF device such as Velashape™ may assist in maintaining the surgical results, while stimulating collagen production, tightening the desired area, and producing a long-term lift. What's more, a surgical procedure combined with BodyTite™ can be performed for those with severe breast sagging.

## Toning the inner thigh

Lax skin of the inner thighs may additionally be treated with liposuction and the InMode BodyTite™ system. After removing fat from the thighs via the liposuction procedure, BodyTite™ is used to “shrink-wrap” the skin with internal heating to contour the thighs, while melting any remaining unwanted fat beneath the skin.

This procedure allows for the accurate tightening and lifting of the areas treated, and helps to tweak these tricky areas when used with liposuction. If there is significant skin laxity, a surgical thigh lift may need to be performed.

## What is FaceTite™?

Although we exercise or diet, genetics can leave us with stubborn pockets of fat in areas

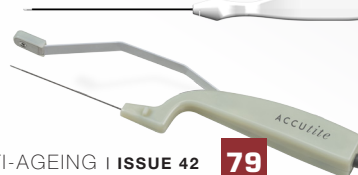
BodyTite™  
handpiece



FaceTite™  
handpiece



Accutite™  
handpiece



FaceTite™ treatment results



IMAGES: DR P. HESTER

such as the neck and lower face, giving us a less defined, tight and contoured look. FaceTite™ uses the same radiofrequency energy as BodyTite™, but with a smaller probe suitable for more delicate areas such as the chin, jowls, cheeks, neck and jawline. This targeted energy improves the appearance of skin and facial features by stimulating collagen production, thereby tightening and firming facial skin. In carefully selected patients, it provides an effect that is similar to a facelift, thus leading some people referring to this technique as a non-surgical facelift. In certain cases, combining FaceTite™ to heat and internally contract the skin is followed by liposuction surgery to remove stubborn fat and provide improved definition.

Another notable advantage of this treatment is that patients with poor jawline definition and loose skin under the chin will benefit from a minimally invasive InMode FaceTite™ and AccuTite™ procedure. The two devices can help achieve a sharper, contoured, and defined jawline.

it takes effect. There is no pain during the procedure, and minimal pain during the healing process. That said, there are some patients who choose to be asleep for the operation.

Am I a good candidate for any of these procedures?

The best patients for FaceTite™, BodyTite™, and AccuTite™ procedures are those at their goal weight with mild skin laxity. FaceTite™ and AccuTite™ are ideal for those who are not yet ready for a surgical neck lift or a facelift, or who want to avoid surgery yet still require improved skin tightening.

Other areas treated

The jawline, lower face, and neck may be treated with FaceTite™; while smaller areas such as the marionette lines (mouth lines), nasolabial folds (smile lines), periorbital (around eyes), knees, jowls, bra roll, and vagina have proven to have successful results with AccuTite™.

Meanwhile, larger areas such as the stomach, arms, back, flanks, inner thighs, chest/breasts, buttock roll, and knees can be addressed with BodyTite™.

BodyTite™ treatment results



IMAGES: DR P. HESTER

What is AccuTite™?

AccuTite™ (or "Baby FaceTite™") is the smallest minimally invasive RF contraction device available on the market which uses the same technology as the FaceTite™ – however - it is used to tackle more delicate areas, such as the area around the eyes, brow, nasolabial folds, eyelids, eyebrows, marionette lines, jawline, neck, hands, armpit fat/loose skin, and intimate areas.

Take home message

Every procedure is designed to treat each patient's unique needs and goals to obtain the best possible long-term results. **A2**

*\*Article content is written by Dr Vernon Ching, whereby he shares his professional experience, knowledge and thoughts on the use of several non-invasive and surgical procedures that are available to patients who are looking for a tighter, toned, and more youthful appearance*

Are these procedures painful?

FaceTite™ and AccuTite™ can be performed under local anaesthetic to numb the treatment area to minimise pain and discomfort. The local anaesthetic may initially have a "burning" sensation as



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