



# ON A CELLULAZE LEVEL

Mr Hassan Shaaban, lead clinical trainer in the UK for Cellulaze tells us about his experience with the product

Cellulite is one of the four holy grails of cosmetic surgery, and a condition that, until now, has been impossible to treat long-term. More than 85% of women over the age of 20 are affected by the “orange peel” effect, which has gained all manner of ugly nicknames over the years.

## SO WHAT IS CELLULITE?

Cellulite describes the uneven appearance of the skin on the thighs and buttocks. It consists of fat deposits, which get trapped between stiffened fibrous bands that connect the skin to underlying tissues. The bands squeeze the fat under the skin, resulting in a lumpy texture. Cynosure's Cellulaze laser is the world's first minimally invasive treatment to address the core structure of cellulite. It was introduced to the market after four years of intense research on a clinical study, which involved 120 patients in the USA.

Cellulaze received the European approval in January 2011. Six months later we introduced this new technique into the UK at Liverpool Laser Clinic where I performed the first case on a patient with second degree cellulite. FDA approval was received in January 2012. Cellulaze directly attacks this fat tissue, cutting through the bands to release them and even out the skin's surface.

The device has been engineered to target and breakdown the very structure of cellulite, resulting in smoother, tighter, healthier looking



© Mr Hassan Shaaban at the Sthelix Clinic

skin. I presented the result of my first 12 cases of Cellulaze at the recent meeting of the British Association of Aesthetic and Plastic Surgeons (BAAPS 2012). All patients were female aged between 23yrs and 56yrs. The cases were performed as walk-in, walk-out procedures under local anaesthesia. Six patients had the Cellulaze treatment combined with Laser Assisted Liposuction (LAL). Four patients had multiple stages treatment (each stage is the size of A4 paper sheet on each leg). All patients showed much improvement in the appearance of their cellulite with high patient satisfaction rate. All patients had mild bruising and swelling which settled within the first week. Two patients showed temporary numbness of the treated area but recovered within four weeks. A single patient had a single hypertrophic (lumpy) scar which responded well to laser treatment.

## TREATMENT PROTOCOLS

Cellulaze delivers a targeted laser beam under the skin through 2-3 incisions. It treats all components of cellulite at the same setting. The patented side-firing laser dissolves fat bulges, divides fibrous band to release skin dimples and also tightens the skin through stimulation of collagen formation. Cellulaze gives a long lasting result after a single treatment, with follow ups of early cases in the US demonstrating no recurrence of cellulite three years post-treatment. Creams and lotions have minimal effect on

cellulite. A very few may stimulate the skin to produce collagen but they have no effect on fat bulges or skin dimples. Also, they have to be used daily and for an extended period of time to get any result. External cellulitetherapy like ultrasound, radiofrequency, external laser and Endermologie has limited success as most of these techniques stimulate the skin to produce collagen, some can dissolve some fat but none has any effect on the fibrous bands (skin dimples). They also need to be applied frequently (may be weekly) to maintain any effect.

Cellulaze is different from any currently available cellulite treatment. To date, Cellulaze has proven to be an effective safe technique to treat the dreaded orange-peel appearance of cellulite. It requires a single minimally invasive treatment but shows immediate result, which continue to improve over time, up to twelve months later. However, a consultation with an expert is paramount to assess the degree of cellulite and suitability for the treatment. All of patients to-date have benefited from Cellulaze, however, the degree of improvement depends on the severity of cellulite at the time of having treatment.

Cellulaze represents a very good chance to have a minimally invasive and predictable therapy for the treatment of cellulite. Though treatment outcomes may vary slightly from case to case, overall it can improve the clinical picture of cellulite on a grade scale measurement.



Mr Hassan Shaaban is a consultant plastic surgeon practising at Mersey Regional Burns and Plastic Centre. He is a member of British Association of Plastic and Reconstructive Surgeons (BAPRAS) and a fellow of the Royal College of Surgeons. He was awarded the colleges coveted "Hallett Prize" for his performance in the fellowship exam and has published over 20 international peer reviewed papers. His interest lies in the field of facial, breast and body contouring cosmetic surgery. He has a specialist interest in cosmetic laser therapy and also non-surgical cosmetic procedures such as wrinkle reduction injections, tissue fillers and chemical peels.