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## BUSINESS STYLE

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**N**ow that the holidays are over, who among us doesn't have a few pounds to shed? Getting back on the wagon can be rough, however most of us manage to get back on track and resume our healthy diets and exercise regimens. But is there an area of your body that is simply resistant to weight loss? Do you have one trouble spot that you are just unable to whittle down? If this is your dilemma, you may be interested to learn that Dr. Mitchell Henry of Lincoln Aesthetic and Reconstructive Surgery is able to perform the latest technique to rid you of those unwanted fatty deposits in a minimally invasive, quick, and almost painless process called Smartlipo.

According to the Web site, [www.smartlipo.com](http://www.smartlipo.com), Smartlipo was approved by the FDA in 2007 and is an increasingly popular method of eliminating small areas of fat in the body that have been previously resistant to weight loss and exercise. What differentiates Smartlipo from traditional liposuction is the use of laser technology, which not only aids in healing, but also is said to be more precise and leads to a smoother end result. LASER is actually an acronym that stands for Light Amplification by Stimulated Emission of Radiation.

Lasers used for medical procedures such as Smartlipo are basically high-powered light beams that are adjusted to a specific frequency. These concentrated light beams, or lasers, are used to liquefy the contents of fat cells, which are subsequently removed from the body. Interestingly, the instrument used for the procedure is the approximate size of a strand of uncooked angel hair pasta, so the incision needed to insert it rarely requires the use of sutures. According to Dr. Henry there are also positive side effects with Smartlipo that you probably won't get with traditional liposuction. He says that by using a laser in this technique, small blood vessels are immediately coagulated, resulting in less blood loss, swelling, and bruising. And the body's natural healing response to injury stimulates collagen production to the site, which results in skin tightening to the affected area. This provides an overall improved appearance. Because the instrument is so small, the procedure is minimally invasive and there is little to no downtime.

Are you wondering if Smartlipo is an option for you? Here are a few things to consider before pursuing this procedure. A candidate for Smartlipo should: be within 25 pounds of his or her ideal weight; have good skin elasticity in the desired area; and be in good general health. The next step is consulting with a board certified plastic surgeon. This is where Dr. Henry comes in.

A consultation will determine if Smartlipo is the right option for you. In some cases where the skin has lost elasticity such as on women who have had children, a tummy tuck may be the better choice to improve the appearance of the abdominal area. Removal of fat in that area will result in more loose skin, which cannot be rectified with Smartlipo alone. Only an experienced physician can provide you with the ideal course of action for your particular situation.

If Smartlipo is a good choice for you, what can you expect from the procedure and subsequent healing process? First of all, most laser-assisted liposuction procedures are done in a doctor's office. Dr. Henry prefers to incorporate an intravenous sedative to relax the patient and minimize anxiety, however the patient is fully awake. The next step is to inject what is called tumescent fluid into the fatty areas to be treated. This solution is made up of lidocaine and epinephrine and it anesthetizes the area. The laser tool is then inserted through a tiny incision, and the fat cells are liquefied and later suctioned out. The procedure generally takes from 45 to 60 minutes to complete.

You would then have compression bandaging applied to the area and be sent home. Compression garments are required because as with all invasive procedures, fluid retention can and does occur with Smartlipo, and it must be kept to a minimum. Dr. Henry likes to use what is called a foam dressing, in which a simple piece of foam is applied, along with a healing ointment, underneath the compression garment to prevent bruising and to stabilize the area.

One satisfied customer reports that a prescription pain medication was used only on the day of the procedure. She then reported back to work the next day, using only the occasional dose of ibuprofen. That is not to say that the recovery ends there. The dressing on the affected area must be changed every few days—if not daily—depending on the specific procedure and the patient. The doctor also recommends that there be no lifting or exercise for a few weeks, again because of the possibility of fluid retention.

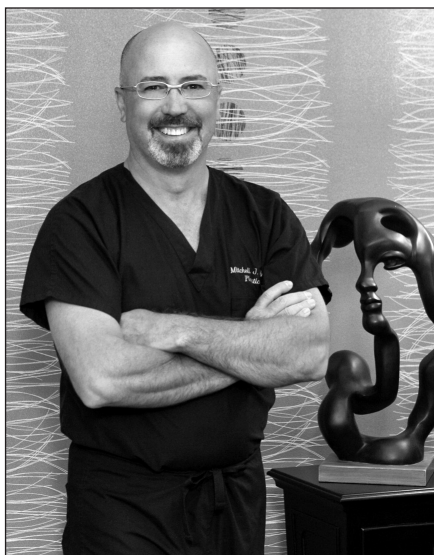
Dr. Henry mentions that it takes a few months for the body to return to normal, so it may be some time before the full results are realized. It is also key to remember that since fat cells in the affected area are removed and adults do not create new fat cells, any future weight gain will distribute itself proportionally to other areas of the body where fat cells are still present. That little fact alone may keep your hands out of the cookie jar!

If you think you may be a candidate for Smartlipo, it is imperative to educate yourself about not only the procedure, but also the physician. Dr. Henry of Lincoln Aesthetic and Reconstructive Surgery says that he is not only board certified, but is also a member of the American Academy of Cosmetic Surgery, the American Society of Aesthetic Plastic Surgery, and the American Society of Plastic Surgery. When prospective patients come into his office for a consultation, he encourages them to come armed with questions about the techniques used and about his experience. Smartlipo.com is a good place to get started to gain valuable information about this popular technique as well.

If after educating yourself and evaluating your situation you determine that you want to pursue Smartlipo, Dr. Henry can assist you in contouring almost any body part you're having trouble with, from your face to your ankles and almost anywhere in between. Call Lincoln Aesthetic and Reconstructive Surgery at 435-0044 to schedule your consultation. **WE**

### LINCOLN AESTHETIC AND RECONSTRUCTIVE SURGERY

By Angie Christ-Zemunski



Dr. Mitchell Henry

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