



THE SLOANE CLINIC
press cutting

Body Beautiful

Get into the best shape of your life as Dr Tan Ying Chien from **THE SLOANE CLINIC** unveils all there is to know about Vaser Liposelection

Harnessing the latest technologies to aid in the quest for beauty, The Sloane Clinic prides itself on being able to provide aesthetic solutions for a wide range of needs. We've all experienced difficulty in getting rid of fat in problem areas, be it the hips, tummy, thighs or underarms, which seem to resist even our best efforts. If you find yourself turning to aesthetic treatments to tackle these problem areas, The Sloane Clinic has a few tricks up its sleeve. The latest minimally invasive Vaser Liposelection is a less intimidating alternative to liposuction, which uses ultrasound waves to liquefy fat before it is removed, so vital tissues are unharmed in the process and comparable results are promised. As Vaser Liposelection is tissue-selective and can specifically target fat cells, this means that nerves, blood vessels and connective tissue are protected from damage. Results are immediately visible, and patients experience less trauma, minimal pain and bruising, which means that they can return to their normal routines soon after the procedure. "Depending on the area treated, my patients have been known to return to work on the same day," says Dr Tan Ying Chien, plastic surgeon at The Sloane Clinic Plastic Surgery Centre.

Post-treatment, patients are required to wear a special compression garment for four weeks to help their skin conform to their body's new contours, and are advised to avoid strenuous activities for two to three weeks. In time, you can expect to see further improvements as the tissues in the treated area heal, and full results are typically seen in about four months.

For skeptical patients, non-surgical treatments are available, but they typically require more than one session to show results and is effective only on small amounts of fat. Vaser Liposelection ticks all the boxes because it not only targets large areas of fats, its precise system also effectively rids the body of small pockets of fats, including the small bulges sitting near the underarms. The Vaser Lipo system is a versatile tool to treat all areas of the body, from mini-contouring procedures on the face and neck, to large volume treatments in the abdomen and back.

Nonetheless, Vaser Liposelection is not a viable solution for obesity and has to be supported by a healthy diet and

regular exercise routine for the long-term success.

One common problem with traditional liposuction is that the procedure removes the fat under the skin, but the skin stays the same size, resulting in sagging and looseness. Vaser Liposelection, on the other hand, has been proven to offer up to 60 per cent skin tightening post procedure. Dr Tan says, "Physicians have been reporting skin tightening benefits with Vaser Liposelection. This study reaffirms the clear advantage of using Vaser Liposelection in body contouring procedures."

Another myth Dr Tan dispels is that liposuction improves cellulite. Recognised as dimpled skin on thighs, hips and buttocks, cellulite is caused by fibrous connective cords pulling down while fat cells push up against the skin, creating an uneven surface or dimpling. Cellulite cannot be removed by liposuction since the procedure only removes fat that lies deep under the skin and cellulite that is found more superficially in the epidermis cannot be surgically removed without removing the skin itself. However, skin appearance can be improved with Thermage for Body, a non-invasive radiofrequency procedure that smoothen the skin to improve the dimply appearance of cellulite. Patients can combine liposuction with a 60 minute "lunchtime" session of Thermage for the improvement in fat reduction as well as the appearance of cellulite.

Do not dismiss liposuction as a superficial and frivolous treatment. After all, research has shown that when one looks good, one tends to feel good, boosting self-confidence and social attitudes.

VASER Liposelection is FDA-approved for body contouring with more than 100,000 procedures performed worldwide to date. An alternative to traditional tumescent liposuction, VASER Liposelection uses an advanced ultrasonic fat removal technology which delivers smooth and consistent results with faster patient recovery time.

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Clockwise From Left Dr Tan Ying Chien; the clinic's exterior; the lush decor creates a serene ambience; The Sloane Clinic reception area