

SmoothShapes' Unique Combination Tx Tackles Cause of Cellulite



Kenneth Beer, M.D.
Owner
Palm Beach Esthetic Dermatology and Laser
Center
Palm Beach, FL, USA



Nathalie Fournier, M.D.
Dermatologist
Clapiers, France

Dr. Beer envisions SmoothShapes fitting into the growing overall body shaping market "as a dominant device in non-invasive body contouring."



Before Tx



After Tx

Photos courtesy of Kenneth Beer, M.D.

By Bob Kronemyer, Associate Editor

By simultaneously combining two wavelengths of light (915 nm and 650 nm) with contoured rollers and suctioned vacuum, the SmoothShapes System from Elemé Medical, Inc. (Merrimack, New Hampshire, U.S.) applies a unique combination of technology for body shaping and cellulite reduction.

"Results last several months and cellulite is much less visible at six months in most patients," said Nathalie Fournier, M.D., a dermatologist in private practice in Clapiers, France, who has treated approximately 70 patients with SmoothShapes over the past year. A full thigh takes 30 minutes to treat and, "there is no pain or side effects."

Dr. Fournier was co-investigator of a 100 patient study of eight sessions (twice a week) of SmoothShapes. "Patients were able to achieve a circumferential reduction between 1.5 cm and 3 cm, with a mean of 2 cm," she reported. "These were much better results than we expected with a non-invasive device. I was anticipating about a 0.5 cm improvement."

According to Dr. Fournier, younger patients, in particular, are impressed with the outcome. "They say the results are dramatically better than older massage technology, especially on the texture of the skin and in the appearance of cellulite." Dr. Fournier also suggests a maintenance protocol after six months consisting of four to six sessions, twice weekly. "This is an easy procedure to market," she said.

Kenneth Beer, M.D., owner of Palm Beach Esthetic Dermatology and Laser Center, in Palm Beach, Florida, U.S., concurred; "SmoothShapes has performed surprisingly well. Unlike most other devices, SmoothShapes combines two different laser energy wavelengths. One of these wavelengths (915 nm) helps to liquefy the fat and move it out of the cell, whereas the other (650 nm) makes the fat cell membrane

permeable." In addition, the vacuum "or negative energy, increases blood flow and helps to create an environment that mobilizes the fat," he explained. The contoured rollers "or manual pressure has the same effect as the negative energy." These four distinct modalities "offer a unique combination."

Earlier this year, before beginning to offer SmoothShapes, Dr. Beer had declined to embrace any body contouring device because clinical trial data "led me to believe that results would be suboptimal, at best." Dr. Beer credits his staff for reluctantly convincing him to try SmoothShapes. "I've been skeptical of this whole segment of the market, but I was surprised by the before and after images of some of the staff who had already used SmoothShapes."

Like Dr. Fournier, Dr. Beer recommends a total of eight treatment sessions (twice a week for four weeks). "Patients can expect moderate improvement in the appearance of cellulite and a mild reduction in circumference. There is also an impressive improvement in the texture and surface," he noted. "However, this is not a weight loss procedure."

As for patient discomfort, "there is none, and the procedure actually feels good," Dr. Beer said. "In fact, patients are so happy with the results that they ask when they can sign up for more sessions. The procedure sells itself. A smaller handpiece is also pending to treat necks and arms."

Dr. Beer envisions SmoothShapes fitting into the growing overall body shaping market "as a dominant device in non-invasive body contouring. This area – distinctly different from invasive devices – has the potential to expand significantly as patients become aware of improvements in technology that can make a difference in the appearance of cellulite."