

UltraShape Power Frequently Asked Questions

How does it work?

Ultrashape Power uses focused ultrasound to permanently destroy fat cells. Just like ultrasound can be used to explode kidney stones, it can be adjusted to kill fat cells without harming skin, nerves, and vessels. The body then gets rid of the dead fat cells through regular waste elimination pathways. We encourage drinking extra water and avoiding alcohol for a few days to help the body clear things out.

Does it hurt? Is there downtime?

The treatment is painless during and after. You will feel a slight hum or nothing at all. Occasionally you may feel some warmth in an area we are focusing on, or the skin may be a tiny bit pink and irritated that day. You can resume normal activities right away.

Who is a good candidate?

This treatment is designed for trouble spots: areas where stubborn subcutaneous fat stays, even when you are living a healthy lifestyle. Deep visceral fat responds well to diet and exercise, but squishy subcutaneous fat is resistant to your healthy efforts. This is what Ultrashape targets. Results are best when BMI is <30, nutrition and exercise are adequate, and no weight gain is occurring. It is not designed for overall weight loss or removing thick layers of fat: surgery is needed for those.

How does Ultrashape Power compare to other types of non-invasive fat destruction?

There are a few options available to kill fat cells without incisions. Prices and treatment schedules vary in our area. A standard course of FDA approved non-invasive treatments can give 20-32% reduction in the thickness of treated fat depth. The biggest advantages of Ultrashape Power over competitors are: the lack of pain during and after the procedure, the smooth edges to the treated area, and the lack of irritation to non-fat structures in the treated zones.

What kind of results should I expect?

A series of three treatments, two weeks apart, gives good candidates a 32% reduction in thickness of the fat layer treated (the ultrasound reaches about an inch deep). It takes a layer off all across the treatment area, which makes bulges smaller and clothes fit better. We've seen circumferential reductions of .5-1.5 inches frequently. For many people, having their largest bulges become smaller gives the visual impression of being significantly smaller overall. Final results are at 12 weeks, but improvements start within two weeks. If you have loose skin in the area you may want skin tightening treatments to firm it up after fat reduction. We have a couple options for that as well. We can design a custom package combining fat reduction with some skin tightening modalities.

What if I gain weight after the procedure?

The treated fat cells are dead forever, and don't get replaced. So, if you gain weight, it will be distributed more evenly than before, instead of preferentially building up in the trouble spot.

What if I want more reduction than a series of three treatments can give me?

Because ultrasound is such a safe technology, it is fine to have more than three treatments if you desire. Some people who are heavier than ideal for the treatment, but really want to avoid surgery, will opt to have more treatments to achieve noticeable reduction. The Ultrashape does kill fat cells in people with BMI over 30, like it does in trimmer people. The disappointment comes in when the layer of fat taken off isn't as noticeable on a fuller body.

How much does it cost?

The cost depends on the surface area of the desired treatment. Most tummies are \$1000-1200 per treatment. Inner or outer thighs are similar. Flanks are a bit smaller. Ask about special seasonal deals or packages for multiple areas. The standard series is three treatments, two weeks apart. If your budget or schedule requires them to spread out more, that is fine.