

BTL VANQUISH ME™: PATIENT Q&AS

1. WHAT IS THE BTL VANQUISH ME™ DEVICE? HOW DOES IT WORK?

The BTL VANQUISH ME™ (Maximum Energy) builds on the success of the original BTL VANQUISH™ non-invasive technology to reduce stubborn fat pockets around the midsection. Like its predecessor, BTL VANQUISH ME™ device creates a high-frequency energy field that precisely targets the thermal effects into the fat layer while protecting surrounding skin tissue. In this way, it destroys unwanted fat cells over the course of four to six treatment sessions

FDA cleared for non-surgical circumferential reduction of the abdomen, the newly engineered BTL VANQUISH ME™ increases performance Selective RF™ tuning to deliver even more concentrated thermal energy to the fat layer and less scatter than previously possible. The newly designed applicator delivers more concentrated power to the tissue in more homogeneous manner. This prevents sensitive hotspots and allows for higher overall temperature elevation. Higher temperatures lead to higher fat disruption rates. The technical advances produce a more effective and consistent procedure with optimal cosmetic results for patients.

In our clinical experience, BTL VANQUISH ME™ is an excellent non-surgical option for patients with stubborn fat pockets that accumulate around the midsection -- what patients refer to as a muffin top, bulging waistline or love handles. One of the key benefits of the device is its large spot size, allowing us to produce improvements over entire body areas in one treatment session.

2. AM I A GOOD CANDIDATE FOR THE PROCEDURE?

In general, a healthy adult who is looking for a noninvasive treatment solution to reduce unwanted belly fat without the downtime and expense of surgery is a good candidate for BTL VANQUISH ME™. Women and men who are no more than about 20 pounds overweight and carrying extra weight or have irregular contours in the abdomen area can expect positive results. The treatment goes after what is commonly referred to in yoga or pilates as the “core.” We also find that BTL VANQUISH ME™ especially appeals to women who are getting ready for a beach vacation, a major event or special occasion and, despite diet and working out, want to whittle the waistline and smooth the body contours around their midsection. The same applies to men who have flab around their abs that they can't seem to shed.

3. HOW IS BTL VANQUISH ME™ DIFFERENT FROM OTHER FAT REDUCTION AND BODY CONTOURING TREATMENTS?

Unlike tummy tucks, there is no surgery, anesthesia or recovery. Plus BTL VANQUISH ME™ allows the doctor to precisely shape the body area as it gradually reduces the fat layer. Other non-invasive systems use a point source of energy that damages only a small spot size of unwanted fat cells either by freezing or heating. In most cases, these other fat reduction technologies require that the applicator clamps onto the body or is placed and moved against the skin for close to an hour -- which can be cumbersome and uncomfortable.

With BTL VANQUISH ME™, the device hovers over the treatment area in a panel array of energy that does not come into direct contact with the skin. Industry's largest spotsizes treats high volumes of fat at the same time. Fat layer reduction from flank to flank, overall the whole abdomen, leads to significantly higher circumferential reduction than just localized and time consuming treatment of pockets of fat. Therefore, few, if any, side effects occur, and large swaths of body fat can be treated at a time, providing a cost-effective solution. Invasive procedures, such as tummy tucks or tumescent liposuction, are associated with varying degrees of discomfort, side effects and downtime.

4. HOW MUCH TIME IS INVOLVED IN THIS PROCEDURE AND HOW SOON WOULD I NOTICE RESULTS?

BTL VANQUISH ME™ is a great fit for patients who are looking for a convenient option and/or have busy schedules. There is no pre- or post- treatment preparations or care. Patients come in our office for a 45-minute session and typically require four to six treatments about a week apart. A visible improvement is noticeable in only four to six weeks. In some cases, results are experienced after a single treatment.

5. WHAT ARE BIGGEST BENEFITS OF THE DEVICE?

There are a number of benefits of the BTL VANQUISH ME™. Most notable is the fact that treatment is virtually pain-free and easy, with many patients reporting that the experience was relaxing and felt like a hot stone massage technique. It's affordable for most of our patients, and results are consistent and long-lasting. Patients and my office staff tell me they look better and feel better with a trim, attractive appearance – it's very satisfying to see them return with a spring in their step.

6. WHAT FEEDBACK ARE YOU GETTING FROM PATIENTS?

Our patients have been very happy with their results. Typically, they experience a drop in dress size, a curvy waistline and smooth contours around the middle that allows them to wear fitted jackets, belts, and other tailored styles. Many patients also report they feel more self-confident in their personal and professional lives.

7. IS THERE ANYTHING YOU WOULD SUGGEST PATIENTS DO BEFOREHAND TO PREPARE FOR TREATMENT?

We find it important to stress hydration before and after treatment, as drinking water helps facilitate optimal results. Of course, a healthy diet and exercise is always a smart regimen, especially walking after treatment.