



What is Ultrasound Cavitation?

Ultrasound Cavitation is a non-surgical method of fat reduction. In a study conducted by Jasminka et al. (2010), it was discovered that Ultrasound Cavitation technology could reduce the thickness of the subcutaneous fat layer.

The researchers found that Ultrasound Cavitation is a safe treatment that breaks down fat cells, with minimal side effects. The treatment can target fat cells due to their weak structure, while leaving the skin unharmed.

This treatment can be used to treat stubborn fat in areas such as the abdomen, arms and legs.

How does Ultrasound Cavitation work?

During Ultrasound Cavitation, sound waves are emitted. These sound waves cause the fat cells to vibrate, and due to their weak structure, the fat cells implode. As a result of this, solid fat is turned into liquid fat, and triglycerides are converted into fatty acids and glycerol. The body recognises the liquid fat as a waste product and removes it from the body through the lymphatic system.

There is a chance that the remaining fat cells will reabsorb the liquid fat before it leaves the body. This is why we recommend a course of treatments that are relatively close together, increasing the reduction of fat and leading to more effective results.

You may feel a buzzing sensation during the treatment.



Post-treatment care

The study that was performed by Jasminka et al. (2010) showed that Ultrasound Cavitation produced minimal side effects. They concluded that it is normal to see mild redness in the area directly after the treatment, which generally fades within a few hours. You may also notice that the area feels tender, and that there may be bruising, blistering or swelling. Please follow these aftercare instructions, which will help you to get the best results:

Maintain a healthy and active lifestyle to achieve long-lasting results. You should also ensure that you drink around 2.5 litres of water for 14 days, as this will assist the flow of the lymphatic system, helping to get rid of the broken down fat cells.

Avoid the consumption of alcohol for at least 3 days after the treatment. This is because your liver will prioritise the breakdown of alcohol over the removal of dead fat cells.

Apply HD Thermal Sculpt Cream to the area at least once a day after the treatment.

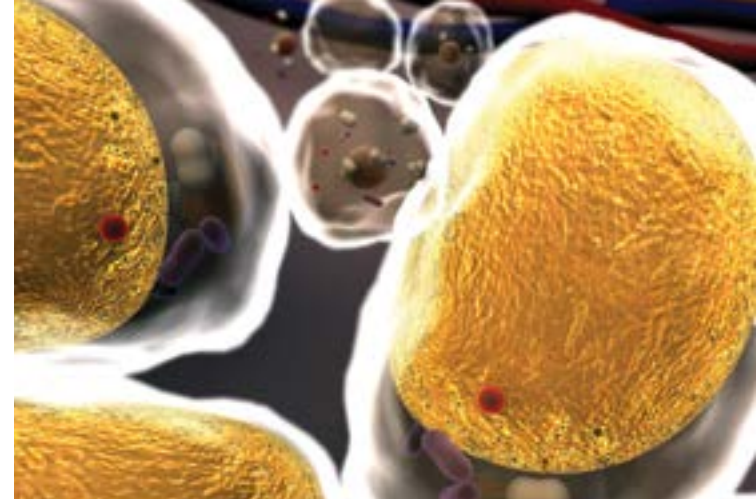


When will you see results?

Results generally tend to develop gradually in the weeks after the treatment. Our clients who undergo Ultrasound Cavitation tend to see results sooner than those who undergo Cryolipolysis. However, it is important to note that results will vary from person to person, and will depend on how many treatments you have had.

How to track your process:

Take pictures for comparison. When you look at your body every day, you may not notice gradual changes. Take a picture before the treatment, and once every one or two weeks after the treatment, so you can compare.



FAQ (Frequently Asked Questions)

Where do the fat cells go?

During Ultrasound Cavitation, the sound waves break down the fat cells into liquid fat. The liquid fat is removed through the lymphatic system, and excreted from the body through natural processes. The treatment helps to reduce the number of fat cells in the body, however, there is the possibility that the remaining fat cells could absorb the liquid fat. To prevent this from occurring, we recommend you undergo multiple treatments.

How long will it take me to recover?

Our Ultrasound Cavitation treatment is a non-surgical treatment, and therefore requires no recovery time after the procedure. This means you can go back to your daily activities straight away.

How many sessions will I need?

Due to the fact that the remaining fat cells can reabsorb the liquid fat, we recommend a course of at least 6 to 8 treatments to see the best results. Sessions should be quite close together to encourage greater fat reduction in the target area.