



Ultrasound Cavitation

What is Ultrasound Cavitation?

Ultrasound Cavitation is a technology that can be used to destroy fat cells in the body, reducing body circumference measurements and as a result can reduce the look of cellulite.

The ultrasound wavelength quickly expands and contracts (vibrates) the cell membrane of the fat cell causing a small air pocket to develop inside the cell. This air bubble then bursts the cell wall and the triglycerides inside the cell are released into the surrounding fluid (interstitial fluid). Adipose (fat) is the only cell affected as it is weaker than other cells, leaving the surrounding tissue intact. Triglycerides convert into glycerol (moves into the blood stream for energy) and fatty acids. The fatty acids are taken up by the lymphatic system and moved to the liver for use or disposal. It is important to follow the protocol given by your practitioner so the dispersed fat is not re-stored in your body, but is instead used up or eliminated.

What to Expect:

There are different intensities of treatment you can receive. Depending on the location on the body, the size of the area needing treatment, and level of sensitivity, your practitioner will adjust the treatment intensity. The treatment uses gel that warms as treatment progresses. If at any stage your skin feels too warm for your comfort, or gets too hot, inform your practitioner immediately and they will adjust treatment.

During treatment you may hear a buzzing sound. You will be given some earphones with music to listen to, which will help enjoyment of the treatment.

Using a medium intensity you can expect a minimum circumference measurement loss of around 1/2cm in a 20 minute treatment (conservative estimate). Results are best when pre and post-treatment protocols are followed, and subsequent treatments will result in further circumference losses. Treatments can be given 4 days apart. Depending on desired results, the size of the area treated, and the thickness of fat layer, 5-10 treatments of 40 minutes are recommended to achieve the best result. Results can vary depending on the body's normal metabolic processes, including age and tissue structure, or can be affected by hormone fluctuations and medications.

Your practitioner is a qualified Naturopath and can advise you on further diet, nutritional and herbal medicine methods to accelerate weight loss and maintain a healthy body. This may require a separate Naturopathic consultation depending on your case. Some products are available to further help your weight loss path if you are interested.

Is the Treatment Safe?

Studies have shown that ultrasound treatment is safe for use on the human body. However ultrasound treatment for fat loss is not appropriate for those who are pregnant, breast feeding, have compromised liver function, tendencies to bleeding, pace makers, epilepsy, acute illness, or cancer. Considering the cost and risks of cosmetic surgery procedures, Ultrasound Cavitation can provide a non-invasive alternative. Your practitioner will take a case history to ensure treatment is appropriate for you.

Does it last?

Once the treatment is applied, those fat cells are destroyed. The treatment is best combined with healthy eating and exercise regimes to ensure the destroyed fat cells are not rebuilt by the body. Avoiding alcohol for up to 4 days after treatment is extremely important as the liver will prioritise removing alcohol from your body rather than the fat cells. Once you achieve your desired result, sessions can be booked every 3 or 6 months if you wish to help maintain the results. Ask your practitioner about further tips to help your results last.

What to Do:

- Drink at least 2L of water before your treatment, and another 2L in the day after your treatment (soft drink, soda, juice or tea is not water).
- Do not drink ANY alcohol or caffeine in the day of your treatment or 48hrs after.
- Do dry skin brushing daily to stimulate lymph movement between treatments.
- Do not have a hot shower (warm is alright), spa or sauna after treatment.
- Diet: Follow a low GI diet for best results*
- Exercise: Brisk exercise for at least 20 minutes the same day post-treatment.

* See Low GI Diet sheet given by Naturopathic practitioner.