

# How to Get Rid of Cellulite

## Wave Goodbye to Your Cellulite!

Gynoid lipodystrophy, the medical term for cellulite, is characterized by an uneven buildup of fat under the skin. The exact cause of it is unclear, but it is known to incorporate environmental, hormonal, and genetic factors. <sup>(1)</sup> There are several different treatment options. A selection of professionally performed cosmetic treatment options are available in Atlanta for people looking to rid themselves of this displeasing skin aesthetic. If you've ever wondered how to get rid of your cellulite, **one of [these treatments](#)** might be the perfect fit for you!

### Will an Over-the-Counter Treatment Work for My Cellulite?

Given cellulite's prevalence, it's no wonder that more and more women **seek solutions** to help resolve their aesthetic issues of dimpled, orange peel-textured skin. You may try exfoliation gloves, abrasive treatments, skin wraps, dry brushing, and caffeine creams - to little effect. In fact, the endless selection of over-the-counter treatments available has not been proven to have any significant **impact on cellulite** whatsoever!

Our advice is to **seek medical answers** to medical problems, and let the professionals handle your cellulite treatment. If you're looking for a **solution to your cellulite**, let top skincare doctor [Brian Arslanian M.D.FACS](#) take charge! Please [contact](#) our offices today. Call **(678) 894-9200** to book your individual consultation and reap the cosmetic rewards of your cellulite treatment from a leading professional in the field!

## Before & After Photos

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## Who Can Get Cellulite?

Although men can get it too, **women are far more likely to suffer cellulite's visible effects**, which can appear as "cottage cheese-like" dimpled areas on the thighs, hips, stomach, and buttocks. In most medical settings it's difficult to obtain exact figures, but it is estimated that **cellulite occurs in 80% to 98% of women**. <sup>(3)</sup> The amount of cellulite you have, and your predisposition to the condition is dependent on a number of factors, which include:

- Genetics
- Age
- Body Fat Percentage
- Hormonal Fluctuations
- Pregnancy
- Sedentary Lifestyle

## Cellulite Treatment Options in Atlanta

### Grades of Cellulite

Cellulite forms when fibrous tissue bands called *septae* tighten irregularly. These bands **pull down on the skin**, breaking down, and allowing the layer of fat beneath the skin to push upward and become more noticeable. <sup>(4)</sup> It can be categorized with a visual and physical **skin assessment** that includes testing its response to a “pinch test”:

Grade 0 - No dimpling when pressure is applied.

Grade 1 - Dimpling when pressure is applied.

Grade 2 - Visible dimpling when standing, but not lying down.

Grade 3 - Dimpling is visible when both standing and lying down.

There are many different cosmetic **treatment options available** for cellulite, three of which Dr. Arslanian offers at his Atlanta location.

### The Profound RF Microneedling System

Radiofrequency (RF) Microneedling is a cosmetic treatment that utilizes electromagnetic waves and thin needles to penetrate the skin and create a controlled skin injury, effectively **reducing the appearance of cellulite**. <sup>(1)</sup> **RF microneedling** can reduce the aesthetic appearance of cellulite in as little as one session, though the standard length of treatment is three or more sessions for more effective results. At his Atlanta clinic, Dr. Arslanian personally selects the **most effective treatments** for his patients.

Profound is a one-of-a-kind RF microneedling treatment. It is the first and only RF microneedling device with FDA clearance for face and body, with a 94% response rate for **improvement in the appearance of cellulite**. <sup>(5)</sup>

## Qwo

If you're looking for an **alternative to RF microneedling** for your cellulite, consider [Qwo](#)! This **fast and easy** injection treatment is a less invasive way of fighting cellulite. The Qwo formulation is composed of collagenases clostridium histolyticum-aaes (CCH), a naturally occurring enzyme. During the treatment process, this enzyme is introduced to the targeted area. Over time, it releases the tension in the thick fibrous bands of tissue called septae where cellulite is present. Once these bands are broken, the fat cells in the tissue **redistribute evenly under the skin**, for more uniform, smoother-looking skin!

## Sculptra

Used all over the body, but primarily used on the buttocks for cellulite, Sculptra is a safe, simple injection that adds volume to the treated area and **initiates fresh collagen production**. It is a poly-L-lactic acid substance that produces more voluminous tissue and smoothness in the skin. By **targeting the dimpled areas** of cellulite, Sculptra pinpoints and smooths out tissue, reducing the lumpy appearance and replacing it with a more defined contour.

[Contact](#) our Atlanta offices today at **(678) 894-9200** to see how Dr. Arslanian can **solve your cellulite problems** and help you feel great about the way your body looks and feels!

## Candidates for Cellulite Treatment

All adult patients who want to see an **improvement in their skin quality** are suitable candidates for cellulite treatment, and this includes people who want to reduce the appearance of their cellulite! If you are in good general health and at a consistent body weight, an ideal candidate should want to improve:

- Stubborn cellulite
- Loose skin
- Skin elasticity
- Wrinkles
- Irregular skin texture
- Scarring

We know that your time is valuable! If you have a busy lifestyle, you want a **cellulite procedure** that's both fast and effective. One of the treatment options available from Dr. Arslanian could be the perfect non-surgical solution for you, and can be **customized to fit your schedule**!

Log in and join the **over 80,000 followers** of Dr. Arslanian on [Instagram](#), or connect with us through our other social media on [Facebook](#), [YouTube](#), and [LinkedIn](#)!

## Personal Consultation

Your safety and satisfaction is our main goal. At your personal consultation, Dr. Arslanian will assess your cellulite and outline the benefits of RF microneedling or another **corresponding treatment** to target the problem areas. At this time, he may photograph the areas for treatment for post-treatment comparison. You will be asked to give details about any **past cosmetic procedures** you have undergone, as well as provide a list of your current medications and brief medical history. Dr. Arslanian may have to alter some of your current medication regimens to **ensure your comfort, safety, and satisfaction** during and after your treatment.

## Treatment Procedures

### Profound RF Microneedling

During your **RF microneedling procedure**, Dr. Arslanian will use the Profound handheld device to apply medical-grade micro-needles to your skin. You will receive one of two RF microneedling treatments from Dr. Arslanian: the Profound Dermal Cartridge, which has a five-needle head, or the Profound SubQ Cartridge, which has seven needles. These ultrathin needles deliver radiofrequency energy **deep into the tissue**.

As a result of both treatments, your body will respond by producing more collagen. Additionally, the **radiofrequency waves emit heat** which boosts elastin and hyaluronic acid levels.

Combining these innovative technologies will result in the **smoother, healthier skin** that you desire!

### Injectable Cellulite Treatments

The ways both Qwo and Sculptra are administered are similar. Qwo is a clear, odorless liquid that is injected through tiny needles into **cellulite-dimpled skin**. It targets the fibrous bands of tissue called septae, breaking them down and encouraging more even fat distribution in the area. Similarly, Sculptra can be injected into the treated area, but it addresses tissue volume and **decreases the appearance of cellulite** by adding more volume to the existing skin tissues.

## Recovery & Results After RF Microneedling

Dr. Arslanian provides **complete skin resurfacing treatments and subdermal procedures for cellulite**, with minimal downtime. You will be able to return to most of your everyday activities immediately after most treatment sessions! Dr. Arslanian recommends you avoid any activities that will make you sweat profusely 24 hours after any cellulite reduction procedure. In the hours afterward the treated area may be sensitive, and with microneedling, you may notice small healing scabs at the points of entry into your skin. Generally speaking, you must make sure you **keep the treated areas moisturized**, stay out of the sun, and apply sunscreen if sun exposure is unavoidable.

Your skin will generate fresh collagen and build a new, smoother layer in the days and weeks to come. To conserve the aesthetic appearance of your **younger, more vibrant skin**, Dr. Arslanian advises all patients to maintain a healthy lifestyle and consistent weight after their treatment.

If you enjoyed reading this blog post, stay in-the-know with the latest beauty secrets and tips [here](#), and be sure to check Dr. Arslanian's [procedure page](#)!

## Cost of Cellulite Treatment in Atlanta

As each of our bodies has different needs, the cost of your treatment will vary according to your circumstances. Speak to us about our [financing](#) programs! [Get in touch](#) with us at (678) 894-9200 to find out more!

## FAQ

Are there any over-the-counter remedies for cellulite?

Despite many extravagant product claims, **no over-the-counter treatments have been proven to reduce the long-term appearance of cellulite**. This includes caffeine creams, herbal supplements, skin wraps, antioxidants, and exfoliation treatments. For effective results, many people **turn to cosmetic procedures** such as laser-assisted liposuction, RF microneedling, and dermal fillers for long-term cellulite reduction.

How many treatments will get rid of my cellulite?

Each patient is different, so the number of treatment sessions you will need will depend on many factors, including what **grade of cellulite** you have, and how many areas of your body you want

to treat. To find out more information about cellulite treatment procedures in your area, contact a doctor that **specializes in cellulite reduction** treatments.

### How Can RF Needling Get Rid of My Cellulite?

Radiofrequency microneedling is a skin resurfacing treatment that can **reduce cellulite** by creating micro injuries that the body responds to by producing more collagen fibers. The effect of these newly created healing fibers mean that the cellulite-affected area is smoothed, for a more **aesthetic skin texture**.

## References

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