

Cavitation

What is Cavitation?

Ultrasonic Cavitation also known as Ultrasound Liposuction and Ultra Cavitation is a non-surgical fat removal procedure that uses scientifically proven non-invasive technology to break down unwanted fat.

What does Cavitation do?

Cavitation uses low-frequency sound waves to heat and vibrate the layer of fat cells below the skin's surface causing pressure, which eventually causes the fat cells to liquify and release their contents to be eliminated safely by the body.

Does Cavitation actually work?

Experts say this procedure involves applying pressure on fat cells through ultrasonic vibrations. The pressure is high enough to make the fat cells break down into a liquid form. The body can then get rid of it as waste through your urine.

The broken-down fat cells go from the body to the liver where they are excreted as waste. This method of treatment is used along with other weight loss programs to help with getting rid of excessive fat. It is a preferred method to other invasive procedures of eliminating body fat. It is important to note that your weight could return if you consume a high- calorie diet.

What doesn't Cavitation NOT treat?

Ultrasonic cavitation reduces the body's fat deposits that could be hard to get rid of by exercising alone. However, this procedure cannot be used for weight loss treatment on its own. It is vital to maintain a low-calorie balanced diet and to perform physical exercise after completing the cavitation procedure. This will help to control your body weight and treat conditions like prediabetes in obese women.

How long does it take for Cavitation to work?

Since the procedure is customized according to an individual's needs, it might take longer for some than others. The standard treatment should be completed in one to three sessions with 72 hours in between every session depending on the treatment. Some patients may require up to 12 sessions. Patients can expect to experience a reduction of several cm in circumference after the first treatment.

How long is the treatment?

Each session can be up to 20 minutes. Treating multiple areas is not advisable as the body has to work hard to remove the excess fat that is now passing through the Lymphatic system to the liver. Follow the rule of one area, one treatment every 72 hours and you will see rapid results.

What areas can be treated?

Areas that can be treated include:

- Abdomen
- Hips
- Love Handles/Flanks
- Inner and Outer Thighs
- Upper Arms/Bingo Wings
- Bra and Backs Rolls
- Buttocks
- Chin

Who should not have Cavitation therapy?

People eligible for an ultrasonic cavitation procedure include individuals with steady Body Mass Index values (18.5k / m² and 24.9kg / m²) and women with adiposity around the abdomen. The following individuals should not undergo the procedure:

- Pregnant and breastfeeding women
- Persons showing skinfold lower than 2 cm
- Infection or inflammation in the region where the procedure will be done
- Individuals with a history of malignancies
- People with a cardiac pacemaker or other metal implants
- Persons with coagulation disorders or taking medication that affects blood clotting
- Individuals with serious medical conditions like diabetes and osteoporosis

Procedure Details

Prepping for your Cavitation Treatments:

- It is important to drink 8 glasses of water a day before the treatment.
- Before an in-office treatment, you need to have a clean, lotion-free body. Please shower and do NOT put any products on the treatment area.

What happens before in office Cavitation treatments?

Your esthetician will take pictures of the “before” for your file. Your esthetician will also take “before” measurements. All of this is to document your progress throughout your treatment plan.

What happens during in-office Cavitation?

You lie on your back as your Esthetician places the Cavitation device on the body part being treated. Lie still during the entire treatment as the device works. The treatment usually lasts up to 20 minutes depending on the individual's needs. The treatment is non-invasive and painless. You may feel a warming sensation on the area being treated and a slight feeling of vibration in the fat layer. Some patients report a mild ringing in the ears.

Risks / Benefits

What are the benefits of Cavitation?

- Requires little to no downtime
- Results last for a long time with a healthy lifestyle
- Causes minimum side effects
- Leaves no scars
- No anesthesia is needed
- Results occur gradually, so you can maintain discretion about the treatment

What are the cons of Cavitation?

- Lesser loss of weight compared to invasive methods like liposuction
- May be inefficient for individuals with a lot of weight to lose
- May require complementing with other weight loss methods for desired results
- It is impossible to know the exact amount of fat lost

What are the risks of Cavitation?

- Skin irritation: The treated area may be red, sensitive, or slightly irritated for a few hours to several minutes.
- Bruising: Some patients may experience mild bruising that fades within a few days.

- Headaches: Some people may experience headaches.
- Increased thirst: Patients may feel thirstier after the procedure, so it's recommended to drink more water to help eliminate substances.
- Increased urination: The release of fat cells can put extra strain on the kidneys, which may lead to increased urination for a short time.
- Skin irregularities: In some cases, the skin may not absorb broken down fat evenly, causing lumps, bumps, or valleys. Follow-up treatments may help resolve these irregularities.
- Nerve damage: In some very rare cases, cavitation may cause or exacerbate nerve damage.

How can I make sure Cavitation is right for me?

Before going to a spa for Cavitation, consider consulting your esthetician. This way, you can receive the correct treatment for your concerns.

Recovery and Outlook

What is the recovery time after Cavitation therapy?

Ultrasonic cavitation is a safe FDA approved procedure. Since the procedure is non-invasive, there is no downtime needed. The destroyed fat cells do not grow back. The results of ultrasonic cavitation can last with continued weight maintenance activities. However, some people may experience minor side effects that subside over time as part of the healing process. These side effects may include:

- Bruising or redness.
- Thirst, Skin sensitivity.
- Skin irregularities.
- Headaches.
- Fatigue.
- Nausea.
- Drowsiness.

Ultrasonic cavitation should not be used as a replacement for doing physical exercises. Doing regular exercises is more effective in reducing body weight and the risk of developing coronary medical conditions.

To help with recovery, you can try these aftercare tips:

- Hydration: Drink at least 2 liters of water per day to help flush out crystallized lipids in fat cells. Staying hydrated can also help minimize the effects of a detoxification reaction.
- Cardio: Do 20 minutes of elevated heart rate cardio exercise immediately after treatment and for the next three days to burn off stored energy.
- Infrared sauna: Use an infrared sauna to help your body flush out toxins.
- Diet: Eat a healthy, balanced diet and avoid alcohol for 24–48 hours.
- Massage: Try massages or body vibrations after treatment.

How long do results last?

Results can last for many years or even a lifetime if you maintain a stable weight. To maintain the results it is important to follow a healthy low calorie diet and exercise regularly. It is also important to drink 8 glasses of water a day before and after the treatment. Fat elimination is accelerated by the amount of water your drink therefore, water is a key component to eliminating the fat.

How long do I have to wait in between sessions?

Sessions MUST be performed at least 72 hours apart and at most 1 week apart to see optimal results.

When To Call your Esthetician

When should I see my Esthetician if I'm having problems?

If you notice these signs after Cavitation, contact your esthetician:

- Hives.
- Inflammation.
- Pain.
- Rash or redness.
- Burns.
- Any other concerns.