COMBINATION TREATMENT FOR BUTTOCK AND ABDOMINAL REMODELLING AND SKIN IMPROVEMENT USING HIFEM PROCEDURE AND SIMULTANEOUS DELIVERY OF RADIOFREQUENCY AND TARGETED PRESSURE ENERGY

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DISCLOSURES

• Nothing to disclose
PILOT STUDY

- 15 patients completed treatment

- Abdomen: 7 patients

- Buttocks: 8 patients

- Premise: Combining HIFEM plus TPE will augment muscle, reduce fat in abdomen, and tighten skin in both locations.
THE CHALLENGE FOR MOMS

42 year old post pregnancy, declined a tummy tuck

Flat buttocks, no interest in BBL.
• With small children, a busy schedule, and many responsibilities, many moms have no available recovery time.

• Current minimally invasive devices may reduce fat.

• No other noninvasive devices improve core strength, diastasis recti, and skin quality.
38 year old had liposuction, still had skin laxity.
MUSCLE EFFECT

HIFEM: high intensity focused electromagnetic field
Induces both muscle hypertrophy and hyperplasia
DIASTASIS RECTI

Most commonly due to childbirth
Weight loss
Aging

Causes abdominal protrusion
Unresponsive to diet and exercise
42 year old post childbirth

3 months following 4 treatments of HIFEM and TPE
What does RF add to HIFEM?

- The thermal optimum to effect change in the skin and soft tissue is 42-50 degrees C.
- The device used constantly monitors temperature during the procedure, so consistent tissue heating can be achieved for a 15-20 minute duration.

Thermal Damage and Skin Reactions

Various effects occur depending on the temperature reached within the skin. RF typically generates heat in the skin at 40-60°C; 40-50°C causes protein structural changes, leading to wound healing response and above 60°C causes protein denaturation or coagulation, leading to skin tissue remodeling. In order to effectively and safely treat each indication, tissue reactions that vary with temperature must be considered.
38 year old before treatment

3 months following 4 HIFEM/ TPE tx
Treatment of buttocks

46 year old with flat buttocks and skin laxity

Patient 3 months after 4 treatments of simultaneous HIFEM and TPE

Buttock treatment settings are a bit different than abdominal; no fat decrease is seen with these parameters.
THE IMPORTANCE OF HYDRATION

Tissue responsiveness to thermal energy totally depends on tissue hydration.

We recommend 64 oz/ water a day for 4 days prior and 4 days post-treatment.
30 YEAR OLD MOTHER OF FIVE

Patient prior to treatment

3 months following HIFEM and RF plus TPE
SUMMARY

- The combination of HIFEM and RF plus targeted pressure energy stimulates tissue changes in muscle, fascia, fat, and skin.

- There is little discomfort and no down time.

- Changes are quite visible; occur over a three month period of time.

- A good solution for those who cannot afford to recover from abdominoplasty.