

Improved Cryolipolysis Outcomes with Shockwave Therapy

By Cindy J. Papp, Contributing Editor

Cryolipolysis is a top revolutionary aesthetic body shaping treatment and a very popular offering in today's spas and aesthetic practices. But, a practice can stand out by adding *Z Wave*® from Zimmer MedizinSystems (Irvine, Calif.) after cryolipolysis treatments for improved results, consistent outcomes and quicker patient recovery.

David Goldberg, MD, JD, medical director at Skin Laser & Surgery Specialists (Hillsborough, N.J.) was involved with the original FDA studies for cryolipolysis. "Cryolipolysis has become a very common procedure, so we stopped doing a lot of it because everybody else was doing it," he stated. "However, when we added *Z Wave* to the treatment, we saw improved results and a better experience. Word eventually got out, especially through social media, giving our practice a competitive advantage. Whereas we were doing almost no cryolipolysis five years ago, it is once again one of our top treatments."



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According to Dr. Goldberg, *Z Wave* improves the results for cryolipolysis and virtually any method that involves non-invasive body contouring. "Cryolipolysis freezes the fat, which can look lumpy until the body removes it. *Z Wave* technology is low-intensity shockwave therapy that breaks up the fat by increasing metabolic activity and stimulating blood circulation, leading to quicker and more comfortable dissipation of the swelling caused by cryolipolysis and of the fat itself."

Triple board-certified plastic surgeon Gordon Sasaki, MD, of Sasaki Advanced Aesthetic Medical Center (Pasadena, Calif.) has offered *Z Wave* therapy since 2014. "I felt it was incumbent to provide patients with an acceptable treatment to solve issues of irregularities after liposuction, cryolipolysis or surgical procedures such as abdominoplasty, brachioplasty or thigh-plasty," he explained. "*Z Wave* helps reduce the appearance and symptoms of acquired soft tissue distortion and successfully treats the side effects of cryolipolysis or liposuction."

Dr. Sasaki shared his treatment protocol. "We apply *Z Wave* immediately after cryolipolysis is complete, while there is still anesthesia to the region," he reported. "We wait about three to

six weeks when the normal sensitivity to the area has subsided, and then do one treatment every week for about six weeks, which seems to help increase volume change by about 20% to 25% in addition to that which has been obtained by the cryolipolysis itself."

Hand massage is a common protocol following cryolipolysis, but according to dermatologist Mitchel Goldman, MD, of Cosmetic Laser Dermatology (San Diego, Calif.), this can be painful and tedious for both the patient and practitioner. "After the fat is frozen, massaging with *Z Wave* helps break down the fat by destroying the fat cell membrane," he reported. His practitioners find that *Z Wave* enhances the results of cryolipolysis, with less discomfort and a more consistent outcome than hand kneading the treatment area.



Before and after traditional liposuction plus three *Z Wave* treatments to the lumbar and brassiere rolls
Photos courtesy of Gordon H. Sasaki, MD, FACS

Z Wave is not limited to improving body shaping outcomes. Dr. Goldberg takes advantage of the benefits to improve results with other treatments too. "*Z Wave* improves circulation and the body's response to treatment is to create new blood vessels, and there is very solid evidence in the urology literature that shockwave treatment can help treat erectile dysfunction (ED). Because of this, we use *Z Wave* in our practice for post cryolipolysis, post laser tattoo removal treatment and as a novel and innovative treatment for ED."

It is clear *Z Wave* is an effective, FDA-cleared treatment to combat cellulite. It can also greatly complement and improve patient outcomes with cryolipolysis, while helping aesthetic businesses stand apart from the rest.