

# Shockwave Impacts Plastic Surgery and Aesthetic Procedures

By Cindy J. Papp, Contributing Editor

Today's aesthetic patients expect effective treatments that help them look and feel better with little to no downtime. Physicians are responding by offering post-care and stand-alone procedures that provide the results that patients desire. Acoustic shockwave therapy is quickly becoming central to many aesthetic practices thanks to its versatility, comfort and ability to deliver results when used alone and in combination with other cosmetic treatments.

Zimmer MedizinSystems' (Irvine, Calif.) *Z Wave* is an acoustic wave therapy device that incorporates high energy radial shockwaves. Practitioners report that it improves outcomes by stimulating collagen production, in addition, it improves skin elasticity and may improve skin structure and connective tissue. Christine Watson, MD, medical director and owner of Body Bar MD (Terre Haute, Ind.), explained that the device sends targeted energy to enhance lymphatic drainage while increasing circulation. This makes it an effective cellulite treatment and an ideal adjunct therapy for treatments such as cryolipolysis, liposuction and breast augmentation.

"*Z Wave* sends radial shockwaves to the treatment area to break up the fibrous bands called septae and release the tissue, thereby decreasing the look of cellulite," Dr. Watson mentioned "We also use it in combination with other treatments such as platelet-rich plasma (PRP) in areas of more prominent cellulite, or with microneedling to help tighten the skin around cellulite. We also use it as a post-liposuction treatment to improve the look of common side effects like skin irregularities." She added that the most exciting aspect of *Z Wave* is in sexual health, thanks to the addition of established sexual medicine treatments that incorporate *Z Wave*.

*Z Wave*<sup>Q</sup> utilizes an innovative water-cooling generator with an ergonomic handpiece that acts as a shock absorber, providing comfort to both practitioners and patients. Energy spreads soundwaves radially to cover more of the treatment area and enhance metabolic activity. It allows physicians to provide an all-in-one body contouring solution and

enhances other cosmetic procedures while maintaining the ambiance of a relaxing med-spa environment.

Anna Buinewicz, MD works alongside her husband, plastic surgeon Brian Buinewicz, MD at Buinewicz Plastic Surgery and Medical Spa (Doylestown, Pa.). She reported that she uses *Z Wave* as a post-surgical procedure to expedite recovery and enhance patient outcomes. "We use *Z Wave* to enhance both post-surgical and nonsurgical results for our practice. For example, we use it after Coolsculpting for a more aggressive massage to reduce edema and enhance the results. Using *Z Wave* is more professional and less burdensome than a hand massage," she explained.



Capsular contracture before and three months after six biweekly treatments with *Z Wave*

Photos courtesy of Anna Buinewicz, MD

Dr. Buinewicz shared that she also has great success using *Z Wave* as a standalone treatment for capsular contracture patients. "The protocol we have developed includes a treatment time of about 15 minutes, with an average of four to ten weekly treatments," she reported. "The ability to treat capsular contracture and prevent the patient from being subjected to an additional surgery and anesthesia is absolutely amazing!"

"The *Z Wave* provides a lot of value in my practice because of the versatility compared to the cost," Dr. Watson added. "We use it often and it plays a central role with many emerging treatments for regenerative therapies." For plastic surgeons who desire to complement body sculpting procedures, provide a quicker and easier recovery, and offer a nonsurgical option for their patients, *Z Wave* offers safety and efficacy, making it a rising star in modern aesthetic practices.



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