



CENTER FOR
AESTHETICS
— AND —
PLASTIC SURGERY

FAQ's about Body-Jet™

What is Body -Jet™ Liposuction?

Body-Jet is a new water assisted liposuction treatment, recently approved by the FDA, for removing unwanted areas of fat that do not respond to diet and exercise. Body-Jet utilizes a unique pulsating water technique to dislodge the fat while simultaneously removing the fat cells through a very small cannula. Body-Jet is an outpatient procedure that causes minimal discomfort and little downtime.

Fat harvested by the Body-Jet does minimal damage to the fat cells once they are removed, so they may be used to fill other areas of the body, such as the face, hands or body with more success than with typical fat grafting where the fat cells have been damaged in the process of removal.

- More gentle than other forms of liposuction
- Quicker, more efficient procedure
- Reduced bruising and discomfort
- Minimizes swelling, allowing more precise fat removal
- Fat cells remain intact for transplantation if needed
- May be performed under local anesthesia

Body -Jet liposuction may be used in combination with other cosmetic procedures such as a [MACS facelift](#) or [tummy tuck](#). Areas frequently reshaped by Body-jet liposuction include:

- Abdomen and trunk - waist, hips and love handles
- Back and flanks
- Inner and outer thighs
- Knees
- Male breast

Who is a candidate for Body- Jet liposuction?

Women and men of various ages and from many circumstances choose Body-Jet liposuction. Patients with isolated areas of fat that are close to optimal weight but may have more volume are the best candidates. These and other factors generally define good candidates for liposuction procedures:

- You can clearly define what you wish to treat with liposuction
- You accept the risks of liposuction and your responsibilities as a patient
- You are healthy, emotionally stable and secure
- You accept that you will need to make healthy lifestyle choices to maintain the results achieved by liposuction
- You have realistic expectations about what liposuction can and cannot accomplish

How does Body-Jet work?

Body- Jet liposuction allows Dr. Ringler to simultaneously introduce gentle pulses of fluid into the body while dislodging and removing the fat with a cannula. It is designed to loosen the fat using a unique pulsating fluid spray, which separates it from other tissue effectively with minimal trauma. Fat cells that are removed by Body-Jet do not grow back. Typically, any post procedure weight gain is distributed elsewhere in the body.

What should I know about Body-Jet liposuction?

Liposuction will result in weight loss from a few to several pounds due to the reduction of tissue. However, this procedure is not an alternative to a weight loss program and patients must maintain their preoperative routine and diet and exercise program to maintain their results

The incisions for Body Jet liposuction are very small. The placement of incisions for your surgery will be discussed with you during your consultation. Body Jet Liposuction is performed on an outpatient basis. Body Jet is most commonly performed under local anesthesia and requires much less downtime than traditional liposuction.

What can I expect after Body -Jet Liposuction?

Following your procedure, you will experience some swelling, potential bruising and some soreness in the treated area. Recovery ranges are much less than with traditional liposuction. Within the day following surgery, you will return to normal, light activity. Recovery is usually easy and quick with Body- Jet liposuction.

Results may be long lasting, but weight loss/gain or pregnancy can change your results and normal aging and gravity may affect your outcome. You will need a capable adult with you for 24 hours after your surgery. All surgeries carry the potential for risks, all of which will be discussed with you during your consultation.

Before you ask for curves, ask for credentials

Steven L Ringler MD

616.328.8800 2680 Leonard NE Grand Rapids, MI stevenringlermd.com