



CENTER FOR
AESTHETICS
— AND —
PLASTIC SURGERY

FAQ's about Vanquish®

What is Vanquish?

Vanquish is a new non-invasive, radio frequency device that heats tissue and reduces fat in targeted treatment area. This device is able to destroy about 60% of the fat in the targeted area and contour the body without surgery and with no downtime.

How does Vanquish work?

The Vanquish fat reduction device utilizes multi-polar radiofrequency technology to heat and eliminate unwanted fat cells. The state-of-the-art technology is performed without the device coming in direct contact with the body. The sensors in Vanquish enable Dr. Ringler to accurately customize the treatment to maximize the amount of radio energy absorbed based on your own specific needs.

Without anesthesia or sedation, the skin is heated to a controlled 101 degrees while the underlying fat reaches temperatures of 120 degrees. No pain is felt during the procedure. In fact, most patients find the procedure to be rather relaxing. During the 30-minute session, the high internal temperature will result in a natural process of fat cell death called apoptosis. The entire fat cell is destroyed for long lasting results.

How many Vanquish treatments are required to see results?

Although results vary, optimal results are achievable after 4 treatment sessions that last for approximately 45 minutes. The treatments are scheduled one week apart.

Who is a good candidate for Vanquish?

Vanquish is suitable for those who are close to their desired body weight, but have isolated areas of fat in the abdomen, flanks and back that does not respond to diet and exercise. In addition good candidates will possess the following:

- No metal implants
- Are not pregnant or breastfeeding
- Are very well hydrated prior to and subsequent to treatment
- Are emotionally healthy and stable
- Are realistic about what Vanquish can and cannot accomplish

What type of recovery period is required following treatment?

Following a Vanquish appointment, there is absolutely no downtime. Patients are immediately able to return to work or their daily activities following treatment. Exercise and activity may also be resumed immediately without restriction. You may notice some mild redness or swelling in the treatment area that should resolve within a couple of hours. Staying well hydrated following your Vanquish treatment is important. It is recommended that you drink 3 liters of water per day for 3 days following treatment to assist your body in flushing the destroyed fat cells from your body.

When will my Vanquish results be visible?

Optimal results typically become visible about 1 month following the final treatment session. The body naturally eliminates the destroyed fat cells from the body, but this does not happen all at once, but rather over time. Staying very well hydrated can help to expedite the fat cell elimination process. According to a study performed by BTL Aesthetics, after 4-6 weekly treatment sessions, patients report up to 59% reduction in fat at the treated site.

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