

Maximizing the Minimally Invasive Procedures for Body Contouring

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Body contouring is procedure to improve ones body appearance through changes in size or shape. Fat reduction, is a key component of body contouring, previously can be achieved through liposuction. However, the surgical risks associated and significant downtime are often unfavorable. Non-invasive to minimally invasive modality for body contouring is growing rapidly for the past recent years. They have advantages including less downtime, and other undesirable effects related to surgical intervention. Other than that, some have skin tightening effect and muscle toning which are desired by many people recently. Eventhough liposuction is still the gold standard for fat reduction, knowing how to combine the available technology of minimally invasive procedures can give a more targeted result and higher satisfaction for both physician and patients.

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