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Body contouring: My strategy

Recently, many medical devices have been developed for body contouring to reduce fat in the local areas of the body. These devices are not as effective as liposuction, but does not have a limit on daily activities due to its non-invasive, non-surgical procedures. Also, many of the devices have less pain and fewer possibilities of complications. Now this field is important part of our aesthetic medical field. Cooling, laser and magnetic stimulation devices have been used in my clinic.

However, compared to Caucasians, Asians have lower B.M.I.. Therefore, it's difficult to get visible results by using body contouring devices. How to adapt patients' satisfaction to the real outcomes? I'll talk about my strategy for body contouring.