

BodyTite™

Minimally-invasive treatment to smooth and contour the body

What is BodyTite™?

BodyTite™ is a safe, gentle and effective minimally-invasive procedure to reshape and contour the body. The innovative BodyTite™ device delivers radiofrequency energy to melt fat and tighten the skin. The consultant cosmetic surgeons at Bella Vou use BodyTite™ to shape, smooth and lift the body without using a scalpel.

BodyTite™ uses innovative Radio-Frequency Assisted Lipolysis (RFAL) technology to gently, safely and effectively heat the sub-dermal tissue, melting fat so that it can be safely removed, and making the skin tighten and contract.

BodyTite™ is a solution for people who want to reduce stubborn, fatty areas without developing saggy, wrinkly skin. BodyTite™ is a revolutionary alternative to traditional liposuction because it also treats skin laxity caused by weight loss or ageing. Bella Vou offers this cutting-edge treatment to firm and contour the arms, chest, knees, thighs, and bottom to provide a smoother, firmer and more youthful body.

Why have BodyTite™?

Most of us want to look good and feel confident. Diet and exercise can help you maintain a slim, healthy body. However, it can be challenging to lose stubborn fatty areas like saddlebags and muffin tops. Progressive sun damage, age, pregnancy and weight loss can make the skin on the body loose, wrinkly and saggy.

If you are worried about your body contour or have lax or drooping skin, BodyTite™ is a safe, effective and minimally-invasive alternative to liposuction and body lifts.

The consultant cosmetic surgeons at Bella Vou use BodyTite™ to gently treat fat in stubborn areas while tightening the skin and sculpting your body into its ultimate shape.

What happens in BodyTite™ treatment?

At Bella Vou, your consultant cosmetic will usually perform BodyTite™ under local anaesthetic. Light, controlled sedation is also available if you are anxious about the procedure. The surgeons often combine BodyTite™ treatment with other procedures such as Tummy Tucks and Body Lifts to achieve the best possible results.

The specialist will make tiny incisions in the skin and introduce the fine BodyTite™ probe. The device delivers a precise, controlled supply of radiofrequency energy under the skin. This highly-targeted, sub-dermal energy is more effective than older radiofrequency or ultrasound skin-tightening devices. The heat melts fat so that the

surgeon can safely remove it with suction. The heat also tightens the skin and stimulates collagen production to firm your body contour,

How long is the recovery from BodyTite™ treatment?

Your recovery following BodyTite™ treatment will depend on your health, fitness and the size of the treatment area. In general, following BodyTite™ people have smaller scars, fewer complications and a quicker recovery than following traditional body lift surgery or liposuction.

You will be able to go home on the day of treatment. The area may feel a little sore, swollen and bruised immediately after the procedure. However, most people can get back to work and normal activities within a week to ten days.

Quick glance guide to BodyTite™ treatment

Procedure Time: Up to an hour, or more depending on the area treated
Back to Work: A week to ten days, longer if combined with other procedures.
Anaesthetic: Local anaesthetic with sedation. General anaesthetic
Hospital stay: No
Treats: Loose skin, drooping, stubborn fatty areas

Why choose Bella Vou for your BodyTite™ treatment?

Bella Vou offers clients a uniquely individual approach to cosmetic surgery. The state-of-the-art clinic provides the latest surgical, cosmetic, and aesthetic treatments in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a very personal touch throughout the client journey. The highly-skilled, professional staff are passionate about helping people achieve the results they want and making their experience enjoyable, stress, and hassle-free.

Bella Vou's leading cosmetic surgeons are recognised by the most highly-regarded aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS) and named among the world's top influencers in cosmetic medicine in the prestigious RealSelf 100 awards. The clinic and leading-edge operating suite are approved and inspected to ensure the highest standards of patient care and assured with exacting standards on cleanliness and infection control safeguards.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is confident in the staff's skills and professionalism and provides a benefit warranty to provide patients with peace of mind. If there is a problem or complication, the client will be looked after throughout, without any extra bills or charges.

Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.

Your BodyTite™ treatment journey at Bella Vou

Free, no-obligation consultation

Bella Vou offers every client a free consultation with an expert, accredited cosmetic surgeon with no obligation to proceed to treatment. The consultation is an opportunity to discuss any concerns you have with your skin and appearance, the results you want to achieve, and whether BodyTite™ can help you reach those goals.

Bella Vou will always give you an honest and impartial professional opinion. Mr Amir Nakhdjevani says:

‘We make sure that we advise people correctly about whether surgery is right for them. We treat everyone as if they were our family. At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.’

Preparation for BodyTite™ treatment

Your doctor may ask you to stop taking some medicines such as aspirin and ibuprofen, to reduce your risk of bruising and bleeding. It's also important to quit smoking cigarettes and e-cigarettes to help wound healing and reduce the risk of developing complications.

On the day of your BodyTite™ treatment, a member of the Bella Vou team will welcome you to the clinic, give you a gown to wear and escort you to the state-of-the-art operating theatre.

What happens during BodyTite™ treatment?

Your surgeon will carefully clean the skin and numb the area using local anaesthetic. They will wait to ensure you are comfortable, and the anaesthetic is effective before starting the procedure.

Your doctor will make tiny incisions to introduce the BodyTite™ device into the skin. The treatment is bespoke. Your specialist will precisely target the treatment to sculpt your body and address your concerns. The fine cannula probe uses radiofrequency waves to heat the tissues under the skin, liquefy the fat and tighten your skin.

As the tissues get warm, you may notice some popping or crackling sounds, this is normal and is a sign that the treatment is working. Treatment of each target zone takes around fifteen minutes. After this, your doctor will gently remove the liquid fat using suction.

Finally, they will clean the skin and apply small plasters over the incision sites. Stitches are not usually needed.

BodyTite™ offers immediately visible body contouring and skin tightening. It also stimulates natural collagen production, resulting in ongoing rejuvenation for up to a year following treatment.

Recovery from BodyTite™ treatment

You will be able to go home on the day of treatment, with no drips or drains. The doctor may prescribe a course of antibiotics or antibiotic cream to prevent any infection.

The Bella Vou team will put on a compression garment to reduce swelling, ease discomfort, and help with healing. You should wear the support day and night until you are reviewed in the clinic. One of the Bella Vou team will give you a call the day after surgery to make sure you're well, have had a comfortable night, and answer any questions.

The area may feel sore, bruised and swollen following the procedure. It is also common to experience a little itching, redness, and skin peeling. Symptoms will gradually settle, and most people can get back to normal, light activities within a week.

FAQs

Does BodyTite™ leave scars?

BodyTite™ is a minimally-invasive procedure. The doctor inserts the fine probe through small incisions. The surgeons carefully place the scars so that they are discreet and hidden in the skin's natural folds and creases. The procedure usually leaves small marks that heal to be almost invisible.

What areas do you treat with BodyTite™

Any areas of saggy skin or fatty deposits on the body can be treated with FaceTite™. The expert cosmetic surgeons at Bella Vou successfully treat saddlebags, bingo wings, breast asymmetry, muffin tops and back fat.

Can you combine BodyTite™ with other procedures?

Yes, the consultant cosmetic surgeons at Bella Vou use BodyTite™ in conjunction with other surgical procedures to achieve the best aesthetic results. Mr Amir Nakhdehvari and Mr Cormac Joyce use the procedure in conjunction with Body Lifts, Buttock Lifts and Tummy tucks for its sculpting and tightening effects.

How long does BodyTite™ take to have an effect?

For many people, BodyTite™ offers instant, visible results. Following treatment, you may notice that the skin is tighter and more toned. However, the effects continue to improve as the swelling settles, and collagen production is stimulated. Most individuals noting significant improvements by 2-3 months and skin contraction can continue for a year to eighteen months.

How many treatments are needed?

Only one treatment session per area with BodyTite™ is necessary to achieve results. Research indicates a 40% improvement after a single treatment.

How long will I need to be off work?

Your recovery time will depend on your health, your fitness and your job. Some people are fit to return to light, office-based work in a day or two. However, others may need a week or more to rest and recover. Your doctor will provide you with individual advice on your rehabilitation.

Is BodyTite™ safe?

All procedures carry risks. Problems following BodyTite™ are uncommon. Following treatment, some people develop bruising and infection. The specialists at Bella Vou are highly-skilled and work to minimise complications. Nerve bruising can cause numbness; this usually resolves within 8-12 weeks. Permanent nerve damage is thankfully rare, especially in expert hands like the specialists at Bella Vou. If you have any concerns, your doctor will talk you through all the pros and cons of the procedure.