

## Love Handles Treatment

Non-surgical	Vs	Surgical
<p>As our non-invasive and non-surgical option, our <a href="#">CoolSculpting®</a> fat freezing treatments destroy fat cells without any needles and minimal downtime. Results are not immediately noticeable and ‘develop’ over a number of weeks as the destroyed fat cells are absorbed and expelled by the body. Adding a Morpheus 8 once your treatment course has been completed can help tighten and plump the skin through the production of elastin and collagen</p>		<p>Our surgical <a href="#">VASERlipo™</a> procedure produces the most targeted results giving us the greatest control over both fat removal as well as the level of skin tightening required through the use of <a href="#">Renuvion</a>. Despite this being a surgical procedure, the invasiveness is still minimal requiring a few tiny incisions that the Vaser probe is inserted into. Downtime may be the longest of these options, but the results are instant as the fat is removed through the Vaser Probe during the procedure while the tiny incisions heal very quickly becoming unnoticeable over time.</p>

Not seeing your desired results from diet and exercise?

Workouts to get rid of love handles aren’t particularly effective. This is because it’s impossible to “spot treat” your body to remove fat from specific areas with workouts or diets. The best a workout and/or diet plan can do is help you lose enough body fat to reduce your problem areas but maintaining a very low body fat percentage isn’t easy, or in some cases necessarily healthy. For most people, there are stubborn problem areas where fat is very difficult to shift – often love handles fall into this category.

Not all fat behaves the same in all parts of the body

While the specific areas that we lose fat in varies from person to person, fat actually behaves differently in different areas of the body due to the way that the body uses fat cells for energy. Also, some areas have a higher density of fat cells in them making them more noticeable as fat pockets when you lose weight across your whole body.

We destroy or remove fat cells completely

The best approach is to target the fat cells in problem areas directly. Choosing one of the love handle treatments that we offer means that the fat cells in that specific area are either destroyed, in the case of [CoolSculpting](#) Fat Freezing, or completely removed in the case of [Vaser Liposculpting](#). This means that there is no chance of those fat cells coming back again.

You have a team of specialists in your corner

Our dedicated team of highly skilled cosmetic surgeons and trained specialist staff are on hand to help you understand which procedure works best for you, to achieve your desired results. Because we offer both surgical and non-surgical treatments our focus is on creating the most natural-looking and best cosmetic outcomes for you by choosing the right treatment (or mix of treatments) to achieve your desired outcome.

### **At a Glance:**

Treats: Stubborn pockets of on the hips and flanks (love handles)

Anaesthesia: CoolSculpting: None required; Vaser Lipo: Local Anaesthetic

Duration: CoolSculpting: 45min per cycle (will require 2 – 4 cycles); Vaser Lipo: 1.5-2.5 hours

Hospital Stay: No, all treatments are performed as a day case

Recovery: CoolSculpting: minimal, some people return to work after their treatment; Vaser Lipo: a few days to a week.

### **Treatment Overview**

#### **Overview:**

Dropdown Title: **What is a “Love Handle” treatment?**

A Love Handle Treatment is actually a selection of different highly specialised treatments designed to achieve the results that you desire while suiting your body and your budget

**CoolSculpting®**: As our non-invasive and non-surgical Love Handle treatment, the **CoolSculpting®** fat freezing treatments destroy fat cells without any needles and minimal downtime. Each cycle of your treatment course lasts approximately 45min with little to no discomfort. Results are not immediately noticeable and ‘develop’ over a number of weeks as the destroyed fat cells are absorbed and expelled by the body. Adding Morpheus 8 treatment once your course of CoolSculpting treatments have been completed can help tighten and plump the skin through the production of elastin and collagen

**VASERlipo™**: Vaser Liposculpting produces the most targeted results giving us the greatest control over both fat removal as well as the level of skin tightening required through the use of **Renuvion**. Despite this being a surgical procedure, the invasiveness is still minimal requiring a few tiny incisions that the Vaser probe is inserted into. These tiny scars of approximately 2mm in size will fade over time to become almost unnoticeable. Local anaesthetic will ensure that you are comfortable throughout the duration of the procedure and in the week post-surgery any localised pain can be managed through the use of paracetamol. Downtime may be the longer than the non-surgical option, but the results are instant as the fat is removed through the Vaser Probe during the procedure.

Dropdown Title: **Why have Love Handle Treatment?**

Love handles can look unattractive and be accentuated by tight clothing, affecting your confidence and body image. A healthy diet and exercise can reduce overall

body fat, but some areas can be challenging to shift. Love Handles can be frustratingly difficult to manage with a healthy lifestyle alone- many people with otherwise slim silhouettes still have muffin tops.

If you feel embarrassed wearing tight fitting clothing, you notice fat bulging over your jeans or when wearing tighter tops, one of our Love Handle Treatment can help.

#### Dropdown title: **What happens in Love Handle Treatment?**

**CoolSculpting®:** The consultant performs CoolSculpting® in Bella Vou's cutting-edge treatment suite. It is an outpatient procedure, so you won't need to stay in the clinic overnight.

The treatment doesn't need any form of anaesthetic. The specialist will place a gel pad and applicator on the chosen treatment areas. The applicator delivers precisely targeted, controlled cooling to fat cells under the skin. The cells crystallize and die. Over time the body naturally eliminates these dead cells to reveal a slimmer silhouette.

The treatment takes around an hour per cycle with each cycle able to eliminate 20-25% of fat cells, this means that depending on your desired results, you may require 2 or 3 cycles in the same area. As your fat is being frozen, it can feel cold and uncomfortable initially. After a few minutes, the area should become numb, and treatment can be relaxing and pleasant. Many people use the time during CoolSculpting to read, sleep, or catch up on e-mails.

**VASERlipo™** is performed local general anaesthetic (but general anaesthetic is available as an option for this procedure at an additional cost). The expert cosmetic surgeon will make tiny incisions in the skin creases so that any scarring is minimal. They will insert a thin cannula that uses ultrasound to heat and liquefy the fat. The surgeon will then remove the fat using a gentle suction device.

The VASER device emits radiofrequency waves, which tighten the skin and stimulate collagen production, resulting in a smooth contour that looks natural and even.

VASER Liposculpting targets fat cells, resulting in less tissue damage, reduced pain and bruising after the operation, and quicker recovery time.

Renuvion skin tightening is often performed at the same time as VASERlipo™. The innovative device uses plasma energy to contract the small ligaments and bands that hold the skin to the muscle, tightening the skin against the muscles below in a way that is a little like 'shrink-wrapping'. Together the procedures create a toned and taut appearance.

**Morpheus 8:** The expert aesthetic doctor treats the targeted area using the Morpheus 8 device. The head has 24 coated pins which penetrate the subdermal tissue. The microneedles make small punctures in the skin, which trigger a wound healing response to repair the skin cells. As a result, there is increased production of the skin's vital collagen and elastin. Also, the device precisely releases radiofrequency energy to coagulate fat and heat the tissues making them contract so that the overlying skin tightens while also stimulating an increase of Elastin and Collagen production to lift, firm, smooth and contour the body.

## Dropdown title: **Why choose Bella Vou for Love Handle Treatment?**

Bella Vou offers clients a uniquely individual approach to cosmetic surgery. The state-of-the-art clinic provides the very 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. Our renowned plastic surgeons are of the few surgeons that are experienced in the re-sculpting and removal of Love Handles.

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 their desired results and making their experience enjoyable 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). The clinic and leading-edge operating suite are approved and inspected to ensure the highest standards of patient care, cleanliness, and infection control.

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 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 simple 5 Step Journey**

#### **Step 1. Free, no-obligation consultation**

Bella Vou offers every client a free consultation with an expert, accredited cosmetic surgeon. There's no obligation to proceed to treatment; it's an opportunity to discuss any concerns and receive an impartial professional opinion.

The plastic surgeons will assess your love handles, the volume of fat and the amount of excess skin before suggesting a bespoke treatment plan targeted to your needs.

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.'*

## **Step 2. Meet your specialist**

During your consultation with the specialist who will perform your VASERlipo™ or CoolSculpting™ treatment you are given a chance to find out more about the procedure and ask any questions you like.

## **Step 3. Preparation for Love Handle Treatment**

You'll be given individual pre-treatment or pre-operative advice to reduce any complications and support your speedy and healthy recovery.

It's important to let your specialist know if you're on any prescription or over-the-counter medications. You may be asked to stop taking aspirin or anti-inflammatory tablets, which can increase the risk of bruising. It's also essential to stop smoking cigarettes and e-cigarettes before and after treatment because they can disrupt the healing process. The team will advise you when to start fasting if you will have a general anaesthetic for VASERlipo™.

On the day of your treatment, the team at Bella Vou will welcome you, give you a gown to wear and escort you to the state-of-the-art treatment suite.

## **Step 4. What happens during Love Handle Treatment?**

The specific operation will depend on the procedures you are undergoing. Love Handle Treatment can include:

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The treatment takes around an hour. As your fat is being frozen, it can feel cold and uncomfortable initially. After a few minutes, the area should become numb, and treatment can be relaxing and pleasant. Many people use the time during CoolSculpting to read, sleep, or catch up on e-mails.

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## **Step 5. Recovery from Love Handle Treatment**

Your post-operative recovery will depend on the procedure you have had. However, you should be able to go home on the same day. The staff at Bella Vou will offer pain-relief, monitor your rehabilitation, and provide support every step of the way.

**CoolSculpture™:** You will be able to go home and get on with your usual activities immediately following the procedure. You may experience short-term redness, swelling, and bruising. There may also be some numbness and pain, which usually settles quickly. Sometimes there the contour can appear lumpy or uneven, this often settles over time, but you may need further sessions.

**VASER Liposculpture:** You will need to take up to five days to rest and allow your body to recover. We include a complimentary [Manual Lymphatic Drainage](#) (MLD) session post-surgery in order to stimulate lymphatic drainage, reduce swelling and improve healing. The plastic surgeons will give you surgical garments to support your torso, minimise swelling, and speed up healing. You should wear these for around four to six weeks.

## **FAQs**

### **What makes Love Handles develop?**

Love handles are more likely in people with higher levels of body fat. However, even people with healthy BMIs can have areas with stubborn, fatty deposits. Age, body shape and a genetic tendency can all affect your body shape and the way in which you lay down fat.

### **Can diet get rid of love handles?**

Achieving a very low body fat percentage can reduce the size of love handles; however, it will reduce fat across your body. It's impossible to remove fat from specific areas with workouts or diets.

Maintaining a very low body fat percentage isn't easy or necessarily healthy. For most people, there are stubborn problem areas that are very difficult to remove and maintain and love handles often fall into this category.

### **Can love handles come back after CoolSculpting?**

Once the treated fat cells in your love handles are frozen, they are destroyed then naturally eliminated from the body. If you regain weight, it is usually distributed generally over the body, so the contour changes should be permanent.

### **How soon before I see the results of Vaser Lipo?**

The results of VASER Liposculpture will vary depending on the amount of fat removed. Many patients report that they begin to see results immediately after treatment and then continue to improve over the following weeks as the body's tissues start to heal. For some patients, the final results may not be fully apparent for up to 6 months.

### **What is the difference between VASER Liposuction and traditional liposuction?**

Traditional liposuction is a method of fat removal by suction alone. As a result, irregularities can appear, and loose redundant skin can give the appearance of cellulite in the treated area.

With VASER Liposculpture, radiofrequency waves liquify the fat, which is then removed through a suction device. This allows an even fat reduction with fewer irregularities. The radiofrequency also stimulates collagen production and skin tightening, resulting in a smoother contour that looks natural and even.