

A New Frontier

VASER Lipo keeps pushing the boundaries of what can be achieved with body sculpting technology. Here, we learn about one patient's experience of VASER Lipo 4D Sculpt and hear from his practitioner Dr Grant Hamlet

Name: Raj Jain

Age: 38

Occupation: Account Executive

Treatment: VASER Lipo 4D Sculpt

What prompted you to have treatment?

I work for Sound Surgical Technologies who manufacture VASER Lipo so I've seen quite a few procedures and was well aware of what it can achieve. I'm a big guy and however hard I tried – sit ups and crunches every day for a year – I had nothing to show for it.

My fortieth birthday was looming and I'm single with no kids so, rather than going out and buying a motorbike or something equally frivolous, I decided to invest in myself.

Who carried out the procedure and what was their opinion at the consultation?

Dr Grant Hamlet carried out the procedure. I'd seen the results he'd achieved so felt really confident in him carrying out the treatment. The consultation was very intense and Dr Hamlet spent over 50 minutes marking me up, instructing me to hold lots of different positions and tense

various muscles. I think that's why it looks just as natural when I'm moving as when I'm still.

The degree of detail is outstanding; Dr Hamlet even asked me if I'd prefer dimples on my back or a v-shape. I hadn't even thought about how my back would look as I was just focused on the six-pack.

“ I wasn't prepared for how outstanding the results were going to be ”

How was the experience?

I had a general anaesthetic. The procedure can be done under twilight anaesthetic – and smaller areas can be done under local anaesthetic – but I wanted a general rather than twilight as it was going to take over five hours. As well as the fat removal, Dr Hamlet also planned to do fat transfer, taking fat from my flanks to shape my pectoral muscles.

What were the results?

When I came round from the anaesthetic I didn't feel sick at



Before



Consultation



Immediately After



4 Days After



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all and had no pain – just very excited. They sat me up and put on the compression garments and I had three drains in for the first few days to collect the liquid that was leaking out.

Two days after the procedure I had my first aftercare session – you have ten in all – and in fact

that was the most painful part of the whole treatment, as they do ultrasound and massage to try and remove the fluid.

This was the first time I'd seen the results and I was just blown away. There was hardly any bruising and I was just so happy with the look of my body.

Body sculpting maestro Dr Grant Hamlet gives his side of the VASER Lipo story

I put down a good percentage of the success of VASER Lipo down to the consultation and marking up that I do prior to the procedure. For Raj I spent over 50 minutes marking him up which is pretty standard.

You can't just have a stock template of an abdomen which you apply to all patients. The placement of every single muscle is unique and if you're just 2mm out then the patient will look really odd. We have recently upgraded the VASER Lipo Hi-def procedure from 3D to 4D and that fourth dimension is the dynamic movement of the muscles. Some practitioners will spend just ten minutes marking up but I don't think that's enough.

The VASER Lipo procedure should be treated very seriously by patients – Raj was under general anaesthetic for over four hours as we do both sides of the patient and even the turning over of the patient can take half an hour.

What I love about this procedure is that what we can achieve is constantly evolving. I visit practitioners all over the world; some are renowned for their work on bums, some

for what they can achieve on the abdomen and I want to learn from them all to get the best results for my patients. At £15,000 plus for a 4D procedure, my patients deserve nothing less.

Maintenance of results should not be seen as impossible – it's far, far less than what they would have had to do to achieve them by themselves. I recommend a healthy, sensible diet and a minimum exercise programme of three times a week.

At the end of the day, it can achieve the impossible. However much you diet and exercise, genetics often mean that it's just not possible to achieve that sculpted look. I know this from personal experience. I spent six months, exercising six times a week with three personal trainers and following a restrictive diet and barely achieved the faint outline of a six pack. So I had the procedure and now I understand how truly life changing the procedure can be. Raj has got the right mindset to get the most out of this procedure – he will just look better and better over time.



Before



After

Are you happy with the treatment?

I'm absolutely thrilled with the treatment. At the moment I'm in the recovery phase and it's changing all the time – some days it's swollen from the fluid and other days not. However, I can always see the six-pack so know it's going to look great at the end of the first six months.

I've seen it done on other people so I knew what was possible but that still hadn't prepared me for how outstanding the results were going to be.

Available from: For more information on VASER Lipo and to find your nearest practitioner visit www.vaser.co.uk

To find out more about Dr Grant Hamlet visit www.drgranthamlet.co.uk or call 0844 504 5925