



Non-Surgical Body Contouring vs. Liposuction

Understanding the differences between noninvasive contouring, combination treatment planning, and surgical fat removal

	NON-SURGICAL BODY CONTOURING	COOL ³ COMBINATION TREATMENT	LIPOSUCTION
TREATMENT APPROACH	Uses noninvasive technologies to address localized fat, muscle definition, skin quality, or laxity	Combines complementary body contouring treatments in one individualized plan	Surgical fat removal performed through small incisions
AVAILABLE OPTIONS	May include CoolSculpting Elite, CoolTone, XERF, Sofwave, Thermage FLX, and Ultherapy Prime, depending on the area and treatment goals	May combine CoolSculpting Elite, CoolTone, and liposuction when clinically appropriate	May include tumescent liposuction or another surgical liposuction technique selected for the treatment area
PRIMARY GOALS	Can reduce localized fat, improve muscle tone, or support firmer looking skin	Addresses multiple concerns, including fat reduction, muscle definition, and body contouring	Primarily removes unwanted fat and reshapes targeted areas
SKIN SUPPORT	XERF, Sofwave, Thermage FLX, and Ultherapy Prime support fibroblastic function and enhance hyaluronic acid, collagen, and elastic fiber production	May combine fat reduction with treatments that enhance hyaluronic acid, collagen, and elastic fiber production	Primarily focuses on fat removal, although skin contraction may vary by procedure and patient
ANESTHESIA	General anesthesia is typically not needed	Depends on the treatments included and whether liposuction is part of the plan	May involve local anesthesia, sedation, or general anesthesia
WHEN CHANGES DEVELOP	Changes generally develop gradually as the body responds to treatment	Timing varies because each component develops differently	Fat is removed during the procedure, while swelling can initially affect the visible contour
BEST SUITED FOR	Often selected for smaller, localized areas or patients seeking treatment without surgery	May be appropriate for patients with several body contouring goals that cannot be addressed by one treatment alone	May be more appropriate when greater fat reduction or more substantial reshaping is desired
RECOVERY	Usually involves little disruption to a typical routine, although temporary effects vary by technology	Recovery depends on the combination selected and is longer when liposuction is included	Requires recovery time that varies by procedure, treatment area, and extent of correction



Treatments are performed by board-certified dermatologists. Individual results may vary.