



By Dr. Benjamin Lam and Staff

## Imagine a Better You...

by Dr. Benjamin Lam and Linda Marshall-Hoffman

### CoolSculpting®



Before



After



Before



After

We asked Dr. Benjamin Lam, double board-certified plastic and reconstructive surgeon, to describe typical patients he encounters. There are many different procedures available such as surgery, CoolSculpting®, Ultherapy®, and the injectable products Botox® and Juvederm®. How does he decide what is best for each patient? In the last issue, he reviewed the differences between Ultherapy and surgical facelifts. In this issue, Dr. Lam addresses noninvasive CoolSculpting® vs. surgical abdominoplasty. What are you planning as your 2015 New Year's resolutions? Imagine a better you in 2015...

### 1. COOLSCULPTING®

#### TUMMY/HIPS PATIENT:

**Who** - A 44-year-old female, two pregnancies, consistent diet/exercise program

**Concerns** - Stubborn waistline fat at hips and tummy, active lifestyle, no time for downtime or surgery.

#### Dr. Lam's treatment plan

- This patient is an ideal CoolSculpting® candidate. She has good skin tone with "pinchable" areas for CoolSculpting® on her abdomen and flank/hips. Treatment Specialist and Medical Aesthetician Stephanie DiSante will treat with one debulking handpiece on the lower abdomen and treat with four contouring handpieces for the flanks and abdomen sides. Total treatment time is 5 hours.

**Outcome** - Photos taken 16 weeks after CoolSculpting® treatment show a contoured, slimmer silhouette. The patient maintained her healthy diet and routine exercise program. She is thrilled with her new look and fit in clothing.

### 2. SURGICAL ABDOMINOPLASTY ("TUMMY TUCK")

#### PATIENT:

**Who** - 38-year-old female, two pregnancies

**Concerns** - Loose, flabby, "jelly belly" skin on entire stomach area, no waist shape, droopy belly button. She wants a "mommy makeover".

**Dr. Lam's treatment plan** - This patient will achieve her goals of a contoured abdomen with an outpatient surgical abdominoplasty

### Surgical Abdominoplasty



Before



After

(tummy tuck). She is not a candidate for CoolSculpting® due to poor skin tone and loose skin. The patient's abdominal muscles will be corseted utilizing suturing, and the loose skin will be removed via an incision placed horizontally at the pubic hairline.

**Outcome** - After a restful 3-week home recovery, closely monitored by Dr. Lam and staff, the patient is back to her normal routine. She

loves her new waistline and bikini-ready midriff. Her confidence has soared both in and out of clothing.

**Dr. Benjamin Lam and staff wish you a Happy Holiday season and the healthiest of new years! Imagine a better you in 2015... call us today for a complimentary consultation at 215-702-8600.**

### The Team Lam Difference

- \* Customized, individual care by Dr. Lam and Team Lam
- \* Highly skilled expertise in CoolSculpting® and Ultherapy techniques
- \* Matching the best procedure to each patient for optimal results
- \* Affordable, realistic expectations fully educating each patient
- \* Friendly, confidential, comfortable patient experience
- \* No surgery, no downtime, no medications with CoolSculpting® and Ultherapy!

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