

# Study Highlights Quicker Recovery and Less Pain with Water-Jet Assisted Liposuction



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Before Tx



After body-jet evo Tx

Photos courtesy of Jeffrey Ditesheim, M.D.

By Kevin A. Wilson, Contributing Editor

Partnering with physicians to enhance the safety, efficacy and patient experience with aesthetic procedures, CAREstream America (Altamonte Springs, Fla.) is distributing and supporting medical technologies for use in aesthetic medicine, including water-jet assisted liposuction (WAL), vascular access imaging and nitrous oxide analgesia, as part of its emergence into the U.S. market. Among them is the body-jet® family of devices for gentle WAL and fat transfer from human med AG (Schwerin, Germany), together marketed to patients as AquaShape®.

Board certified plastic surgeon Jeffrey Ditesheim, M.D. (Charlotte, N.C.) is lead author on a retrospective clinical trial, Water-Jet Assisted Liposuction – Better Shape, Less Pain, Less Recovery Time. “The objective was to provide an honest and direct look at WAL as a viable technology in the aesthetic practice by offering about 3.5 years of data, using consecutive patients whose demographic background and needs are varied, in an effort to challenge the technology rather than promote it,” he explained.

Starting in 2011 using the body-jet family of devices (including body-jet, Lipo Collector®, body-jet evo and Lipo Collector 3®), Dr. Ditesheim examined data from 173 consecutive WAL patients. The procedure was used for fat removal alone, or with other procedures or for fat grafting. The subset of patients undergoing WAL as the sole procedure (liposuction only n=75) consistently demonstrated a quicker recovery with less immediate bruising and swelling, less need for pain medication and earlier return to work or pre-procedure activity. Preliminary findings revealed that 80% of patients used narcotic analgesia for three days or less

and 61% of patients used pain medication for 24 hours or less. “While we know that patients recover over several months, it was remarkable that for those patients that were able to return to pre-procedure activity within a week (85%), 66% were able to return to work or regular activity within four days, with half returning the next day,” said Dr. Ditesheim.

According to Dr. Ditesheim the results boil down to three points. “First, our outcomes generally confirm the results of key aspects of previous studies that demonstrate the safety of WAL, such as the consistent ratio of infiltration to aspirate, but over a varied patient population such as one might encounter in practice. Next we focused on patient recovery, which was significantly easier. Finally we looked at fat transfer results, with promising outcomes for both breast and face.” The investigation also highlighted possible correlational factors to issues with outcomes and recovery that come up due to smoking, presence of diabetes, higher BMI, etc.

WAL with body-jet uses a pressurized stream of tumescent solution to gently dislodge and break up adipocyte clusters while preserving nearby tissue structures. Performed under local anesthesia or sedation anesthesia, and requiring less than 25% of the tumescent solution needed for regular liposuction, the resultant reduction in swelling promotes unmatched precision. Reduced trauma minimizes side effects as well as improves recovery and downtime. Additionally, WAL maximizes the viability of fat collected for grafting. WAL is a safe liposuction technique that can deliver quick recovery and is an excellent body shaping and contouring tool.