

# TriActive Technology Enhances Cellulite Management

By Bob Kronemyer, Associate Editor

According to clinical researchers, ease of use, patient comfort, reduced treatment time, and impressive outcomes are the benefits of the TriActive system from Cynosure, Inc. (Chelmsford, Mass.). This device is intended for anti-cellulite therapy in both liposuction and non-surgical patients. The unique system combines the action of six near-infrared diode lasers, localized cooling and mechanical massage.

**Unlike endermologie** cellulite treatment, TriActive is “totally painless. In fact, many patients fall asleep during treatment because it’s very relaxing,” observed Mitchel Goldman, M.D., medical director at Dermatology/Cosmetic Laser Associates of La Jolla, Calif. Patients receive treatment once or twice a week, each lasting about 20 minutes.

Patients typically achieve satisfying results after about 12 sessions. “The problem, though, is that the cellulite usually returns after approximately one month, so we recommend monthly sessions there-

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after,” he said. In addition, Dr. Goldman has found that the diode lasers incorporated into the TriActive “improve the texture of the skin. All of my patients comment that their skin feels smoother and softer.”

**Dr. Goldman, an associate** clinical professor of dermatology at the University of California, San Diego, also uses TriActive after liposuction. “This system greatly decreases the incidence of irregularities to almost 0%,” he noted. “I suspect that the TriActive is probably reorganizing the dystrophic fat cells from liposuction, so that it is now smooth. It essentially duplicates the results of endermologie, without the pain, and it’s an incredibly easy system to learn.”

Robert Weiss, M.D., an assistant professor of dermatology at Johns Hopkins University School of

Medicine, uses TriActive to smooth out areas immediately prior to and after liposuction. For pre-liposuction, Dr. Weiss first administers tumescent anesthesia. “We then go over the area with both the laser and the suction portion,” he said. Preliminary evidence indicates that the suction “distributes the anesthesia more evenly and more quickly, while the laser component appears to break up some of the fat cells, thus rendering the liposuction mechanically easier to perform.”

**Dr. Weiss schedules** only one pretreatment session for liposuction. Preliminary results of a side-by-side study (treated versus non-treated) found that for the TriActive-treated side, “the liposuction cannula was able to proceed more smoothly, and that the aspirate of the liposuction was more homogenous,” he said.

Besides enhancing liposuction, TriActive “can be used in candidates who don’t quite have enough fat for liposuction, but desire a smoothing of their bumpy cellulite,” Dr. Weiss explained. “TriActive seems to work better than the older devices which were simply mechanical.” Devices like the endermologie system “have a lot more suction to them. In contrast, the TriActive feels very comfortable. At five cycles per second, the massage feels very soothing. Also, there is no heat sensation from the laser, and the treatment head is chilled,” he said.

**Treatment is also** accelerated via adding the diode lasers to the device. “Instead of spending 45 minutes treating thighs, we can now treat them in 15 minutes,” Dr. Weiss said. “It is believed that the near-infrared diode laser penetrates the fat cells and assists in their ability to rupture. This needs to be proven by biopsy, which we are in the process of doing.” ■



Before Tx



After TriActive Tx