



CoolSculpting® Fat Reduction Comes to Torrance Plastic Surgery Clinic

For patients wanting to reduce fat, CoolSculpting's arrival in Torrance, California, at South Bay Plastic Surgeons is a non-surgical alternative to liposuction.

TORRANCE, CA, USA, January 18, 2015 /EINPresswire.com/ -- South Bay Plastic Surgeons (www.plasticsurgerysource.com) is making it easier than ever for anyone whose New Year's resolution is to trim some fat in 2015 with the introduction of non-surgical CoolSculpting in its Torrance, California, office.

"[CoolSculpting is](#) becoming one of the most popular body contouring procedures we offer," Dr. Lisa L. Jewell says. "It's very effective at getting rid of stubborn pockets of fat for patients who exercise regularly and watch what they eat, but still have these troublesome bulges. People used to have to turn to liposuction, but now many patients have been able to avoid surgery."

CoolSculpting treats bulges in the abdominal area and flanks, often called "muffin tops" and "love handles." It also effectively reduces fat on the inner and outer thighs and the back or bra fat, all areas that people tend to have a hard time toning even if they are in good shape.

Dr. Charles W. Spenler says CoolSculpting is one of the most exciting new devices he's seen in more than 20 years of practice in the South Bay area.

"It's really a game-changer," he says. "It's opened up fat reduction to a whole new demographic of people who had a small area of fat they wanted to work on but didn't want to commit to surgery."

Developed by 2 Harvard-based physicians, CoolSculpting freezes fat cells non-invasively. The treatment uses Cryolipolysis®, a groundbreaking technology that lowers the temperature of fat cells from the outside without harming the skin or other tissue. Fat cells are more vulnerable to specific temperatures, so they are killed while other tissues remain untouched. The fat cells die off gradually and are naturally expelled from the body after a few months. This slow cellular death also has the benefit of skin tightening with it, so patients don't have excess skin after fat-loss.

"It has truly revolutionized the field of body contouring," Dr. Michael K. Newman says. "We're beginning to get a lot of buzz at our practice, and people are coming to us for CoolSculpting from

Manhattan Beach, Long Beach, and all around the area."

The doctors caution that not everyone is a good candidate for the procedure. CoolSculpting isn't designed to be a weight-loss treatment, and patients should be at or near their optimal weight before undergoing it. Those patients who want more extensive fat reduction or who want to treat areas outside of CoolSculpting's purview are often better candidates for [liposuction at](#) the Torrance practice, the surgeons say.

Because CoolSculpting is non-invasive, there is no downtime involved, and it costs less than liposuction. Most patients say the procedure is relatively comfortable and that it's possible to read, surf the Internet, or even nap during the treatment, which can last just an hour or more.

"Men and women who come to our practice to 'freeze the fat' are very satisfied when they see the final results," Dr. Whitney Burrell says. "Once the fat melts away, people tend to be thrilled with their results and surprised at how easy the whole process was."

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South Bay Plastic Surgeons (www.plasticsurgerysource.com) has 4 plastic surgeons practicing in Torrance. Dr. Charles Spenler has more than 25 years of experience helping plastic surgery patients achieve their goals through safe, effective procedures. Dr. Lisa Jewell earned her medical degree from University of Wisconsin Medical School in Madison and completed her internship and residency in general surgery and plastic and reconstructive surgery at University of Southern California. Dr. Michael Newman earned his medical degree from University of North Carolina at Chapel Hill and has 7 years of advanced post-doctoral surgical training, including a 6-year residency. Dr. Whitney A. Burrell's impressive educational credentials and training include a microsurgery fellowship at the Keck Medical Center of the University of Southern California. The doctors perform cosmetic and reconstructive procedures for patients from the Los Angeles area, including Torrance, Redondo Beach, Hermosa Beach, Beverly Hills, and Manhattan Beach.

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