

## Three dimensional photography to manage patient expectations with non-surgical body contouring devices

In recent years, three-dimensional (3D) photography has seen significant advancements allowing face, breast and, more recently, body views. The LifeViz® 360° is a great ally to support physicians in discussing aesthetic treatment options and reviewing results with their patients and peers. The summer is upon us and people want to feel good about themselves and improve their appearance with minimal risks, downtime and costs. During this period, we receive a wave of requests for aesthetic treatments for various body areas.

The challenge facing plastic surgeons is to manage the patient's expectations, especially with non-invasive treatments which require a longer time period to notice improvements. Although numerous body contouring procedures have been developed over the last 20 years, highlighting their results can be difficult. To obtain patient satisfaction, it is essential to provide a clear view of the body shape before the treatment and present realistic expectations. We need better tools to track before and after non-surgical contouring results and show them to patients. For this reason, the support of a 3D camera is of the utmost importance.

### Why is 3D photography important?

Most practitioners involved in aesthetic treatments understand the importance of capturing quality images for a baseline view and to evaluate patient progress at multiple time points through the treatment course. The majority of them use sophisticated two-dimensional photography systems which are limiting in that they generate static images and require multiple shots to visualise all angles of a patient's body. The approach is time-consuming and provides a disjointed view of the patient's body. Furthermore, the existing methods to obtain measurements (weight, ruler) are tedious and lack objectivity. To better appreciate body contour changes and quantify them, the introduction of three-dimensional imaging systems are revolutionising the surgeon's practice.

### What is the 3D LifeViz 360° system?

The 3D LifeViz® 360° system [developed by QuantifiCare in Sophia-Antipolis, France] consists of a portable 3D camera along with a turntable, which allows you to capture eight images in less than a minute. Once the images are transferred to a software suite, through an elaborate and automatic calculation process, a 360° rendering of the patient's body area is produced. The results are realistic and they allow the physician to observe the body from all views with remarkable detail and accuracy.

### Why 3D technology has become an integral part of my consultation

With the system, I can determine a treatment plan with the patient by simulating post-procedure, take circumference measurements at different treatment stages (Figure 1) and calculate volume loss (Figure 2) of each treated area of the body by easily drawing a circle around the target zone. For breasts, we are able to simulate several augmentation possibilities and choose the type of surgery, i.e. mammary implants or lipofilling.

In the case of non-surgical procedures, the software offers the opportunity to investigate the haemoglobin and melanin composition, helping the physician to decide on the best non-surgical body contouring system to use. The latest innovation which has been introduced is the possibility to show before and after volume comparisons thanks to the silhouette transparent projection (Figure 3).

All these possibilities with the LifeViz® 360° Body approach represent a great advantage for the doctor but also for the patients, who can feel confident about the clinic's professionalism and visualise the tangible improvement they have obtained. The innovation has arrived. Let's all benefit from it.



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Figure 1: Circumference measurements enhanced by the silhouette feature.

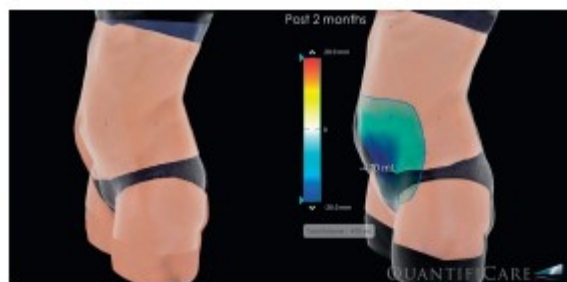


Figure 2: Volume comparison enhanced by the silhouette feature.



Figure 3: Shape variation enhanced by the silhouette feature.