



Azure Med Spa Explains How Weight Stability Shapes Post-Weight-Loss Body Contouring Candidacy

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Azure Med Spa in Frisco, Texas, outlines how weight stability, skin laxity, and treatment area affect candidacy for BodyTite after weight loss. The guidance addresses situations where a patient reaches a target weight but still notices loose skin or small pockets of fat in specific areas. The practice published a patient guide on the topic in August 2026.

Prolonged stretching can weaken the collagen and elastin fibers that give skin its strength and its ability to recoil, which is one reason skin may not fully contract after weight loss. Residual fat can also persist in localized areas, and these two concerns may require different approaches. The right option depends on how much loose skin and residual fat you have, so treatment plans vary from patient to patient.

BodyTite is a minimally invasive option that combines liposuction with radiofrequency energy, placing it between noninvasive treatments and larger excisional procedures. In post-weight-loss body contouring, BodyTite is intended to address remaining loose skin and localized fat rather than produce additional weight

loss. The technique uses a probe placed beneath the skin and an external surface electrode. Radiofrequency energy passing between them creates controlled heat in the treatment area.

A 2011 study in *Aesthetic Plastic Surgery* describes the energy as coagulating fat, connective tissue, and blood vessels near the internal probe. A 2018 review in *Aesthetic Surgery Journal*, co-funded by the device manufacturer, attributes soft tissue retraction to contraction of the fibrous network within the fat layer, followed by new collagen formation. BodyTite is not intended for extensive excess skin removal, so large skin folds may be better suited to an excisional procedure.

BodyTite is cleared by the U.S. Food and Drug Administration through the 510(k) process for dermatological and general surgical procedures involving tissue coagulation or hemostasis, with newer clearances also including soft tissue contraction. Published studies describe its fat-reduction and tissue-tightening effects, although these cleared indications do not specifically name fat reduction. The 2018 review also notes that burns and seromas (fluid collections beneath the skin) are risks with any energy-based body contouring device.

The American Society of Plastic Surgeons describes body contouring after major weight loss as a group of surgical procedures that remove excess skin. The stated aims include improving appearance and physical function. A 2023 study in *Plastic and Reconstructive Surgery*, the society's journal, found that body contouring to remove excess skin after bariatric surgery was not itself associated with long-term weight loss.

Candidacy generally begins with weight stability, since maintaining a stable weight for several months provides a clearer basis for planning. The practice notes that BodyTite is better suited to patients within 10 to 15 pounds of goal weight. Patients with more weight to lose are often advised to start with a medically supervised weight loss program.

Mild to moderate looseness paired with localized fat generally responds better to tightening than large folds of excess skin. Common treatment areas include the abdomen and flanks, as well as the upper arms, thighs, and upper back. A consultation at Azure Med Spa assesses anatomy and tissue laxity to determine whether BodyTite or an excisional procedure better fits a patient's post-weight-loss body contouring goals.

BodyTite results extend beyond the changes visible immediately after treatment. Early swelling can temporarily affect the treated area's appearance, while collagen remodeling continues beneath the skin over the following months. As healing progresses, the contour may become more defined, and tissue firmness may continue to improve. The team may schedule follow-up visits to assess progress and determine when they can evaluate the outcome more accurately.

Dr. Henry Ramirez, founder and medical director of Azure Med Spa, is board certified in obstetrics and gynecology and a Fellow of the American Academy of Cosmetic Surgery. The practice also says he trains physicians in BodyTite technology. Azure Med Spa is a physician-led medical spa in Frisco, Texas, offering BodyTite treatment and medically supervised weight loss programs. The practice serves patients throughout North Texas.

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Azure Med Spa

Azure Med Spa is a premier medical spa located in Frisco, Texas that offers a wide range of services to help clients look and feel their best.

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