

عنوان مقاله:

Focused Ultrasound Lipolysis in the Treatment of Abdominal Cellulite: An Open-Label Study

محل انتشار:

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**Abstract Introduction:** Despite a growing popularity of noninvasive ultrasonic lipolysis procedure, there is a lack of evidence about the efficacy of this method. This study was performed to evaluate the efficacy of focused ultrasonic lipolysis on abdominal cellulite treatment. **Methods:** Twenty-eight consecutive subjects (age:  $37.8 \pm 8$  years) underwent weekly transdermal focused ultrasonic lipolysis (Med Contour, General Project Ltd., Florence, Italy) and vacuum drainage for a maximum of eight sessions. Largest abdominal girth and 2 lines at 4 cm to 7 cm distance above and under it were located as fixed points of measurements. The mean value of the three fixed lines was considered as the abdominal circumference. Subjects were evaluated using measurements of circumference, immediately after and 3 weeks after the final treatment and compared using paired t test. **Results:** One hundred ninety-four ultrasonic lipolysis procedures were performed on 28 subjects. A statistically significant ( $P < .001$ ) average of 1.89 cm (95% CI: 1.63-2.02 cm) decrease of circumference value was observed in each session of ultrasonic lipolysis. The mean pretreatment to posttreatment circumference reduction was 8.21 cm (95% CI: 6.38-10.04,  $P < .001$ ) that declined to 7 cm (95% CI: 3.2-10.8,  $P < .001$ ) at the 3-month follow-up visit. **Conclusion:** Focused ultrasonic lipolysis appears to be an effective method for reduction of abdominal cellulite, although some amount of circumference reduction reversal may be observed in long term follow-up visit. **Keywords:** Cellulite Abdominal circumference Lipolysis

کلمات کلیدی:

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