

A Multicenter Study of a Non-invasive 1060nm Diode Laser for Fat Reduction of the Flanks and Abdomen – Six Month Follow-up

LAWRENCE BASS, MD¹; BRUCE KATZ, MD²; SEAN DOHERTY, MD³

Study Design:

- Sixteen subjects received a single treatment to either the flanks (n=9) or abdomen (n=7).
- Follow-up visits were conducted to 6 months post treatment.

Evaluation:

- Fat thickness change from baseline was measured using ultrasound imaging.
- Three blinded evaluators reviewed randomized pre- and post-treatment photographs.
- Satisfaction questionnaire was recorded for all patients.

Results:

- Statistically significant reductions of the flanks were achieved based on paired t-test (p-value<0.001) comparing treated and control sides at 6 months post treatment.
- Treated flanks exhibited a mean reduction of 4.31+/-1.79mm at six months compared to the control side of 0.24+/-0.97mm.
- Mean abdominal fat reduction was 2.72+/-1.82mm.
- Reviewers correctly identified the post-treatment photograph 83% of the time.
- 90% of the subjects rated that they were satisfied or very satisfied.
- There were no long-term adverse events or serious adverse events.

¹ Bass Plastic Surgery, New York, NY

² Juva Skin & Laser Center, New York, NY

³ Boston Plastic Surgery Specialists, Concord, MA

BEFORE



AFTER



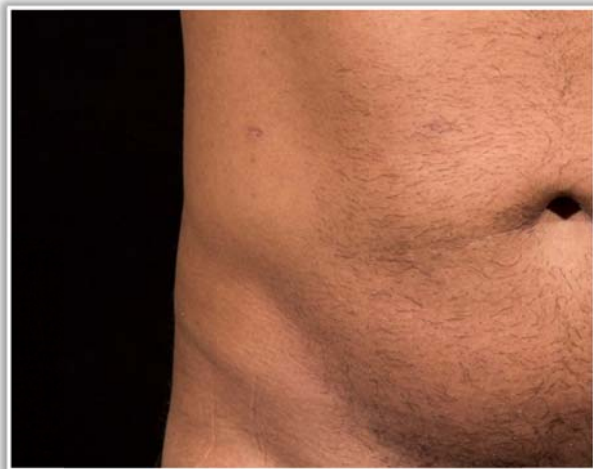
Courtesy of Dr. Lawrence Bass

Six months post 1 Tx, abdomen

BEFORE



AFTER



Courtesy of Dr. Bruce Katz

Six months post 1 Tx, flanks

Conclusion:

- Fat reduction following treatment with a non-invasive 1060nm diode laser was statistically significant and maintained at six months post-treatment.
- As compared to the 6, and 12 week results,^{4,5} approximately half of the overall observed benefit is seen at 6 weeks. By 12 weeks the majority of the benefit is observed. Benefit is continued or maintained 6 months post treatment.

⁴ Katz B, Doherty S, et al. *A Multicenter Study of the Safety and Efficacy of a Non-Invasive 1060nm Diode Laser for fat Reduction of the Flanks*. Paper presented at the American Society for Laser Medicine and Surgery 2015, Kissimmee, FL.

⁵ Bass L, Doherty S, et al. *Non-Invasive Fat Reduction of the Abdomen: A Multicenter Study with a 1060nm Diode Laser*. Paper presented at the American Society for Laser Medicine and Surgery 2015, Kissimmee, FL.