

Study Of A Non-Invasive 1060nm Diode Laser For Fat Reduction Of The Flanks

Bruce Katz, MD, Sean Doherty, MD

Study Design:

- 49 Subjects received laser treatment to one flank and the other side served as a control.
- Follow up was conducted 6 weeks and 12 weeks post treatment.

Evaluation:

- Ultrasound measurements of fat thickness were performed at baseline, 6 and 12 weeks post treatment.
- High resolution photographs were taken at baseline and 12 weeks post treatment.
- Subjects were asked to complete a satisfaction questionnaire.

Results:

- Blinded board certified dermatologists were able to identify the post treatment photograph 90.3% of the time.
- Statistically significant reductions were achieved based on comparing treated and control sides at 6 and 12 weeks.
- 96% of the subjects rated that they were satisfied.
- Common side effect was mild to moderate tenderness.

Conclusion:

- The non-invasive 1060nm diode laser used in this study was a successful and safe means of fat reduction of the flanks.



Baseline



3 Months Post
Weight Change: 0 lbs.

Photos Courtesy of Bruce Katz, MD