ABSTRACT BOOK ABSTRACTS



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AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

A PROSPECTIVE STUDY OF NON-INVASIVE SUBCUTANEOUS FAT REDUCTION USING CRYOLIPOLYSIS IN ASIAN SUBJECTS

Wmm Chan⁽¹⁾ - Yns Shek⁽²⁾ - Smc Wong⁽³⁾ - Ck Yeung⁽⁴⁾ - Hlh Chan⁽⁴⁾

The University Of Hong Kong, Division Of Dermatology, Queen Mary Hospital, Hong Kong, Hong Kong ⁽¹⁾ - Hong Kong Dermatology And Laser Centre, -, Hong Kong, Hong Kong ⁽²⁾ - Queen Mary Hospital, Division Of Dermatology, Hong Kong, Hong Kong ⁽³⁾ - Hong Kong Dermatology And Laser Centre, The University Of Hong Kong, Hong Kong, Hong Kong ⁽⁴⁾

Background: Cryolipolysis is gaining popularity as it poses as a safe and effective method for non-invasive fat reduction and body contouring.

Objective: To evaluate the safety and efficacy of cryolipolysis for non-invasive subcutaneous fat reduction in Asian subjects.

Materials and Methods: This was a prospective, single-center, open label non-randomized, interventional cohort study, using cryolipolysis for non-invasive reduction of subcutaneous fat. Subjects received up to 2 treatments, at baseline, and optional additional treatment at 6-week follow up. Final assessment was carried out at 12-week follow up. Primary endpoint was to evaluate the safety of subcutaneous fat reduction using cryolipolysis. Secondary endpoints were degree of improvement in fat reduction using comparison of pre- and 12-week post final treatment photographic assessment, caliper and circumference measurements, and patient satisfaction questionnaire.

Results: A total of 24 Chinese patients (1 male, and 23 females) were recruited into the study. Erythema was reported in all patients at treated site immediately post treatment and mild edema occurred in 19 of 24 (79.2%) patients. 1 (4.2%) patient experienced numbness at treatment site which resolved at final review. At 12-week follow up, all side-effects were resolved. Overall, 13 of 24 (54.2%) patients were satisfied based on patient subjective assessment. A significant difference was noted in caliper measurement at flanks comparing baseline and 12-week follow up, with a mean reduction of -2.54 mm (range -7.4 mm to 6.7 mm) in 19 treated patients (p = 0.005). Waist circumference measurements in patients at baseline and 12 weeks were not clinically significant with a mean of -0.54 cm (range -3.97 cm to 4.17 cm) in 24 patients (p = 0.13).

Conclusion: Cryolipolysis appears to be a safe and effective treatment option for noninvasive fat reduction and presents an alternative to invasive surgical procedures such as





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liposuction with limited side effects.



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