Aesthetic and Cosmetic Dermatology (Lasers Separate Category)

**Effects of the Cryolipolysis Associations Treatments on the Localized Adiposity**

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Background: Among the techniques used in clinical practice to reduce localized adiposity, cryolipolysis, which is a non-invasive method capable of reducing the thickness of the adipose layer, has been highlighted without damage to the surrounding tissues. However, several associations of techniques suggest an intensification of the results, associating cryolipolysis with other treatments, the most common being ultracavitation, radiofrequency and massage.

Objective: To investigate the effects of cryolipolysis associated with ultracavitation, radiofrequency and massage on localized adiposity.

Methodology: This is a blinded and controlled clinical trial. The population was 30 women divided into 2 groups of 15, one group received a cryolipolysis application in the abdominal region, and performed 1 session of manual lymphatic drainage weekly (30 minutes, 08 applications), another group performed cryolipolysis and then radiofrequency associated ultracavitation and modeling massage (protocol called Advanced Reduction Method - MRA), performed once a week. The parameters used in cryolipolysis were: temperature: -7ºC; suction pressure: 30 kpa and application time: 50 minutes, radiofrequency (40ºC degrees, 5 minutes) ultracavitation (8 minutes, power 30w and intensity of 10 w / cm2). After thickness of the adipose layer measured by ultrasonography. The reassessments were performed after 30 and 60 days after cryolipolysis.

Results: It was observed that these associations (radiofrequency, ultracavitation and massage) promoted a reduction of adiposity located in the abdominal region, in the variables plicometry, perimetry and ultrasonography (p <0.05) more than only the manual
limphatic drainage. The group of association presented less edema, pain, ecchymosis after the application. The percentage of satisfaction was also higher.

Conclusion: Therefore, it can be observed that the association of ultracavitation, radiofrequency and massage promoted a reduction in adiposity higher than the group that exclusively performed the cryolipolysis treatment with lymphatic drainage.