



AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

LOW LEVEL LASER THERAPY FOR THE TEMPORARY IMPROVEMENT OF CELLULITE

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Low level laser therapy has been shown to be safe and effective for circumferential reduction of the waist, hips, and thighs, as well as for the temporary improvement of cellulite. This presentation will present the study results of a randomized double-blind clinical trial using LLLT vs. a sham device in evaluating improvement in the appearance of cellulite. Subjects were randomized to undergo treatment with LLLT (N=34) or a sham device (N=34). Protocol: 3 x times weekly, 2-3 days apart for 2 weeks. Nineteen LLLT-treated subjects achieved a ≥ 1 stage decrease on the Nurnberger-Muller grading scale (55.88%) vs. three subjects (8.82%) in the sham-treated group ($p < 0.0001$). More LLLT-treated subjects achieved significant decreases in combined thigh circumference at the 2-week endpoint and 6-week follow-up evaluation vs. no change for sham-treated subjects. There were no adverse events in the study.

Disclosures – Erchonia

