



AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

## LOW LEVEL LASER THERAPY FOR CIRCUMFERENTIAL REDUCTION OF WAIST, HIPS, AND THIGHS

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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 circumferential reduction. Healthy adult men and women with a BMI of 20-30 kg/m<sup>2</sup> were enrolled in this placebo controlled, randomized, double blind study. The LLLT device consists of 6 independent 17 mW, 532 nm green laser diodes (N=27). The sham LLLT device emits similar inert visible light when activated (N=27). Protocol: 3 x weekly 30-min LLLT treatment sessions over a 2-week period, treating the front and back of the target areas for 15 minutes each. Outcome included a significant difference in test subjects achieving an 11cm reduction in combined baseline hip, waist and thigh circumference reduction, compared to the sham subjects at 3 cm reduction. There were no adverse events in the study.

Disclosure – Erchonia

