AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

SCULPTING SIX-PACK AB WITH CRYOLIPOLYSIS

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Background: Cryolipolysis is a non-invasive treatment to reduce subcutaneous fat using the sensitivity of fat cells to cold. The fat cells crystalized and eventually eliminated without affecting the skin or other surrounding tissues.

Objective: In this study, we focus on patients who are relatively fit, who have exercised regularly but still unable to have a 6-pack ab that they desire. We believe taking off the last layer of subcutaneous fat will help them achieve this goal.

Materials and Methods: Up to 10 male or females subjects who already deveoped rectus abdominus mucle bulks but covered by a layer of subcutaneous fat, exercises regularly are enrolled in the study. Subjects are treated with cryolipolysis (CoolSculpting) at the abdominal area, specifically the fat layer that is covering the rectus abdominus. Subjects are evaluated 4 – 6 weeks post 1st treatment, and treatment may be repeated per investigator's discretion. Subjects will be evaluated at 10 – 12 weeks after last treatment for final assessment. Evaluation includes safety and efficacy of the treatments. Side effects, adverse events will be recorded and monitored to resolution. Photographic evaluation of baseline and post treatment photos will be done using GAIS (Global Aesthetic Improvement Scale). Questionnaire on treatment experience and outcome is also taken to evaluate subjects satifaction of the outcome.

Results: The outcome of this study has been very favourable. All 10 subjects at least somewhat agree that they achieved 6 pack after the treatment. Photographic evaluation showed improvements compare to the pretreatment photos.

Conclusion: Cryolipolysis could be one of the useful modality to assist sculpting the six pack ab for individuals who exercise regularly but hard to get rid of the subcutaneous fat covering the rectus abdominus muscles.