



AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

## THE MICROWAVES WHICH REMODEL THE BODY: NON-INVASIVE IMPROVEMENT OF UNAPPEALING CELLULITE, LOCALISED ADIPOSITY AND SAGGINESS

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**Background:** The demand for body treatments/shaping is on the rise, as non-invasive instruments. Achieving improvements without incising the skin has made radiofrequency (RF), US and cryoadipolysis systems explode in popularity. The innovative microwaves system treats all of the main flaws of the body.

**Subject:** The aim of the study was to:

- 1) show how the treatment is safe and effective for Cellulite, Adiposity and Sagginess
- 2) identify the temperatures reached before, during, and after every treatment
- 3) assess the superficial thermal variability in relation to various skin flaws

**Materials and Methods** The study analysed a group of patients from 25 to 65 years old (No.=30) with phototype from I to IV, subdivided into patients for Cellulite, patients for Adiposity and patients for Sagginess

The treatments were performed every 21 days for a total of 5 treatments.

Every treatment area was 15x15cm; variable power of 80-200 Watt; energy doses from 50-180 kJ; 2 handpieces were used.

Efficacy was assessed before and after 5 treatments through clinical photos, skin fold measurement, circumference of the area treated, and assessment of the superficial thermographic temperatures.

Safety was assessed through thermographic measurement of the skin and recording of adverse events and discomfort/pain during and after every treatment (VAS scale).

**Results:** after 4 weeks, the treatment provided significant improvements in all patients treated for cellulite, localised adiposity and sagginess. No injury was recorded to any tissue (cutaneous, subcutaneous, muscle) and the treatment was tolerated very well by all of the patients.

**Conclusions:** Microwaves are safe and effective and suited to all subjects with cellulite, adiposity and sagginess. The treatment was well-tolerated and did not generate any side effects. Future studies will include a longer follow-up and a larger number of patients.

