AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

ULTRASONOGRAPHY EVALUATION OF CHANGES IN SUBCUTANEOUS ABDOMINAL FAT THICKNESS FOLLOWING HIFEM TREATMENTS: RESULTS OF 6-MONTH FOLLOW UP.

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Objective: The objective of this study was to evaluate changes in the patient's subcutaneous fat thickness six months after their initial treatment series.

Materials and Methods: In the previously published study, 22 patients were treated with HIFEM technology for abdominal fat reduction, each study site utilized an ultrasound template to standardize the four data points measurement sites within the subcutaneous fat layer, assessing thickness before the treatments and at 1-month follow-up post treatment series. In the current study, the same patients were recalled on an average 206±9.8 days after their original treatment series, and measurements were taken using the same evaluation methodology. No additional treatments were administered. Baseline and 1-month measurements were compared for evaluation. Weight measurements were documented, and patients were screened for adverse events.

Results: In total 18 patients were evaluated. Compared to the original baseline measurements, the 6-month data showed a significant ($p<0.01$) average reduction in fat across the abdomen of 27.4%/7.73±5.68 mm. This represents further decrease in the fat thickness compared to the original 1-month evaluation ($p<0.01$). Weight changes at six months compared to one month and the baseline were insignificant (-0.69 lb and -1.76 lb respectively, both $p>0.05$). No adverse events were reported.

Conclusion: The 6-month data show a continued improvement in the reduction of abdominal fat in the majority of patients compared to one-month post treatments, without significant weight changes. The data suggests that a reduction in fat after HIFEM treatments could be sustained long-term and has the potential to continue to improve over several months.