ABSTRACT BOOK ABSTRACTS



DERMATOLOGICAL SURGERY

THE EFFICACY STUDY ON THE HIGH INTENSITY FOCUSED ULTRASOUND FOR INNER THIGHS AND KNEE CONTOURING.

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Introduction: Fat pad of inner thigh and medial knee are difficult to treat by noninvasive procedure. High intensity focused ultrasound is known to improve skin tightening and facial contouring.

Objective: To evaluate the efficacy and safety of the high intensity focused ultrasound for the inner thigh and knee contouring in female patient.

Materials and Methods: Twenty female patients were included in this study. Three monthly treatment with a High intensity focused ultrasound (Doublo-M®, HIRONIC Co., Ltd., Korea) was done with parameter setting: depth 13mm., power 3.0J, spacing 1.7mm., total 160 and 80 lines/side on inner thighs and medial knee respectively. The efficacy was evaluated by a.) fat thickness using high frequency ultrasonography (LOGIQ E9®, General electric company, USA), b.) elastometer (DermaLab®, Cortex technology, Denmark), c.) proximal thigh and suprapatellar circumferences at three different measurement level on each area. The adverse event was recorded.

Results: Twenty women (mean aged 28 years old) completed the study. Mean BMI was 21.89+2.27 kg/m2 at baseline.

The inner thigh fat thickness decreased from baseline were 0.83+1.83mm and 0.69+1.98 mm (p=0.14) at the 4th and 12th week. The suprapatellar fat thickness decreased from baseline were 0.59+0.93mm and 1.01+0.92 mm at the 4th and 12th week (p=0.001).

The retraction time (by elastometer) showed no statistically significant in both areas.

The average proximal thigh circumference decreased from baseline were 0.6+6.40mm and 2.17+11.05mm (p=0.4) and the average suprapatellar circumference decreased from baseline were 2.14+6.72mm and 3.88+7.52mm at the 4th and 12th week (p=0.03).

The average of VAS pain score(0-10) was 4.2. No serious adverse events were detected.

Conclusions: High intensity focused ultrasound is statistical significantly effective for knee contouring than proximal thigh at 12 weeks. The adjustment of treatment setting may











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improve the outcome.



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