



LASERS

## BODY CONTOURING & TIGHTENING USING MULTISOURCE PHASE CONTROL RADIOFREQUENCY (RF) COMBINED WITH PULSED VACUUM

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**Background:** The multisource phase control RF technology utilize 6 RF generators simultaneously, allowing deep heat penetration, combined with suction mechanism enhancing blood flow, lymphatic drainage in the treated area.

Studies have shown that maintaining hypodermal heat greater than 44-45°C for at least 3 consecutive minutes induces apoptosis in the tissue, while epidermis temperature stays at a temperature of 40-42°C.

RF heating has also shown to improve dermal collagen, elastin, and ground substance leading to skin tightening, which is important in achieving an optimal body contour result.

**Objective:** This study investigates safety and efficacy of a novel treatment handpiece that combines multisource RF and pulsed vacuum suction.

**Study Design & Methods:** 11 subjects completed the study. All subjects were treated with a multisource RF vacuum combined handpiece. The treatment areas were abdomen, thighs, arms and calf, some subjects were treated for more than one area. Treatment protocol included 6 sessions.

Surface temperature was indicated by the handpiece and maintained at least 40°C.

Weight and circumference measurements were recorded at each visit. All patients were photographed before treatment, and at follow-up visits.

**Results:** All the patients recruited for study finished the treatment protocol.

Patients reported the treatment was comfortable and painless. No adverse events were reported during and after the treatments. Circumference measurements have showed an average reduction of 2.8cm in treated area. B&A photos indicate an improvement in skin laxity and texture.

**Conclusions:** In this study the author uses RF vacuum combined technology. The unique ability of technology to independently control the polarity of each electrode allows focused deep heat with decreased epidermal heating.

Data shows high efficacy for circumference reduction without pain or adverse effects.

