

**CS359 Abstract Session: Advances in Cosmetic Dermatology****4:24 PM - 4:30 PM****Author: Gerald Boey, MD****Title: Cellulite Treatment with a Radiofrequency, Infrared Light, and Tissue Manipulation Combination Device**

**Purpose:** The high prevalence of cellulite has led to the development of topical, massage-based, and surgical treatments, all with limited efficacy. This study was undertaken to determine if the Bi-Polar Radiofrequency Infrared Light could provide clinical improvement in cellulite.

**Design:** Seventeen women (mean age 42.5 years, range 19-57; skin phototypes II-IV, VI) with mild to moderate cellulite received multiple Bi-Polar Radiofrequency Infrared Light treatments (mean 10.5, range 8 to 14) on the thighs, buttocks, and, in four cases, the abdomen. There were no dietary restrictions or requirements. Percentage improvement was rated by both the investigator and patients. We used the scale of 0-25%; 26-50%; 51-75% and >75% to assess the improvement. Both investigators and patients were asked to rate their improvement. Circumferential reduction after treatment was judged as present or absent.

**Summary:** The mean investigator- and patient-evaluated improvements were 32.9% (27.6-38.3, 95% CI) and 30.6% (9.3%-41.9%, 95% CI), respectively, for all 17 patients. Circumferential reduction after treatment was observed in the hips of five patients, judged excellent in a sixth patient, and not observed in the remaining patients. Adverse effects were mild and transient and included bruising (n=10) and pain during treatment (n=1). Six patients reported no adverse effects. Transient erythema and mild swelling was present in most patients. There was no crusting.

**Conclusion:** The Bi-Polar Radiofrequency Infrared Light improves cellulite appearance in the thighs, buttocks, and, in some cases, the abdomen of women.