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EVALUATION OF THE CANDELA 1064 nm Nd:YAG LASER FOR CELLULITE AND SKIN TIGHTENING

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Background and Objectives: Cellulite and skin sagging are common, unwanted conditions for which many women seek treatment. The objective of this investigation is to evaluate safety and effectiveness of the Candela GentleYAG[®] laser as a method for reduction in the appearance of cellulite and/or skin tightening and to define methods of evaluation for these conditions.

Study Design/Materials and Methods: Under IRB approval, twenty-four subjects are randomized to treatment of the left or right posterior thigh, with the contra-lateral side serving as control. Carefully standardized digital photographs, ultrasound evaluation of dermal thickness, and thigh circumference measurements are performed pre-treatment and then at multiple time-points post-treatment. Twelve of the subjects are treated at 20 J/cm² without cooling and twelve subjects are treated at 50 J/cm² with cryogen spray cooling. Subjects receive 3 treatments at 4 week intervals. Photograph improvement is judged by blinded observers. Safety is evaluated by subject pain assessment and evaluation of skin response immediately post-treatment and at follow-up visits.

Results: The procedure has been well tolerated. No immediate improvement was noted. Long term effects will be evaluated. Utilization of the above described evaluation methods appears to provide accurate assessment of treatment induced change.

Conclusions: Standardized evaluation of cellulite and skin tightening protocols is required to accurately determine treatment effects.