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Acoustic wave therapy for cellulite, body shaping and fat reduction.

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Abstract

BACKGROUND: Cellulite is a common aesthetic condition that affects almost every woman.**OBJECTIVE:** To evaluate the efficacy of acoustic wave therapy (AWT) for cellulite and body shaping.**METHODS:** In this open-label, single-centre trial, 30 women presenting moderate or severe cellulite underwent 12 sessions of AWT on the gluteus and back of the thighs, over six weeks. The following assessments were performed at baseline, and up to 12 weeks after treatment: Cellulite Severity Scale (CSS), body circumference measurements, subcutaneous fat thickness by magnetic resonance imaging (MRI), quality of life related by Celluqol[®] and a satisfaction questionnaire.**RESULTS:** The treatment reduced cellulite severity from baseline up to 12 weeks after the last treatment session (subjects presenting severe cellulite: 60% to 38%). The mean CSS shifted from 11.1 to 9.5 ($p < 0.001$). Hips circumferences reduced from 99.7 and 103.2 cm to 96.2 and 100.3 cm (respectively, $p < 0.001$). The average thickness of the subcutaneous fat tissue also decreased (28.3 ± 6.5 mm to 26.7 ± 6.1 mm; $p < 0.001$). The treatment also improved quality of life. More than 90% of the subjects would undergo the treatment again and 89% were satisfied with the results. No serious adverse events were reported.**CONCLUSIONS:** AWT is a safe treatment to improve cellulite appearance and reduce body circumferences.**KEYWORDS:** Acoustic wave therapy; Cellulite Severity Scale; body shaping; cellulite; subcutaneous fat tissue thicknessPMID: 27997260 DOI: [10.1080/14764172.2016.1269928](https://doi.org/10.1080/14764172.2016.1269928)

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