

Cosmetology & Dermatology 2018: A revolutionary mini-invasive treatment for cellulite blemishes: 15 months of initial experience - Roberto Dell'Avanzato - L'Albereta Espace Chenot Health Wellness Spa

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Introduction: In October 2016, I started, as one of the first in Europe, my experience with a new procedure that represents the only FDA-cleared minimally invasive treatment and clinically proven to improve the cellulite blemishes for nearly four years in only one session.

Materials & Methods: We report our experience after 15 months in 50 patients (48F; 2M) with cellulite treated in a single session. Follow-up were scheduled after 7 days (T7), 14 days (T14), 30 days (T30), 90 days (T90) and 180 days (T150) for all the 50 patients; 13 patients (1M) had a medical check at 12 months and 3 patients (1M) at 15 months. Outcome measures included subject photographs, cellulite severity scale (CSS) and global aesthetic improvement scale (GAIS) assessment. Patient satisfaction and pain rating were also recorded. The treatment takes 45-60 minutes. Cellulite dimples are marked and the device is applied to stretch and stabilize tissue in a vacuum chamber, while local anesthesia is delivered. Then, a precise minimally invasive subcutaneous release of the connective bands (TS-GS: stabilized-guided subcision) is performed with a micro-blade, without cuts or incisions. We have safely treated 6 to 45 sites in one session. After treatment, a light compression is applied and patients are able to return promptly to their daily life.

Results: The procedure treated successfully the primary structural cause of cellulite blemishes in all the 50 patients. Patient satisfaction was 87% at T90 in 50 patients (48F; 2M), 95% at T180 in 50 patients, 97% at 12 months in 13 patients (1M) and 100% at 15 months in 3 patients (1M). Transient treatment related adverse events were mild in severity and the most common side effects reported were soreness and bruising. Among 50 patients, 95% had bruising at T7, 23% at T14 and no patient had bruising at T30. Soreness is reported in 100% of patients at T7, 19% at T14, 4% at T30 and 0% at T90. Global aesthetic improvement scale (GAIS) and visual analog scale (VAS) is also reported.

Conclusions: This revolutionary FDA-cleared procedure for the cellulite puckering combines a proven approach with an innovative technology to treat the primary structural cause of cellulite blemishes in posterior thighs and buttocks. This study confirms the safety, and efficacy with vacuum-assisted precise tissue release for the treatment of cellulite, which is also strengthened by patient's satisfaction.