Cryolipolysis with colder temp, shorter time safe, effective

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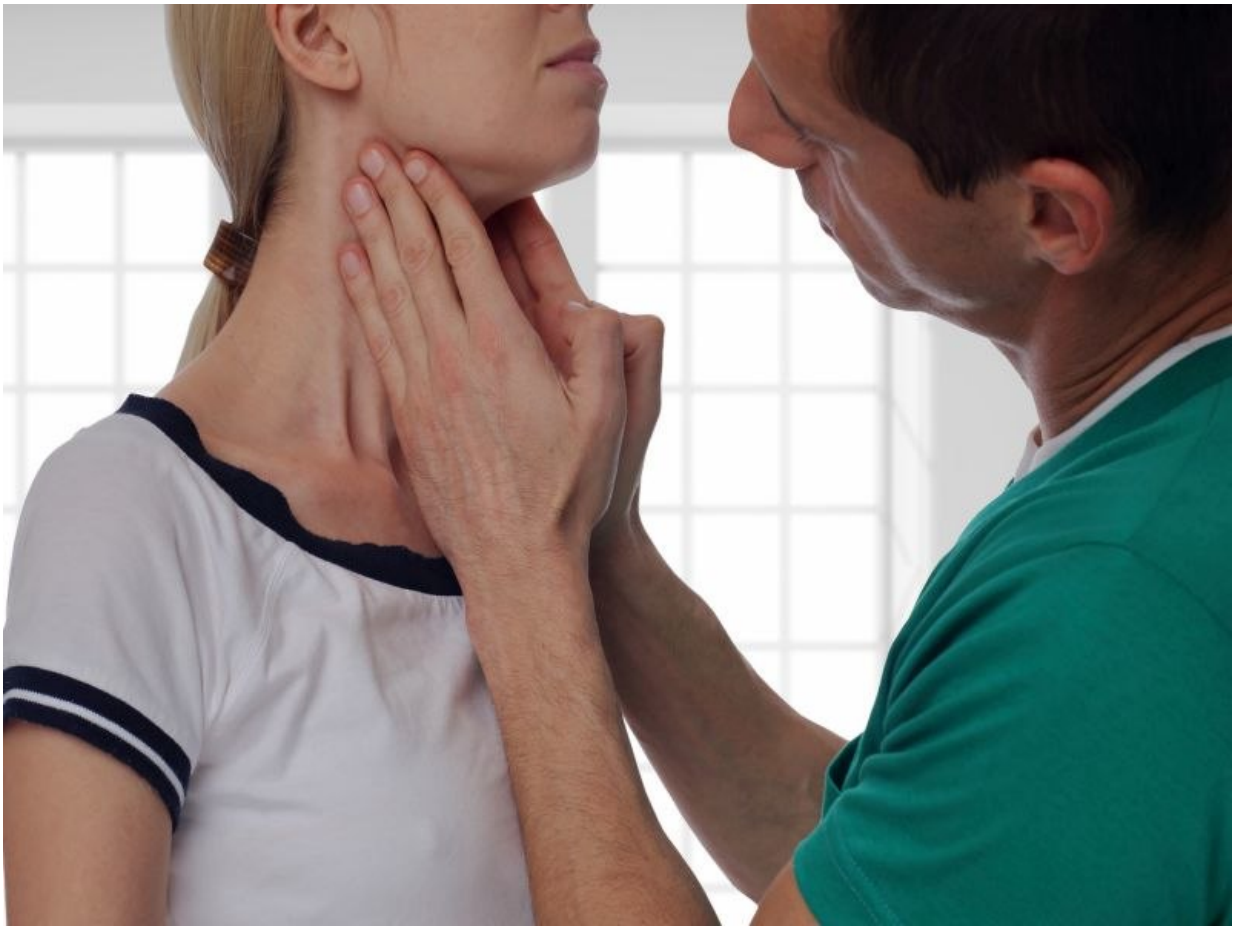

(HealthDay)—Cryolipolysis with colder temperature and reduced

treatment time is safe and effective for noninvasive reduction of submental fat, according to a study published online Sept. 12 in the *Journal of Cosmetic Dermatology*.

Hector Leal Silva, M.D., Ph.D., from UltraLaser in Monterrey, Mexico, and colleagues evaluated the safety and efficacy of cryolipolysis (CoolSculpting System; ZELTIQ Aesthetics, Pleasanton, Calif.) for noninvasive reduction of submental fat in 15 participants using lower temperatures and reduced treatment time (45 and 30 minutes at −12 and −15 degrees Celsius, respectively). Two treatments were performed 10 weeks apart.

The researchers found that the mean reduction measured by skin fold caliper was 33 percent (3.2 mm; P = 0.05), and by magnetic resonance imaging, the mean reduction was 1.78 mm. Before and after photographs were correctly identified 60 percent of the time by a blinded, independent panel. The majority of participants (80 percent) were satisfied or very satisfied with the treatment. Mild side effects resolved completely within 10 weeks, except for one case of hyperpigmentation, which resolved spontaneously within six months of the last treatment.

"Cryolipolysis with colder temperature and reduced treatment time continues to be effective and is safe for noninvasive reduction of the submental fat," the authors write.

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More information: Abstract
Full Text (subscription or payment may be required)