

# Non-Invasive Fat Reduction Of The Abdomen With A 1060nm Diode Laser

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## Study Design:

- Thirty-five subjects received a single treatment session with multiple applicators of 1060nm laser on the abdomen for fat reduction.

## Evaluation:

- Ultrasound imaging and high resolution 2D photography at baseline, 6 and 12 weeks post treatment.
- Weight was recorded at baseline and at each follow up visit.
- Patient satisfaction was recorded at 12 weeks.
- Blinded evaluators were asked to choose the baseline photo from randomized pre and post treatment sets.
- Fat thickness change was measured using ultrasound imaging at 6 and 12 weeks.

## Results:

- Reviewers were able to identify the post treatment photograph 95% of the time.
- Statistically significant reductions were achieved based on comparing 6 and 12 weeks to baseline.
- 91% of subjects were satisfied with the treatment results.
- The most common side effect was mild to moderate tenderness.

## Conclusion:

- The data demonstrates that 1060nm light based noninvasive body contouring is an efficacious modality.
- Consistent reduction in the thickness of the subcutaneous fat layer was demonstrated based on ultrasound measurements and blinded photographic assessment.



Baseline



3 Months Post  
Weight Change: 0 lbs.

Photos Courtesy of Sean Doherty, MD