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**Titre** - 980 nm diode laser lipolysis: a retrospective analysis on 534 procedures

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**Nom** - Reynaud

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**Prénom** - Jean Pascal

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**Spécialité** - Médecine générale

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**Adresse ligne 1** - 121 rue chanzy

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**Code postal** - 59260

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**Ville** - HELLEMES

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**Pays** - France

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**Fax** - 0320675999

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**Tél** - 0329679000

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**Email** - benjamin.wassmer@osyris.com

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**Autre(s) Auteurs(s)** - Martine Skibinski, Benjamin Wassmer, Philippe Rochon, Serge Mordon

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**type de présentation** - Présentation Orale

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**Spécification du sujet** - Sessions scientifiques

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**sujets** - Lipolyse

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**Abstract** - Background: The safety and efficacy of 980nm diode laser for laser lipolysis was evaluated in different body areas. Methods: From June 2005 to June 2007, three hundred thirty four (334) subjects underwent laser lipolysis. The treatment was performed using a 980nm diode laser (Osyris, France). After tumescent anesthesia, a 1 mm diameter micro-cannula housing a 400 µm optical fiber was inserted into the subcutaneous fat. The cannula was moved back and forth in a predetermined manner so as to get homogeneous energy distribution at the treated area. Laser settings (power and cumulative energy) were selected in relation to individual body areas: 6 W (chin, arm, knee), 10 W (abdomen, back), and 15 W (thigh, hips, buttock). Patient satisfaction was evaluated, and side effects were recorded. Results: Five hundred thirty four (534) laser lipolysis procedures were performed on 334 patients. Different areas were treated: hips (197): inside thighs (86), abdomens (86), knees (61), flanks (57), buttocks (28), chins (22), arms (18), backs (4). Mean cumulative energy was area dependent ranging from a minimum of 2200 J (knee) to a maximum of 51 000J (abdomen). Contour correction and skin retraction were observed almost immediately in most patients. There was no scarring, infection, burn, hypopigmentation, bruising, swelling or edema. Ecchymoses were observed in almost all patients but resolved in under one week for 322 patients. Patient satisfaction was very high. Laser Lipolysis being an outpatient procedure, patients were able to resume normal daily activities at 24 hours. Conclusion: this clinical study demonstrates that the removal of small volumes of fat with concurrent sub-dermal tissue contraction can be safely and effectively performed using a 980 nm diode laser.

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