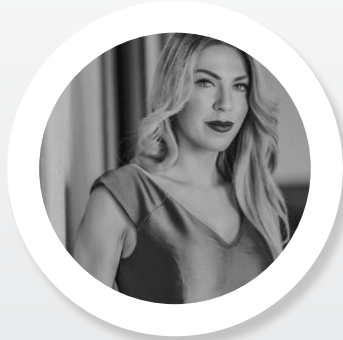


# 14<sup>th</sup> World Conference on Cosmetic Dermatology & Skin Allergies

November 26-28, 2018 | Athens, Greece



**Konstantina Mamali**

Cosmetic Derma Medicine, Greece

Co-Author

**Amalia Tsiatoura**

Cosmetic Derma Medicine, Greece

## **1064 nm Nd: YAG laser liposuction with local anesthesia in outpatient basis. Five years of experience with 751 patients**

**Introduction:** Laser liposuction is a modern, less aggressive than traditional liposuction technique to remove localized fat deposits. Laser energy is used to liquefy excess fat from the areas treated, followed by aspiration, additionally providing the advantage of collagenesis and skin tightening. In this case series, we evaluated the efficacy and safety of the use of 1064 nm Nd: YAG laser in the treatment of local fat.

**Research Methodology:** Seven hundred fifty one (751) different patients, 549 women and 202 men, were involved in our study between the years 2011-2016. The first stage included the infusion of tumescent anesthesia with Klein solution, followed by the lipolysis stage performed with a Nd: YAG laser at 1064 nm. Finally, the liquefied fat was removed through aspiration as in traditional liposuction. The mean energy delivered in the subcutaneous tissue per area was 3650 Joules, with a maximum of 10000 Joules per session. The areas treated varied between men and women, with the most common among them being outer thighs, abdomen, waistline and inner thighs. All patients were advised to wear a special corset for 30 days after the procedure.

**Findings:** Evaluation of the results was performed at one month, three months and six months post treatment. One-month follow-up revealed objective clinical improvement in both unwanted fat and skin appearance in 72% of the patients.

**Results:** The results at three months showed an average reduction between 2-5 centimeters in the circumference of each area treated. Finally, six months later, satisfaction rates were quite high as the results were more visible for the majority of the patients. The only treatment-induced complications mentioned were a mild discomfort and small hematomas afterwards that subsided in a few days.

**Conclusion:** Nd: YAG laser liposuction constitutes a safe and effective treatment choice for resistant local fat, providing comparable results to those of traditional liposuction with the additional positive effect of skin tightening.

### **Biography**

Konstantina Mamali is Dermatologist – Venereologist, with valuable experience in Phlebology and Allergology and member, among others, of the European Academy of Dermatology and Venereology and the German Society of Dermatotomy. She studied at the School of Medicine of the Aristotle University in Thessaloniki and received her Diploma in 2009. She finished the last year of her studies at the University Heinrich-Heine in Dusseldorf, Germany. As a Dermatologist she has a vast experience in Allergology, Dermatotomy and Occupational Medicine. Furthermore, she has specialised in Dermatologic Oncology, whereas she is an active participant in workshops of medical training in the scientific area of skin cancer and moles. Today, she is Deputy Scientific Director of the Department of Dermatology & Laser of Cosmetic Derma Medicine.

**Notes:**

kmamali@cosmeticdermamedicine.gr