Circumference Reduction and Cellulite Treatment with a TriPollar Radiofrequency Device: A Pilot Study

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Abstract

Introduction: A wide variety of treatments for cellulite and circumference reduction are available but most procedures offer suboptimal clinical effect and/or delayed therapeutic outcome. The purpose of this study was to determine the safety and efficacy of the TriPollar radiofrequency device for cellulite treatment and circumference reduction.

Methods: Thirty-nine females with cellulite received 8 weekly TriPollar treatments. Treatment areas included the abdomen, thigh, buttock and arm. Subjects were evaluated using standardized photographs, and measurements of body weight, circumference, subcutaneous thickness, and skin elasticity of the treatment sites at baseline, immediately after and four weeks after the final treatment. Physicians’ evaluation and subjects’ self assessment of clinical improvement scores using a quartile grading scale were recorded.

Results: There was significant circumference reduction of 3.5 and 1.7 cm at the abdomen (p = 0.002) and thigh (p = 0.005) regions, respectively. At four weeks after the final treatment, the average circumferential reductions were sustained. Average clinical improvement scores was 2.32 (corresponding to ~60% improvement) after the series of treatments.
Conclusions: Tripollar radiofrequency technology provided prolonged beneficial effects on the reduction of abdomen and thigh circumference and cellulite appearance. Maintenance treatments may be necessary to further enhance the clinical results achieved.