

LITERATURE REVIEW: HIFEM[®] AND THERMAL PROCEDURES

THERMAL VS. NON-THERMAL TECHNOLOGIES IN NON-INVASIVE BODY CONTOURING.

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HIGHLIGHTS

- Results based on **42** identified studies using quantitative evaluation of outcomes.
- **HIFEM** is the **most effective** technology for **reduction in waist circumference**.
- **HIFEM** is the only technology that demonstrates **fat reduction (18.6%)** and **muscle thickening (15.4%)** in multiple studies.
- **Thermal technologies show risks** of AE due to tissue hyper/hypothermia such as erythema, swelling, pain, burns, numbness, bruising, etc. **No adverse events** related to the **HIFEM** treatments were reported.

RESULTS

MODALITY	FAT THICKNESS	MUSCLE THICKNESS	WAIST CIRCUMFERENCE
LLT	N/A	0.0%	-3.03 cm
HIFU	N/A	0.0%	-2.76 cm
RF	-29.0%	0.0%	-3.44 cm
CRYOLIPOLYSIS	-21.2%	0.0%	-3.88 cm
HIFEM	-18.6%	+15.4%	-4.09 cm

Efficiency comparison of different body contouring methods.