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Application of low-level laser therapy for noninvasive body contouring.

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Erratum in

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Abstract

BACKGROUND: Low-level laser therapy (LLLT) is a noninvasive treatment for a wide-assortment of medical ailments. A recent application is for noninvasive body slimming. A Level 1 clinical study was completed and recorded a significant reduction in circumferential measurements across waist, hips, and thighs compared to placebo subjects. Questions remain unanswered to whether the result observed was based upon simple fluid redistribution. The purpose of this retrospective study was to evaluate the efficacy of LLLT for noninvasive body slimming and determine if the loss was attributable to fluid or fat relocation.

METHODS: Data from 689 participants were obtained to evaluate the circumferential reduction demonstrated across the treatment site of the waist, hips, and thighs as well as nontreated systemic regions. Patient data were not pre-selected; all reports provided by clinics using LLLT for body contouring were used to evaluate the efficacy of this treatment. **Participants received a total of six LLLT treatments across 2-weeks having baseline and post-procedure circumferential measurements recorded. Measurement sites included waist, hips, thighs, arms, knees, neck, and chest.**

RESULTS: **The mean circumferential reduction reported for the waist, hips, and thighs 1 week after the treatment regimen was 3.27 in. (P < 0.0001). Furthermore, participants demonstrated an overall mean reduction of 5.17 in. across all measurement points 5.17 in. (P < 0.0001).** Each anatomical region measured exhibited a significant circumferential reduction.

CONCLUSION: **These data reveal that the circumferential reduction exhibited following LLLT is not attributable to fluid or fat relocation as all measurement points, including nontreated regions, reported an inch loss.**

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