Tissue Stabilized-Guided Subcision® (TS-GS): A revolutionary mini-invasive treatment for cellulite blemishes in 80 consecutive patients.

Roberto Dell'Avanzato M.D.
Espace Chenot Health Wellness Spa - L'Albereta Relais & Chateaux
Italy

Introduction: Eighteen months ago, in October 2016, I started, as one of the first in Europe, my experience with Cellfina®, a Tissue Stabilized-Guided Subcision® (TS-GS), a new procedure that represents the only FDA-cleared minimally invasive and clinically proven treatment to improve the cellulite blemishes for nearly four years in only one session.
Materials and Methods: We report our experience of 80 patients (78F; 2M) with cellulite treated in a single session, selected and classified with a simplified Cellulite Severity Scoring (CSS). Follow-up was scheduled after 7 days (T7) and 14 days (T14) for all the 80 patients; after 30 days (T30) for 77 patients; after 90 days (T90) for 72 patients; after 180 days (T180) for 65 patients; 50 patients (49F; 1M) had a medical check at 12 months and 15 months; 3 patients (2F; 1M) at 18 months. Outcome measures included subject photographs, Cellulite Severity Scale (CSS) and Global Aesthetic Improvement Scale (GAIS) assessment. Patient's satisfaction with a 5-point Likert scale and pain rating with Visual Analog Scale (VAS) were also recorded. The treatment takes 45-65 minutes. Cellulite dimples are marked and the device is applied to stretch and stabilize tissue in a vacuum chamber, while local anesthesia is delivered. Then, a precise minimally-invasive subcutaneous release of the connective bands or TS-GS is performed with a micro-blade, without cuts or incisions. We have safely treated 6 to 55 sites in one session. After treatment, a light compression is applied and patients are able to return promptly to their daily life.
Results: The procedure treated successfully the primary structural cause of cellulite blemishes in all the 80 patients with a range of 15-30 sites in 74% of cases, 6-14 sites in 15% and 31-55 in 11%. Concerning patient's satisfaction at T90, 64 patients (88,89%) out of 72 were very satisfied (score of 5) and satisfied (4) while 8 patients (11,11%) were neither satisfied nor dissatisfied (3); these excellent results have been confirmed at T180, 12 months and 15 months, with the first 3 patients that at 18 months were very satisfied (5) and satisfied (4). In our experience, 0% of the patients were dissatisfied (2) or very dissatisfied (1). Transient treatment-related adverse events were mild in severity and the most common side effects reported were soreness and bruising and no serious adverse events were reported. The GAIS showed that the mean baseline CSS score of 3.6 before the treatment, decreased to 1.2 at T90, 1.1 at T180, 12 months and 15 months and 1.0 in the first 3 patients at 18 months. The VAS was 2.2 at T7, 1.8 at T14 and 0 from T90 onwards. None of the 80 patients changed the weight by more than 10%, otherwise they would have been excluded from the present study.
Discussion: This revolutionary FDA-cleared procedure combines a proven approach with an innovative technology to treat the primary structural cause of cellulite blemishes in posterior thighs and buttocks. This study confirms safety and efficacy with vacuum-assisted precise tissue release for the treatment of cellulite, which is also strengthened by patient's satisfaction.



Roberto Dell'Avanzato is Specialist in Surgery with an University Master in Aesthetic Medicine and Surgery; Professor of Laser and Laser Assisted Liposuction, San Marino University (San Marino); University Diploma in Laparoscopic Surgery, Louis Pasteur University of Strasbourg (France); Honorary Member of the Israel Academy of Beauty; Honorary Member of the Italian Academy of Beauty; Certificate of excellence awarded from The Pakistan Medical Association, for humanitarian services rendered to the burnt and scarred victims of Pakistan; Certificate of Merit awarded from the Combined Military Hospital of Islamabad (Pakistan), for humanitarian services

dellavanzato@hotmail.it