

Patient Selection for Cellulite Procedures



- **Best candidates:** weight-stable patient, absent or minimal skin laxity, true dimple-type cellulite¹

- [CLICK HERE FOR A SHORT VIDEO ON ASSESSMENT](#)

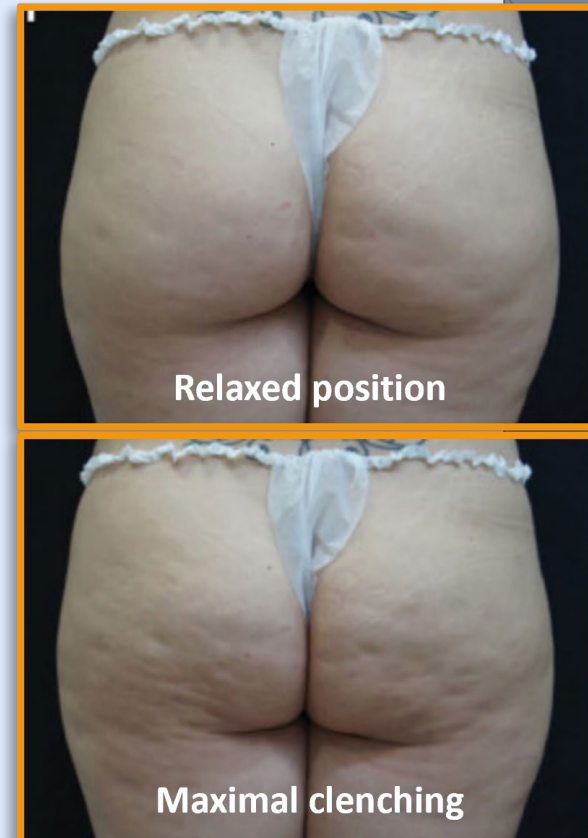
- **Poor candidates:** significant laxity, sagging skin, or volume deficiency or excess²
 - May receive greater benefit from other body contouring procedures



Patient Selection: Physical Exam



- Perform with adequate lighting and patient standing upright
 - Tangential lighting may further help visualize anatomy
- Pinch area between thumb and forefinger (“pinch test”) or have patient clench muscles to better elicit surface changes
 - [CLICK HERE FOR A SHORT VIDEO OF PINCH TEST AND PATIENT CLENCHING](#)
- Assess skin tone, primary cellulite morphology
- Note patient weight, BMI, circumferential measurements
- Take total body and close-up clinical photos, as well as 3D imaging, with patient standing in relaxed position



BMI, body mass index; 3D, 3-dimensional

Christman MP et al. *J Drugs Dermatol.* 2017;16(1):58-61. Figures from Casabona G et al. *Plast Reconstr Surg Glob Open.* 2017;5(7):e1388. [CCBY-NC-ND 4.0] <https://creativecommons.org/licenses/by-sa/4.0>