



LipoSonix Pre-treatment Information

The *LipoSonix* system is an FDA cleared device that uses High Intensity Focused Ultrasound (HIFU) to non-invasively treat fat tissue beneath the skin in the abdomen and flanks (“love handles”). The *LipoSonix* system focuses HIFU energy at a specific depth within the fat tissue without harming the skin or surrounding tissue. The body then naturally processes and permanently removes the destroyed fat tissue over a period of 8 to 12 weeks. A single treatment may result in an average waist circumference reduction of approximately 2.5 cm, which may leave you with a slimmer, more contoured waistline. Individual results may vary.

**** Please eat one hour prior to treatment**

WHAT TO EXPECT DURING THE TREATMENT

A *LipoSonix* treatment of the abdomen and love handles takes about an hour. The areas to be treated will be marked on your skin by Dr. George. The procedure will then be completed by either Lara Beach, RN or Shelly Piatowski, RN. The *LipoSonix* treatment head will be placed gently on each treatment site several times until the treatment is complete.

You cannot have any hair, lotions, cream or oils applied to the skin area to be treated. If needed, the area to be treated will be shaved and cleaned. Please shave any hair on the treatment areas before coming in for treatment and do not any apply lotions, creams or oils to the treatment area.

During the treatment, some patients experience **discomfort, pain, cold, prickling, tingling or warmth**. To maximize your comfort, pain medication or valium can be given 30 – 60 minutes prior to the treatment. We can discuss the need for this during your consult appointment. If you choose to take oral pain or anxiety medicine you will need to have a driver.

Expected side effects of the LipoSonix treatment include:

- **Discomfort and pain** – Most patients experience minimal to moderate discomfort, associated with a tingly and/or heat sensation, however as we all have different levels of sensitivity, pain may be experienced. Some pulses of the treatment may be more painful or uncomfortable than others and this is normal.
- **Bruising** – bruising is commonly seen and typically resolves within 2 weeks. Although less common, bruising may last up to 3-4 weeks. It presents as a diffuse or patchy blue-purple discoloration and gradually fades away. It may not be seen on the treatment day and tends to take a few days to present
- **Swelling** – usually minor, could last approximately 2-3 weeks and may be uncomfortable with certain exercises such as jogging.
- **Redness** – may occur and typically resolves within a few hours.

Most patients can return to their regular activities immediately following treatment. There is no special care after the treatment.