



Smart Lipo Laser Body Sculpting™?

Expected Outcomes, Risks & Benefits

Risks of Laser Lipolysis: Any procedure involves the risk of infection, bleeding, scarring or serious injury; however tumescent lipolysis has an amazingly good safety record. One of the reasons that tumescent lipolysis is so safe is that neither general anesthesia nor intravenous sedation is required. Patients can minimize the risk of any complications by not taking medications or over-the-counter preparations that might adversely affect the procedure. Patients should inform the doctor of any medications being taken either regularly, or occasionally, including herbal remedies.

Risk of Irregularities of the Skin: Smart Lipo and Tumescent liposuction using microcannulas are the least likely to cause any significant or noticeable post-surgical irregularities of the skin. By magnifying the fatty compartment, the tumescent technique permits more accurate removal of fat, with greater assurance that the lipolysis cannula will not inadvertently approach too near the undersurface of the skin which would cause irregularities. Thus the tumescent technique helps to minimize the risk of postsurgical irregularities or rippling of the skin. LaserLipolysis might improve pre-existing irregularities of the skin such as dimpling, but prospective patients should not assume that there will be significant improvement. It is unrealistic to expect perfectly smooth skin. Patients should expect that their skin will have approximately the same degree of dimpling and irregularities as existed before tumescent LaserLipolysis procedure. Ultimately, after the Laser Lipolysis the skin texture should be within normal limits. A casual observer should not notice any evidence of skin irregularities of the skin. However, it is possible that a noticeable irregularity of skin may result and require a little touch-up.

Risk of Scarring of the Skin: Incisions for Laser Lipolysis may result in scarring. The incisions made for inserting the cannula are usually less than 2 to 3 mm in length, and are usually virtually invisible once healed. Although you may be able to find them upon close examination, most other people would not be able to see them. Some patients may experience temporary hyper-pigmentation (darkening) that usually fades after several months. Some patients may have a genetic predisposition for persistent discoloration at incision sites. Patients that have experienced hyper-pigmentation or hypo-pigmentation (pale or light coloured scars) in the past might expect to also experience it with these incisions. Certain areas of the body, such as the back or upper flanks, may be more likely to have pigmentation changes.

Cellulite: Laser Lipolysis of the thighs, while improving the silhouette, does not necessarily eliminate the subtle "puckering" of the skin often called "cellulite." Cellulite results from the pull of fibrous tissue that connects skin to underlying muscle. While tumescent liposuction may reduce the degree of cellulite, it is unlikely to eliminate it. Laser Lipolysis should not worsen cellulite.

Laser Lipolysis and Obesity: This procedure is not an appropriate treatment for obesity. It is not a substitute for a prudent diet, good nutrition, and regular exercise. Obese patients may be good candidates for limited Laser assisted Lipolysis if their goal is simply to improve the shape of certain limited areas of the body.

Postoperative Healing: Normal healing after Smart Lipo and tumescent Lipolysis involves a limited but definite degree of soreness, swelling, bruising, and lumpy firmness. A temporary mild numbness of the skin may persist for up to 4 months. Most patients can actually see some improvement of their silhouette within one day after surgery. However, because of the slow resolution of post-surgical swelling, the ultimate results following lipolysis usually require 12 to 20 weeks to be achieved.

Realistic Expectations: Although the results of the Laser assisted Lipolysis are often quite spectacular, it is not realistic to expect perfection. It is impossible to guarantee the precise amount of improvement that will result from this procedure. Patients should not have unrealistic expectations. Although patients can usually expect to achieve at least a 50% improvement, it is unreasonable to expect 95% improvement or near perfection. For the perfectionist, or for the Laser Lipolysis of a very large area, maximum improvement may require a second procedure for which there would be an additional fee.

Patients who would be satisfied with a 50% improvement would be reasonably good candidates for Lipolysis. The "50% improvement" is intentionally a vague measure. It indicates a definite perceptible improvement, but something short of perfection. If a 50% improvement would make a patient happy, then it is likely that these expectations will be met. Our patients generally achieve more than a 50% improvement.

Longevity of Results: The fat cells that are removed by Smart Lipo do not grow back. If the patient later gains or loses weight, the change tends to be distributed proportionately over the entire body. Although one can expect some changes with aging, provided that the patient does not gain large amounts of weight, the patient's new, more pleasing silhouette is relatively permanent.

Pre-Op Instructions

You can help to minimize the risk of complications by carefully reading and following your preoperative and postoperative instructions.

Please ask us to clarify anything you don't understand.

PRE OPERATION INFORMATION

1-2 weeks prior to procedure

- DO NOT take ASPIRIN, IBUPROFEN, NAPROXEN or any other non-steroidal anti-Inflammatory drugs (NSAIDS) similar to these medications for 10 days before surgery; these will promote bleeding and bruising. It is permissible to take Paracetamol. Check the labels of all your medications, even those which you purchase without a doctor's prescription, to be sure you are not taking any aspirin or aspirin-like substances. Remove any products containing aspirin from your medicine chest so that you do not inadvertently take it during the week before your procedure. Consult your physician before you stop taking any prescribed medicines. Please inform us if you are taking any medications to treat arthritis, or any blood-thinning (anticoagulant) medications.
- DO NOT drink alcohol for one week prior to surgery. This might cause excessive bleeding.
- DO NOT fast or undergo dramatic weight loss just prior to the procedure. You should be on a stable, healthy, well- balanced diet for at least 2 weeks before the procedure. Liquid diets, extreme low

calorie diets, and rapid weight loss diets may predispose you to cardiac irregularities, surgical complications, or poor wound healing.

- DO NOT take decongestants such as Sudafed or Actifed for 5 days before surgery.
- DO NOT take appetite suppressants for at least 2 weeks before surgery.
- DO NOT take Zoloft or other antidepressants and all herbal remedies, unless specifically approved by your doctor, for two (2) weeks before surgery.
- DO NOT use moisturizers or soap that contains moisturizers for one week before surgery. The ink markers used to outline the areas on your body to be treated will rub-off too easily if you have recently used a moisturizer.
- Antibiotics. You will be prescribed an antibiotic in order to minimize the risk of surgical infection. Antibiotics should be taken with food to reduce the risk of gastric upset. Start taking your antibiotic the day before the procedure, and continue until the entire supply is completed.
- Lorazepam (Ativan) is a mild sedative and sleeping pill that does not make one feel "drugged." The procedure is more easily tolerated if you are well rested and relaxed. Take one Lorazepam the night before surgery.

DAY OF THE PROCEDURE

- DO NOT wear unnecessary jewellery, perfume, and minimize use of cosmetics. You may use deodorant.
- DO NOT drive home. Arrange to have someone drive you home.
- Diet: You should eat a light, low fat meal, such as toast and juice, fruit, dry cereal and/or non-fat milk no less than two hours prior to the procedure. Avoid whole milk, cream, butter, cheese and other foods that are high in fat content as dietary fat slows digestion and delays stomach emptying. Minimize caffeine intake the day of surgery.
- Wear loose clothing. There is usually quite a lot of drainage of slightly blood-tinged anaesthetic solution after the procedure. Since this drainage might stain clothing, choose your clothing with this in mind. Because elastic support garments will be applied on top of some bulky absorbent gauze padding, your clothing should be very loose and comfortable.
- Women: Wear a comfortable bra that you would not mind getting stained from the blue ink that is used to mark the surgical areas. Do not wear an exercise sports bra if you are having Laser Lipolysis on your abdomen or torso.
- Men: Speedo-type swim trunks are the easiest type of garment to wear. Jockey-type underpants are acceptable. Boxer-type underpants are less convenient, and may prevent optimal results. Bring extra underpants to wear after the procedure.
- Towels & Plastic Sheets. Plan ahead to avoid staining the car seat with blood-tinged anaesthetic solution: Bring a towel and a plastic sheet (such as a trash can liner) to cover the car seat during your ride home. Prior to the procedure pad your bed at home and your living room chair with towels and plastic. Be careful to avoid allowing drainage to stain carpets.
- I-Pod. You may bring your I-Pod with you to help you relax.

WHAT TO EXPECT ON THE DAY OF PROCEDURE

Before Your Procedure:

Upon arriving you will be greeted and asked to sign your surgical consent forms. After a trip to the bathroom, you will be escorted to the treatment room where you will change into a surgical gown. Pre-operative photographs will be taken and, finally, the areas on your body that are to be treated are marked with a felt-tip pen. Next you will lie down on the table and the physician will show you the various positions you will be required to assume during the procedure. It usually takes about 30 minutes after arrival before the procedure begins.

For safety purposes we may place an intravenous (IV) access catheter in your arm; it consists of a small plastic IV tube with a rubber stopper on the outside through which medication can be injected if needed. A blood pressure cuff is placed on your arm and pulse monitor is placed on your finger.

Next, a large volume of anaesthetic solution is carefully and gently injected into the targeted fat. Once an area of fat has been well infiltrated with the anaesthetic solution, the fat is usually completely numb. The infiltration of the local anaesthetic is a slow, careful process that can take as long to complete as the Laser Lipolysis itself.

Experience has shown that giving a sedative by mouth permits better local anaesthesia than when intravenous sedatives are used. This is because an alert patient is more capable of detecting subtle areas of incomplete anaesthesia. A patient who is too sedated might easily ignore an incompletely anesthetized area, and then feel more discomfort when Lipolysis is actually done. Therefore minimizing sedation actually improves patient comfort.

After Your Procedure:

After the procedure is completed, absorbent pads are placed over the incision. The incisions are so small that no stitches are required. Finally, after the IV-line is discontinued and the compression garment is applied, you are ready to go home. Because some of the local anaesthetic remains in the area that was treated, you may not feel any significant soreness until several hours following the procedure is done. Although you will feel well enough after surgery to drive yourself home, you must not do so because large amounts of local aesthetic may cause some drowsiness.

The Smart Lipo and the tumescent technique used minimize post-operative discomfort and cause no post surgical nausea nor the unpleasant feeling of hangover usually associated with general anaesthesia. Because the residual local anaesthesia lasts for 18 to 36 hours, regular Panadol is sufficient to treat post-operative discomfort.

POST-OP INSTRUCTIONS

- **Going Home:** You should not plan to drive yourself home. We recommend that you have a responsible adult be with you on the day of the procedure.
- **Diet:** Resume your usual diet immediately, but eat light meals in the first 48 hours. Drink adequate amounts of water, fruit juices or soft drinks to prevent dehydration. Avoid drinking alcoholic beverages for one week before surgery and 48 hours after surgery.
- **Activities:** Rest quietly immediately after the procedure. Do not drive or operate hazardous machinery the rest of the day. Do not make any important personal decisions for 24 hours. Later in the day or evening you may to take a short walk if desired. The day after the procedure you should feel well enough to drive your car and engage in light to moderate physical activities. You may carefully resume exercise and vigorous physical activity 2 to 4 days following the procedure. It is suggested that you begin with 25% of your normal work-out and then increase your activity daily as tolerated. Most people can return to a desk job within one to two days after the procedure, although one must expect to be sore and easily fatigued for several days.
- **Panadol** 500 mg capsule or tablet does not require a prescription. You may take two tablets, three to four times daily as needed to help minimize postoperative swelling and treat any minor post procedure discomfort. If for some reason Panadol is not acceptable, then notify us so that we can arrange for a suitable substitute.
- **Post-Op Garment:** After Smart Lipo a post-op garment is worn in order to hold the absorbent pads in place and to provide mild compression that encourages the drainage of the blood-tinged anaesthetic solution. The morning after surgery, when you remove the garment to take a shower, it is normal to

experience a brief sensation of dizziness. Feeling lightheaded is similar to what you might experience when standing up too quickly. This is the result of rapid decompression of the legs as the post-op garment is initially removed. Should you feel dizzy, simply sit or lie down until it passes.

- Beginning the day after the procedure, remove the post-op garment daily prior to showering and to wash the garment. The first morning it is easier if you have someone to help you. The post-op garment and binder (if applicable) should be worn day and night until all the drainage has completely stopped plus an additional 24 hours. Do not be concerned if you drain for several days. Discontinuing the use of the garment and binder early may result in more prolonged drainage. Typically, patients need to wear the garment for 3 to 6 days, although many choose to wear the garment longer.
- Managing Post-Op Drainage: You should expect a large volume of blood-tinged anaesthetic solution to drain from the small incisions during the first 24 to 48 hours following Laser assisted Lipolysis. In general, the more drainage there is, the less bruising and swelling there will be. During the first 36 hours, you should sit, or lie, on towels. When there is a large amount of drainage, you may want to place a plastic sheet beneath the towel. For the first 24 to 36 hours, bulky super-absorbent pads are worn under the garment. After most of the drainage has stopped, you need only place thin absorbent gauze dressings over the incision sites that continue to drain.
- Wound Care & Bathing: Keep the incisions clean. Do not allow scabs to form in the first 72 hours. Shower once or twice daily. Avoid very hot water during the first 48 hours following surgery. First wash your hands, then wash incisions gently with soap and water; afterwards gently pat incisions dry with a clean towel. Apply new absorbent dressings. Incisions that have Stopped draining no longer need padding but should be covered with Vaseline in the first six weeks. Apply sun block to any exposed incisions in the first twelve (12) months after Lipolysis to prevent hyper pigmentation. Take antibiotics as directed until the prescription is finished. Take antibiotics with food. You will have 24 hour access to us if you notice signs of infection such as fever, foul smelling drainage, or local redness, swelling, and pain in a treated area. DO NOT apply ice-packs or a heating pad to skin overlying the areas treated by Lipolysis. DO NOT soak in a bath, Jacuzzi, swimming pool, or the ocean for 7 days after the procedure
- Common side-effects of Smart Lipo: Menstrual irregularities with premature or delayed onset of monthly menstruation are a common side effect of any significant surgery. Flushing of the face, neck and upper chest may occur after the procedure and usually lasts for a day or two. Slight temperature elevation during the first 48 hours is a natural consequence of the body's reaction to the trauma. Discomfort and soreness is worse the second day, then improves daily. Two extra-strength Panadol every 4 hours, while awake, for the first 48 hours will reduce the inflammation, swelling, and soreness associated with surgery. Do not take aspirin, ibuprofen or medications that contain these drugs, these can promote bleeding. Bruising is minimal with tumescent Lipolysis. Nevertheless, the more extensive the area to be treated, the more bruising you can expect. Pain and swelling due to an inflammatory reaction to surgical trauma may occur and increase 5 to 10 days after surgery; this is treated with antibiotics and anti-inflammatory drugs. Itching of the treated areas several days after surgery may occur as part of the normal healing process. To help relieve the itching, you may try taking over the counter Benadryl 25mg capsules/tablets as directed on the packaging. Be aware that Benadryl causes drowsiness. You may also try using oatmeal soap. After 7 days (as long as the incisions are closed), you may soak in a bath with an Oatmeal bath preparation.
- Schedule a follow-up appointment - One day, one week, and six weeks after your surgery. You are welcome to return to our office for follow-up visits as often as you like.