



## 4D Lipo Pre and Post Care Instructions

### What is 4D Lipo?

4D fat reduction is a combination package procedure that encompasses four different treatments all targeted in removing fat the same way liposuction can but without the surgery. Traditional liposuction is a surgical procedure, involving small incisions in which a tube is inserted into a fatty area. The fat is then sucked out through the tube, resulting in the permanent reduction of those fat cells. Liposuction can be used on large areas where there are significant fat deposits and may be effective after just one procedure. Since liposuction is a surgery, there is some recovery time with swelling, pain and a risk of infection. Non-surgical liposuction generally has less-to-no recovery time as surgical liposuction but it isn't as effective on large areas of fat. Its use should be limited to small, stubborn areas that remain after an adequate diet and exercise program, or to patients who cannot or choose not to undergo surgery. In order to be fully effective, multiple treatments may be required.

**Pre-Care:** Please arrive makeup free if possible for facial applications and for body procedures please remove all topical creams. If you appear to have any open skin lesions please notify your practitioner immediately as the appointment may need to be rescheduled. Please arrive in comfortable clothing and bring a compression garment if advised to do so.

**Post-Care Instructions:** Do not wash area of treatment for 24 hours. Only use organic and pure products. Avoid exfoliation and glycolic products, avoid sun exposure, steam, workouts, and activities that cause airborne dirt, dust or sweat to enter pores for 2 days. Drink plenty of water to help flush the system of toxins.

### For MesoLipo Serum Application:

You will be wrapped with cellophane immediately after treatment. This wrap will need to be removed after one hour. Wear your compression garment for three days (around the clock if possible) following the procedure. Drink at least (16) 8oz. glasses of water per day to help kidneys with flushing fat from the body. Avoiding exercising the treated area for 48 hours. Avoid taking anti-inflammatory medications (aspirin, Motrin, Advil, Aleve), icing the area or drinking alcohol and eating carbohydrates for 2-3 days after the treatment because it may decrease its effectiveness. The only pain medication which does not adversely affect results is Tylenol.

Client Name (printed):

Client Signature:

Date: