

## **I-Lipo Patient Instructions Pre and Post i-Lipo Procedure**

*It is essential that you follow these instructions for optimal results from i-Lipo treatments!*

### **One week prior to treatment**

- Liberal water intake: More than 32 ounces/day
- Take all medications, even diuretics
- Watch appetite. Do not binge eat!
- Do not drink alcohol the night before i-Lipo.

### **Morning of treatment= prior to treatment**

- Drink 24 oz of water (coffee, tea, sodas does not count as water!) before the Procedure
- Do not drink any alcohol, coffee, tea, or sodas on the day of the treatment
- Do not take diuretics until day after treatment (eg. Lasix, maxide, hydrochlorothiazide)
- Take normal medications
- Remove jewelry in the area of treatment, example; belly button rings, earrings
- Wear clothing that will easily expose the area of treatment
- During i-Lipo treatment
- empty bladder immediately before i-Lipo
- Remember, i-Lipo does not hurt!

### **Immediately after treatment**

- Immediately after i-Lipo: You must participate in aerobic exercise—walk on a treadmill, cycle, run, or participate in any aerobic exercise for 30-60 minutes.
- The longer the exercise the more likely it is that the fat that was mobilized will leave the body permanently! Drink another 36 ounces of water after i-Lipo.
- Do not drink alcohol! Do not binge eat!

### **Day after treatment**

- Continue liberal water intake
- Resume all medications, even diuretics
- Control appetite as it may be increased from rapid fat loss...do not increase normal calories!

### **For increased appetite:**

- Avoid caffeine
- Eat high protein diet

### **Possible symptoms after i-Lipo:**

1. Diarrhea—when you successfully remove fat from your body it has to be removed in your stool. You may or may not notice an increase in bowel movements but the bowel is how fat leaves the body. Diarrhea will not continue longer than 36 hours, and should be mild. (it is a good sign that your body is removing the fat quickly!)
2. Increase in urination—loss of water from your tissues is normal after i-Lipo and is a good sign that you are removing fat from your body. Fat enters the blood from the lymph system, increases the “thickness” of the blood (oncotic pressure) and pulls water from tissues to carry the fat to the bowel for removal.

3. Feeling of flu like symptoms—this symptom is rare. Flu-like symptoms occur when toxins in the fat are removed through the lymph system, and this temporary and fleeting symptom is a sign that your body is removing the toxins along with the fat!
4. Hunger—just like when you exercise, have lipo-suction or lipo-dissolve, you may have an increased hunger after treatment. This is your body attempting to return to normal by reaccumulating fat. Do not increase your food! Avoid carbohydrates, especially alcohol! Eat a low carb, low animal fat diet and drink lots of water and exercise to keep the fat from reforming.
5. Remember, with i-Lipo you lose a significant amount of fat from one area of your body, and the dramatic change is permanent if you follow the directions above.
6. Do not reverse this loss by drinking alcohol, over eating or carb loading!
7. During the time of treatment, avoid alcohol and avoid carbs and binge-eating so the change may become permanent! This will take about a month.
8. Any other body sculpting procedure requires the same type of behavioral changes!