

LipoDissolve® Pre-Post Treatment Guidelines

Pre-treatment

1. At least 1 week prior to treatment avoid taking: Aspirin (baby aspirin okay), Motrin, Ibuprofen, Alieve, Advil, oral steroids, or other NSAIDS (anti-inflammatories). Patients who have been on arthritis/ joint medicine long-term (greater than 3 months) may continue taking these medications.
2. Discontinue Vitamin E supplements or herbal remedies such as Gingko Biloba, St. Johns Wort, etc....for at least 2 weeks prior to and throughout the entire treatment.
3. Patients who are being treated for conditions with Coumadin or Plavix need to notify us prior to treatment as you may not be a candidate for this procedure.
4. Wear comfortable loose-fitting clothing to your treatment appointment.
5. Shower with anti-bacterial soap the day before or the day of your treatment.
6. Eat within two hours of your appointment.
7. Take two extra-strength Tylenol 15-30 minutes before your appointment.
8. Lipo Dissolve is NOT recommended to use in people with an allergy to soy milk or soy products.

Post-treatment

1. You may take two extra-strength Tylenol every 4-6 hours as needed after you treatment. (Yes, Vicodin, Darvocet, Codeine, Valium.....are okay although not prescribed or recommended by us!)
2. Avoid use of the medications previously discussed for at least 1 week after treatment and preferably throughout treatment.
3. Ice may be applied to the face (if treated) for the first 24 hours.
4. Pantyhose or other binding garments may be used to relieve discomfort in the thigh/abdomen areas
5. Avoid taking hot showers or baths, hot tubs or saunas for at least 3 days after treatment.
6. Avoid sun exposure or tanning beds for at least 3 days after treatment.
7. Avoid strenuous exercise for 2-3 days, low impact exercise is permitted as tolerated within 1-2 days after treatment.
8. Increase fluid intake, stay well hydrated(6-8 glasses of water per day)
9. Avoid excessive alcohol consumption throughout treatment if possible.
10. If concerned or for questions, call our office at (210)614-0400



LipoDissolve ® Treatment Side-Effects

Following treatment, patients SHOULD expect the following(usually minor) symptoms for approximately 72 hours:

- Swelling
- Redness
- Localized heat to the treated area
- Discomfort
- Soreness, Especially the following day
- Burning
- Itching
- Bruising
- Muscular aching
- Temporary nodule formation
- Purplish/reddish discoloration

Other Possible side-effects (although much less common):

- Temporary numbness
- Permanent Reddening of the skin
- Fainting/nausea/sweating at the time of injections
- Temporary diarrhea (fat is excreted by the bowels)
- Allergic Rash
- Blister formation (please call the office)
- Ulcer formation (please call the office)
- Intermenstrual bleeding (release of estrogen from fat cells)

Generally, for the first half of you treatments, you should expect to feel “bloated” with the possibility of a 1-3 pound weight gain associated with the swelling. Once your body metabolizes the dissolved fat, you will notice that your clothes fit better and your contour has improved.

For any questions or concerns, please call the office at (210) 614-0400 during after hours. After hours please call (210)614-0400.

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