



i-LIPO PATIENT INSTRUCTIONS

It is **ESSENTIAL** that you follow the instructions for optimal results from i-LIPO treatments!!

WHAT TO BRING / WHAT TO WEAR

- Wear loose fitting clothes, you may want to bring loose shorts to change in to. (Some areas may require removal of clothing garments) Blanket will be provided.
- Bring a pair of tennis shoes if you plan to walk on the elliptical
- Wear undergarments

DAY PRIOR TO TREATMENT

- Liberal water intake, at least 32 ounces
- Do not binge eat!
- Do not drink alcohol the day before i-LIPO

DAY OF TREATMENT

- Drink 16 ounces of water prior to treatment
- Do not drink caffeine 3 – 4 hours prior to treatment
- Do not drink carbonated drinks 3 – 4 hours prior to or after treatment
- **Do not eat a heavy meal** 3 hours before **or** after treatment
- Do not fast prior to your treatment
- Bring a CD to listen to, if desired

Before and after pictures will be taken. These are for office use only and will not be shown or published without your written consent.

IMMEDIATELY AFTER i-LIPO

- You **MUST participate in aerobic exercise** within 2 hours of treatment. Walking, running, a treadmill, cycle, or elliptical are suggested methods of exercise. The longer you exercise the more likely you are to burn off all of the fat that was mobilized into your system. **40 minutes on a treadmill or 20 minutes on a bicycle or elliptical is preferred**
- Drink 36 ounces of water after treatment and exercise
- DO NOT eat for 3 hours after treatment..

DAY AFTER TREATMENT

- Continue to drink liberal amounts of water
- Exercise – you want to prevent the fat that has been released into your system from reabsorbing
- Eat healthy, low carbohydrate meals. DO NOT BINGE EAT!

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