

## UltraShape Information & Instruction Sheet

### What is UltraShape?

UltraShape is a non-invasive fat reduction device that utilizes focused ultrasound technology. Energy is painlessly delivered to stubborn subcutaneous fat deposits below the skin's surface, effectively causing fat cells to break via mechanical destruction and be permanently destroyed. Triglycerides (fats) from the damaged cells have been shown to safely clear from the body with no change in blood lipid levels. Nerves, skin, blood vessels, and collagen are unharmed during the process, so there is little to no chance of bruising, pain, or down-time. You can resume regular activities immediately after the treatment.

### Who is a candidate?

A good UltraShape candidate is someone who wants reduction of localized fat deposits and an improvement in body shape and contour, not overall weight loss. Requirements of treatment include a BMI under 30, at least an inch of pinchable subcutaneous fat in the desired treatment area, and the expectation to maintain a healthy lifestyle and diet after treatments are finished. You cannot have the UltraShape procedure done if you have a pacemaker, are pregnant, have metabolic disorders, liver, or immune system diseases, a history of poor wound healing or developing keloids, or blood/bleeding disorders.

### What is an UltraShape treatment like?

One UltraShape treatment generally lasts between 45 mins – 1 hour, however a Supermode treatment can take between 1-2 hours. A series of three treatments spaced 1-2 weeks apart is recommended. Your treatment area will be isolated with straps or tape to make a clear target for the machine. A basic ultrasound gel will be used on the treatment area. The procedure uses pulsed ultrasound, so there is no discomfort. Results are expected to become noticeable at approximately 2 weeks after the second treatment. Like most body contouring treatments, the UltraShape does not work for everyone and results are not guaranteed.

### What other treatments can be combined with UltraShape?

Consider taking GliSODin supplements to increase the amount of improvement seen with UltraShape. Many patients have reported improved results when using these, however, further research needs to be done for documented results.

Additionally, Liposonix treatments may be added both before and/or after an UltraShape series to maximize fat cell eradication. While UltraShape delivers mechanical ultrasound to destroy fat cells, Liposonix adds another element of fat destruction via ultrasound-induced heat. Heat from the Liposonix may make fat cells more vulnerable to the mechanical actions of UltraShape, resulting in faster results and increased fat loss.

Using Liposonix and UltraShape together is not FDA approved, however, because the devices are made by two separate companies.

You may also choose to combine the UltraShape treatments with skin tightening treatments like Ulthera or Venus Legacy. Studies have shown that using the skin tightening procedures along with the UltraShape showed synergistic results. In other words, both the skin tightening and fat loss seem to improve when these therapies are alternated.

Consistent use of topical retinoids and Vitamin C in the treatment area before, during, and after the treatment cycle can help improve the appearance of skin texture and cellulite.

Packages that include UltraShape, Liposonix, and/or Venus Legacy are available.

### **Pre-Treatment Instructions:**

Please come to the clinic free of lotions or creams on the treatment area. If you do come with these on your skin, you will be asked to remove them with soap and water.

Wear comfortable, light-colored clothing that gives access to the treatment site. We also have paper garments available if needed. The clinic can be cold so bring a sweater.

All jewelry and/or metal items should be removed from the treatment area. This would include decorative body piercings.

### **Post-Treatment Care:**

Resume daily routine.

Do not consume alcohol for 72 hours.

Avoid weight gain and eat a healthy diet.

Drink plenty of water to help flush the triglycerides (fats) from your system more quickly and effectively.

You may experience temporary or mild swelling for a few hours after treatment. No intervention is necessary.

Treatment sessions are 1-2 weeks apart. Three treatment sessions are expected depending on the treatment area and amount of subcutaneous fat targeted.

Results may begin to show after your 1<sup>st</sup> UltraShape treatment, but this may vary depending on the area treated or personal response.