



THE BODY CLINIC
BAY AREA COSMETIC DERMATOLOGY

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PRE TREATMENT FOR VANQUISH OR VANQUISH ULTRA

We are excited you've chosen to treat with one of our body contouring technologies. These include: Vanquish or Vanquish Ultra. We want to ensure you are fully informed of all treatment details and expectations. We also want to make you most comfortable during and after your treatment. Please review the following information and let your provider know if you have any questions or concerns.

TREATMENT PLANS AND FREQUENCY OF YOUR TREATMENTS

The Body Clinic @ Bay Area Cosmetic Dermatology will design a treatment plan that best addresses your unique concerns. Taking into account your goals and the area(s) you are interested in treating, we use different combinations of our contouring technologies to best reach your goals.

VANQUISH is a series of treatments that reduces fat in a global area such as the abdomen and love handles. These treatments are optimally scheduled 1-2 weeks apart and a minimum of 6 treatments are recommended for best results.

VANQUISH ULTRA is a combination of Emtone and Vanquish to provide a more intense reduction in fat and tightening of the skin. These treatments are optimally scheduled 1-2 weeks apart and a minimum of 6 treatments are recommended for best results.

Please note both Vanquish and Vanquish ULTRA require a series of treatments in the suggested time frame to see results. The length of time suggested between treatments is designed to keep you on pace with completion of your series but can be adjusted if needed to accommodate your schedule. Longer times between treatments will NOT affect the efficacy of the procedure.

HOW TO PREPARE FOR YOUR TREATMENTS

- Good dietary habits, sufficient water intake and light physical activity are beneficial and optimize results. Nothing beats diet and exercise. The treatments we provide are intended to improve and compliment the hard work you are practicing.
- It is important to be especially hydrated for your appointment. You should drink at least 64 (ideally 100) oz of water the day prior, the day of **and** the day after your treatment to help improve lymphatic drainage. Not only does hydration increase the comfort and effectiveness of the treatment, it can also help prevent nodules from forming in the treatment area. Additionally, if the skin is not adequately hydrated, the energy from these treatments may not effectively pass beyond the skin barrier, decreasing your result.
- Please inform us if you have any metal implants in or near the area to be treated (this includes copper IUD) as you may not be a candidate.
- Please wear black undergarments to your first treatment as we will be taking photos. We encourage you to come back three months after you've completed the treatment series for 'after' photos so that you may keep track of your results. These photos are private and never shared without your consent.
- **DAY OF:** Absolutely no oil or lotion should be applied to the treatment area.

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WHAT TO EXPECT DURING YOUR TREATMENT

The area(s) to be treated may be marked and oil or gel may be applied. The treatment area(s) will be exposed to various degrees of heat from the contouring treatments. You may experience intense heat all over your body, not just the treatment area(s), and may begin to sweat.

WHAT DO THE TREATMENTS FEEL LIKE?

- **EMTONE** is a bit like a hot stone massage and gradually heats up during the treatment. Your provider will adjust settings if the heat becomes too intense.
- **VANQUISH** feels like being covered in a warm blanket. Many patients will feel heat radiate all over their body, not just the area being treated. What we *don't* want you to feel are intense hot spots and your provider will check in with you frequently during your treatment to ensure you are comfortable.
- **ZWAVES PRO** is combined with both treatments and feels like a mild pulsing sensation.

WHAT TO EXPECT AFTER TREATMENT

Typical recovery time is very minimal if any. Most patients are able to return to their daily routine immediately after the procedure. However, there are certain risks associated with these treatments and they include but are not limited to:

- Redness
- Nodules (small bumps under the skin)
- Edema (swelling) of the skin, subcutaneous fat, and muscle tissue due to excessive heating
- Tissue tenderness
- Bruising
- Although unlikely, adverse effects such as a skin burn or blisters may occur due to excessive heating.

OUR PROMISE TO YOU

Our goal is to make you the most comfortable and informed before, during and after your treatment. However, we cannot provide exact timelines for how long it will take to see results or predict exactly how you will respond. Each person is unique, and your response will be as well. Additional treatments or services may be needed to achieve your final goal.

Always feel free to contact us with any questions or concerns.

AFTER HOURS? Please email us - we regularly monitor to ensure our patients are never without support.

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