

“The Body Package” to Lose Fat and Tone Muscles

“**Heat Sculpt**” and “**Magnetic Muscle Toner**” are two machines used to kick-start and maintain body fat loss and tone muscles. Whether your goal is fat loss, body sculpting, skin tightening, improved health, or just to look better; our non-invasive energy-based machines can help you reach your goals. The “body package” includes a **series of three 40 minute “Heat Sculpt” treatments spaced over 3 months and up to six 30 minute “Magnetic Muscle Toner” treatment sessions in 3 weeks to 2 months.** Common areas of treatment are: abdomen, buttocks, love handles, back fat, and inner thighs. Some results are immediate and other benefits take 3 months after completion to fully appreciate changes. These comfortable body sculpting treatments are safe for use on patients of **all skin types and ages**, do not need anesthesia, are painless, and have no down-time. The cost for the procedure depends on the number of applicators used and the number of sessions performed.

“**Heat Sculpt**” uses stationary applicators placed directly on dry skin, over areas of excessive fat cells. This fat destruction treatment feels like a “hot stone massage.”

- A maximum of six applicators can be used for one session and multiple sessions can be performed at the same visit. The more body areas you plan to treat, the more time you will need to reserve for your visit.
- “**Heat Sculpt**” treatments are spaced every 4 weeks for 3 visits.
- “**Heat Sculpt**” uses an adjustable radio-frequency heat during your 40 minute treatment. Please schedule extra time at each session to allow for setup and changing. Adhesive patch electrodes (neutral pads) are placed on your back skin as part of the treatment protocol.
- Dress in comfortable loose clothing **without metal** to lay down during treatment, and be prepared to possibly perspire. **Be well hydrated** before and throughout your series of treatments. Adequate water molecules in your tissues is essential to the effectiveness of fat reduction and clearance. Your hydration is ideal if your **urine is clear or light yellow at all times.** Heat energy is absorbed by intracellular water molecules within subcutaneous fat, pulling out toxins and trapped fluids, resulting in fat cell death.
- Your lymphatic system will continue to clear dead fat cells over the course of months. Ultrasound and CT scans show an average of 24 to 27% fat reduction in treated areas (responses vary). Most patients will benefit from yearly maintenance treatments.

“**Magnetic Muscle Toner**” is a high-intensity focused electromagnetic energy muscle toning machine for body contouring. Two paddles are applied to the area over your clothing or on your skin directly.

- You should not have any **metal** in direct contact with the paddle.
- This safe energy is used alone or as an adjunct after “**Heat Sculpt**” treatment.
- The magnetic fields create electrical currents, which are passed to the muscles and trigger thousands of supra-maximal contractions of selected muscle groups. The “**Magnetic Muscle Toner**” causes 35,000 skeletal muscle contractions in 30 minutes by bypassing the brain to sustain tension beyond the maximum voluntary contraction. This increases muscle density as cells adapt to the increased physiologic demand. The **intense contractions** cause muscles to thicken, strengthen, and firm for a sculpting effect.
- You essentially exercise while lying down for 30 minutes. The tapping sensation is not painful, but takes adjusting to. Afterwards, you feel “like a good work-out.”
- Some patients will feel a difference right away, and others see muscular benefits and sculpting weeks to 3 months after the series of treatments. Studies show a very high satisfaction rate.
- The “**Magnetic Muscle Toner**” treatments are performed **4 to 6 times in a series** over the course of **2 to 8 weeks.**

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Possible Side effects from treatment:

- Edema: transient, some patient have mild swelling for a day that self-resolves
- Erythema (pinkish to redness) in the treated area is usually transient but may last for up to 24 hours.
- Very intense heating sensation or minimal discomfort – during or just after treatment should resolve within a few minutes. Please inform us if the heat is getting intense, so we can make modifications.
- Dry skin may occur in the first 12 hours after treatment which usually resolves within 48 hours.

Contraindications:

- Metal Implants, Pacemakers, Defibrillator, large Metal orthopedic rods
- Acute infection in the area, Eczema, Rosacea, chronic skin condition, Isotretinoin in the past 12 months
- Pregnancy, Impaired immune system, Kidney or Liver failure, active collagen disease or poor healing
- Deep chemical peel in the area in the past 3 months, on Acutane, pronounced edema or varicose veins in the area
- Cancer, Scleroderma, Vascular diseases, TB, Neuropathy, Radiation treatment or burns in the area

Before Treatment:

- Complete or update your medical history
- Be specific about your goals and expectations and schedule ahead for a series of treatments
- If you wish to add topical cream treatment, begin Bodyfirm cream treatment 2 weeks ahead
- Maintain a healthy diet of your choice, commit to regular exercise and stay hydrated.
- Remember to void beforehand and avoid a meal the hour before.
- Leave jewelry at home, remove makeup or lotions from the area(s) to be treated. Shave excessive hair in the treatment area the day before.
- Do not wear any metal on your treatment day, particularly not in contact the applicator.
- Aesthetics is not an exact science and there are no guaranteed results with any treatment. Some patients are very happy with a one inch loss while others may have a total volume loss of inches. For long term results, maintain a lifestyle of healthy foods, regular exercise and a positive outlook.

At no additional cost, a focused ultrasound device, “HIFU” may also be used to sculpt and destroy fat cells in smaller, deeper body areas. Topical cream containing peptide enhancers (Bodifirm) can be used in conjunction to mobilize cells and increase effectiveness. Ask us if you need this Revision brand product.

“I have read the informed consent, understand the treatment benefits, risks, alternatives, complications, expected results, follow up plan, and have no further questions. I give consent to perform this and all subsequent treatments with the above understood. All my questions are answered and I do not have any new medical conditions or medications since my initial visit.”

Signature: X _____ Date: _____
Printed: _____ Witness: _____