



## Questions & Answers

### **Is Ultrasound Cavitation & RF safe? Are there any side effects?**

Ultra Cavitation is a safe, nonsurgical procedure without anesthesia, it is non-invasive, no cutting, no scars and no downtime should be experienced after the treatment. Due to specific ultrasound parameters of energy levels ensure selective damage to fat cells only and do not interfere with any other organs. There is no report of side effects for these treatments. However, some people may experience transient redness, excessive thirst, and nausea immediately after the treatment which always resolves by drinking water. They are all short-term effects that will disappear shortly.

### **What can one expect with the results?**

The cavitation treatment yields immediate and long lasting results. Ultra cavitation is a very effective procedure that requires only 6 to 10 treatments consisting of 15 to 20 minutes per area. Most of the clients experience noticeable circumference reduction after a single session with increasing results after each visit. The results may vary with different tissue structure, treatment area age, metabolism, medications, and changes in hormones. Proper diet and increased physical activity will certainly improve and help maintain results.

### **Which areas are suitable for the treatment?**

Areas with localized fat such thighs, abdomen, arms and buttocks where diet and exercise alone have not been able to get rid of are the most appropriate but there is no real limitation as to areas of the body.

### **What can be treated with Radio Frequency (RF)?**

RF is an effective way to improve skin tightness and elasticity, reduce wrinkles and cellulite, boosting the overall condition on areas of the body such as the face, chin, upper arm, abdomen, thighs, bra line or buttocks.

### **Is Ultrasound Cavitation & RF painful?**

Cavitation and RF is a painless treatment. Mild redness may appear occasionally but will be highly unlikely to cause any actual pain. The heat from the hand pieces felt during the treatment is perfectly tolerable and some find relaxing.



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### **What is the Ultrasonic Fat Cavitation treatment like?**

The procedure starts with circumference measurement of the target body area, applies the ultrasonic device directly to specific areas of the skin after a gel is applied, continues with circular movements of the applicator over the treatment site, for a Combo session a Radio Frequency hand piece is used which is slowly rotated over the targeted area, transmitting radio waves to the skin heating it 40 to 50 degrees Celsius without burning the skin surface. The heat causes contraction of the collagen fibers to immediately tighten the skin. The finalized with another circumference measurement. The duration of treatment session normally takes around 15 to 20 minutes each depending on the size of the area and the thickness of the fat layer. Results can sometimes be noticed after the first treatment with more improvement noticed within a few days. Ideally 6 to 10 sessions at 3 day intervals are recommended in order to achieve an ideal result, but further treatments may be needed to attain your desired optimum result.

### **How does it feel during the Ultrasonic or RF Treatment?**

Most people feel the treatment is painless and comfortable. There will be a slight ringing in the ear with ultrasonic treatment but it tones down as the fat cells break down and it causes no harm and disappears as soon as the applicator is moved away from body. You may also experience warmth during the treatment. If on the slim chance it gets too warm you can request, immediately some extra ultrasound gel to be applied.

### **Can Ultrasonic Fat Cavitation lose weight?**

Cavitation is not a method to lose weight but to reshape the body. It is particularly indicated for the reduction of adiposity, like the famous “love handles”, “mommy tummy”. Ultrasonic Cavitation can be considered a deep fat blaster that reduces stubborn fat cells that cannot be removed with exercise and diet alone.

### **What is the difference between Ultrasonic Fat Cavitation and Liposuction?**

The Ultrasonic Cavitation has similar results as liposuction. It removes cellulite and excess fat plus prevents this from recurring in the treated areas, without damaging the vascular system. The procedure is painless and is very inexpensive compared to the thousands of dollars you could spend on liposuction, loss of pay for being off of work and the dangers of going under general anesthesia

### **How is the fat eliminated from the body?**

The ultrasound cavitation causes an emulsification of fat, it ruptures fat cell membrane, thereby releasing its fat content, converting it into a substance easy to eliminate through sweat gland, liver, sausage circulation, lymphatic system which eventually eliminates through urine.



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### **Do I need to follow any guidelines before or after undergoing Ultrasound Fat Cavitation & RF?**

Try to avoid doing anything that will irritate your skin immediately before the treatment. This includes tanning (natural or artificial). It would be more likely to cause discomfort from the addition of heat to the already damaged skin; however an established tan would be fine.

Do not have a hot shower, bath or sauna right after the Ultrasound treatment.

A low calorie diet with protein in each meal and drink at least a glass of warm water, (not carbonated, sparkling water, soda, coffee) before and after the session. Drinking plenty of water and having exercise such as brisk walks, biking or other aerobic activities for at least 3 days after the treatment to stimulate the lymphatic activity as elimination of the fat continues through the Lymphatic System for 72 hours. Follow by a suitable exercise routine. Cavitation will be best performed under high hydration conditions, avoid taking any caffeine or diuretics 2 days before therapy. It is best to drink a lot of water as this will help improve your metabolism and increase urine output – lipid metabolites release out of your body.

A lymph-draining massage is also encouraged to improve the circulation and lymphatic system, which helps to drain fluids.

For best results you should refrain from any alcohol consumption for 48 hours after the treatment. Alcohol consumption during this period may prevent your liver from removing the deactivated fat cells from your body (as the liver will assign priority to removing alcohol from your blood).

Proper diet, exercise, self-care and maintaining an un-stressful lifestyle also helps the body flush out fat more efficiently.

### **How many times and how often should I have the treatments?**

Ultrasound Cavitation: 6 to 10 sessions spaced 3 days apart for the first 3 sessions, then once a week.

Skin Tightening: 6 to 10 sessions spaced 3 days apart for the first 3 sessions, then once a week.

After the initial treatments are completed maintenance treatments consist of one session each month for 4 months followed by one treatment every 4 months.



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### **What is non-invasive Laser Lipo?**

Lipo Laser is a non-surgical procedure using laser beams to reduce fat in different parts of your body. These include your waist, back, abdomen, arms, chin and thighs. Lipo Laser is a combination of the word liposuction and laser – adding to the already growing list of laser lipolysis treatment procedures. Lipo Laser allows you to attain your desired body contour and inch loss and is approved by the FDA.

### **What is Vacuum Therapy?**

Vacuum Therapy is great as a stand-alone treatment for cellulite and for reducing small deposits of fat. The treatment leaves your skin immediately smoother and firmer. Vacuum Therapy is the number one body contouring accelerator.

### **What is Vacuum Therapy Butt Lift/BBL?**

Vacuum therapy for butts enlarge and tone your buttocks in weeks. This procedure involves two suction cups being attached to each buttock. You need anywhere from 4 to 10 sessions for a firmer, plumper, perkier, larger and rounder BUTT! The benefits of butt cupping are GREAT! The procedure promotes blood circulation, clearance of toxins, and removes cellulite and clumpy fatty deposits. It reshapes and contours your butt to get your desired BOOTY!!!