



*B*eauty, laser & wellness center
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**SMART LIPO
TUMESCENT LIPOSUCTION
CLIENT INFORMATION BOOKLET**

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SmartLipo™

What is Smart Lipo LaserBodySculpting™?

SmartLipo LaserBodySculpting™ is the **first and only laser-assisted system**. This revolutionary **in office treatment removes unwanted fat while you are alert and awake in a single minimally invasive procedure**. And Dr. Monica Bonakdar is the second physician on the entire West Coast to offer this procedure.

How is Smart Lipo different from traditional Liposuction?

Traditional Liposuction is performed in a surgery center under general anesthesia. Unfortunately, although this type of anesthesia makes the procedure easier and faster for the surgeon, it involves excessive cost, downtime, recovery and risk for the patient. According to the liposuction literature, **almost all fatal events after traditional liposuction have been associated with and due to the use of general anesthesia**. Smart Lipo is done in the office while you are alert and awake with **local tumescent anesthetic** without the untoward risks of general anesthesia. Even though this is a low risk procedure, Dr. Bonakdar monitors your heart rate, heart rhythm, blood pressure and blood oxygenation throughout the procedure to insure your safety.

Because of larger instruments used, traditional Liposuction involves more trauma, swelling and bruising. With Smart Lipo, the laser energy not only melts the unwanted fat cells, it also causes small blood vessels to coagulate immediately on contact, resulting in less bleeding, swelling and bruising – thus a quicker recovery time than traditional liposuction.

The laser energy simultaneously interacts with the overlying skin causing **collagen shrinkage and skin tightening**.

What happens on the day of the procedure?

While you are alert and awake, the tumescent anesthesia is administered to completely numb the area being treated. Then a very small cannula, or tube, approximately 1.0 mm in diameter containing the laser fiber is inserted into the skin. The cannula is moved back and forth delivering the Smart Lipo Laser energy to the fat cells, causing them to rupture. Then the melted fat is suctioned out. Because the openings in the skin are only 1.5 mm, they close off within 24 to 72 hours on their own without much visible signs or need for sutures.

What areas can be treated?

SmartLipo is ideal for localized areas of fat or loose skin. The most commonly treated areas include the unwanted fat in the abdomen, waist, love handles, upper arms, under arms, saddle bags, legs and neck. It is also effective in areas which have previously been lipo-suctioned and have irregularities.

Who is a good candidate for the Smart Lipo treatment?

Anyone with localized areas of fat not responding to diet and exercise is a good candidate for the SmartLipo procedure. Ideal candidates are in good health, with normal body weight who have realistic expectations for the results.

What happens after the treatment? After the treatment, a compression garment is worn for a few days depending on the body area being treated. Driving to and from the Center on the day of the procedure is not permitted. Driving on the first day after the treatment is permitted. Most patients resume normal activity and work on the second or third day after the treatment. Most patients return to light exercise in one week and their regular exercise in two weeks. A series of lymphatic drainage massages by the **TriActive Cellulite Laser** are started two weeks after the treatment to speed your recovery.

What happens to Cellulite in the area being treated?

SmartLipo will improve the body's shape and may improve cellulite to a certain degree. Further cellulite improvement is achieved during the lymphatic drainage massages by the **TriActive Cellulite Laser**.

Are the results permanent?

The Smartlipo procedure permanently removes the fat cells. Adults do not create new fat cells. Thus, your Smart Lipo results are permanent. However, when a person gains weight, the remaining fat cells expand in other fatty areas.

When Can I Expect To See Results?

Results can be seen as soon as a week with continued improvement over several months.

Expected Outcomes, Risks & Benefits

As more women and men want to look and feel better about themselves, body contouring and lipo-structure continue to grow in popularity, making liposuction the most popular cosmetic surgery performed today.

Risks of Liposuction Surgery: Any surgery involves the risk of infection, bleeding, scarring or serious injury; however tumescent liposuction has an amazingly good safety record. One of the reasons that tumescent liposuction is so safe is that neither general anesthesia nor intravenous sedation is required. A recent survey involving over 15,000 patients who had tumescent liposuction without general anesthesia revealed no serious complications, no serious infection, no hospitalizations, no blood transfusions, and no deaths. The greatest risks of liposuction are those associated with general anesthesia. By eliminating general anesthesia, the risks of liposuction are dramatically reduced.

You can minimize the risk of surgical complications by not taking medications or over-the-counter preparations that might adversely affect the surgery. Also inform the surgeon of any medications being taken either regularly, or occasionally, including herbal remedies.

Risk of Irregularities of the Skin: Smart Lipo and Tumescent liposuction using microcannulas are the least likely to cause any significant or noticeable post-surgical irregularities of the skin. By magnifying the fatty compartment, the tumescent technique permits more accurate removal of fat, with greater assurance that the liposuction cannula will not inadvertently approach too near the undersurface of the skin which would cause irregularities. Thus the tumescent technique helps to minimize the risk of post-surgical irregularities or rippling of the skin. Liposuction might improve pre-existing irregularities of the skin such as dimpling, but prospective patients should not assume that there will be significant improvement. It is unrealistic to expect perfectly smooth skin. Patients should expect that their skin will have approximately the same degree of dimpling and irregularities as existed before tumescent liposuction surgery. Ultimately, after liposuction the skin texture should be within normal limits. A casual observer should not notice any evidence of surgical irregularities of the skin. However, it is possible that a noticeable irregularity of skin may result and require a little touch-up liposuction.

Risk of Scarring of the Skin: Incisions for liposuction may result in scarring. The incisions made for inserting the cannulas are usually less than 2 to 3 mm in length, and are usually virtually invisible once healed. Although you may be able to find them upon close examination, most other people would not be able to see them. Some patients may experience temporary hyper-pigmentation (darkening) that usually fades after several months. Some patients may have a genetic predisposition for persistent discoloration at incision sites. Patients that have experienced hyper-pigmentation, or hypo-pigmentation (pale or light colored scars) in the past might expect to also experience it with these incisions. Certain areas of the body, such as the back or upper flanks, may be more likely to have pigmentation changes.

Cellulite: Liposuction of the thighs, while improving the silhouette, does not necessarily eliminate the subtle "puckering" of the skin often called "cellulite." Cellulite results from the pull of fibrous tissue that connects skin to underlying muscle. While tumescent liposuction may reduce the degree of cellulite, it is unlikely to eliminate it. Liposuction should not worsen cellulite.

Liposuction and Obesity: Liposuction is not an appropriate treatment for obesity. Liposuction is not a substitute for a prudent diet, good nutrition, and regular exercise. Obese patients may be good candidates for limited liposuction if their goal is simply to improve the shape of certain limited areas of the body.

Postoperative Healing: Normal healing after Smart Lipo and tumescent liposuction involves a limited but definite degree of soreness, swelling, bruising, and lumpy firmness. A temporary mild numbness of the skin may persist for up to 4 months. Most patients can actually see some improvement of their silhouette within one day after surgery. However, because of the slow resolution of post-surgical swelling, the ultimate results following liposuction usually require 12 to 20 weeks to be achieved.

Realistic Expectations: Although the results of liposuction are often quite spectacular, it is not realistic to expect perfection. It is impossible to guarantee the precise amount of improvement that will result from liposuction. Patients should not have unrealistic expectations. Although patients can usually expect to achieve at least a 50% improvement, it is unreasonable to expect 95% improvement or near perfection. For the perfectionist, or for liposuction of a very large area, maximum improvement may require a second procedure for which there would be an additional fee.

Individuals who would be satisfied with a 50% improvement would be reasonably good candidates for liposuction. The "50% improvement" is intentionally a vague measure. It indicates a definite perceptible improvement, but something short of perfection. If a 50% improvement would make an individual happy, then it is likely that these expectations will be met. Our clients achieve more than a 50% improvement.

Longevity of Results: The fat cells that are removed by Smart Lipo and liposuction do not grow back. If one later gains or loses weight, the change tends to be distributed proportionately over the entire body. Without weight gain, the new, more pleasing silhouette is relatively permanent.

Pre-Op Instructions

Beauty, Laser, and Wellness Center wants to provide you with the very best surgical care. You can help to minimize the risk of complications by carefully reading and following your preoperative and postoperative instructions. Please ask us to clarify anything you don't understand.

PRE-OP VISIT Wear dark colored underwear to your pre-op visit because pictures will be taken.

PRIOR TO SURGERY

- **DO NOT take ASPIRIN** (Anacin, Bufferin, or Baby Aspirin) **IBUPROFEN** (Advil, Motrin, or Nuprin), **NAPROXEN** (Aleve) or any other non-steroidal anti-inflammatory drugs (NSAIDS) similar to these medications **for 10 days before surgery**. These cause excessive bleeding and bruising. It is permissible to take acetaminophen (Tylenol or Anacin-3). Check the labels of all your medications, even those which you purchase without a doctor's prescription, to be sure you are not taking any aspirin or aspirin-like substances. Remove any products containing aspirin from your medicine chest so that you do not inadvertently take it during the week before your surgery. Consult your physician before you stop taking any prescribed medicines. Please inform us if you are taking any medications to treat arthritis, or any blood-thinning (anti-coagulant) medications.

Below is a list of medications that must be stopped.

Advil	Congesprin	Froben	Nalfon	Salsalate
Aleve	Cope	4-Way Cold Tabs	Naprosyn	Salsitab
Alcohol	Coricidin	Garlic Capsules Gelpirin	Naproxen	Sine Off
Alka Seltzer Amigesic	Corticosteroids	Genpril	Norgesic	Sine Aid
Anacin	Coumadin	Genprin	Norwich Ex.Strength	Na thiosalicylate
Anaprox	Darvon ASA	Ginko Biloba	Nuprin	Soma Compound
Anaproxin	Darvon Compound	Goody's Body Pain Haltran	Ocufen	Sulindac
Ansaid	Daypro	Halfprin	Orudis	Synalgos DC
APC	Depakote	Lbuprin	Oruvail	Tanacetum-parthenium (feverfew)
Argesic	Dexamethasone	Ibuprofen	Oxyphenbutazone	Tolectin
Arthra G	Diclofenac	Lbuprohm	Oxybutazone	Tolmetin
Arthropan	Dipyridamole	Indameth	Oxaprozin	Toradol
A.S.A.	Disalcid	Lndocin	Pamprin	Trandate
Ascodeen	Divalproex	Indomethacin	Pepto-bismol	Trendan
Ascriptin	Doan's Pills	Ketoprofen	Percodan	Trental
Aspergum	Dolobid	Ketorolac	Persantine	Trigesic
Aspirin	Dristan	Lortab ASA	Phenaphen henylbutazone	Trilisate
BC Powder	Easprin	Magan	Piroxicam	Tusal
Baby Aspirin	Ecotrin	Mg salicylate Meclofenamate	Ponstel	Vanquish
Bayer	Empirin	Meclofen	Prednisone	Vitamin E
Brufen	Emprazil	Medipren	Quagesic	Voltaren
Bufferin	Endodan	Mefenamic acid	Relafen	Warfarin
Butazolidin	Excedrin	Menadob	Rexolate	Willow Bark
Cephalgesic	Feldene	Midol	Robasissal	Zactrin
Cheracol Caps	Fenoprofen	Mobidin	Roxiprin	Zorprin
Children's Aspirin	Feverfew	Monogesic	Rufin	
Choline salicylate	Fiorinal	Motrin	Saleto	
Clinoril	Flurbiprofen	Nabumetone	Salflex	

- **DO NOT drink alcohol for one week prior to surgery**. This might cause excessive bleeding.
- **DO NOT fast or undergo dramatic weight loss just prior to surgery**. You should be on a stable, healthy, well-balanced diet for at least 2 weeks before surgery. Liquid diets, extreme low calorie diets, and rapid weight loss diets may predispose you to cardiac irregularities, surgical complications, or poor wound healing.
- **DO NOT take decongestants such as Sudafed or Actifed for 5 days before surgery**.
- **DO NOT take appetite suppressants such as phentermine (Fastin)** for at least 2 weeks before surgery.
- **DO NOT any herbal remedies**, unless specifically approved by Dr. Bonakdar 2 weeks before surgery.
- **DO NOT use moisturizers or soap that contains moisturizers for two days before surgery**. The ink markers used to outline the areas on your body to be treated by liposuction will rub-off too easily if you have recently used a moisturizer.
- **Antibiotics**. You will be prescribed an antibiotic in order to minimize the risk of surgical infection. Usual antibiotics used are cefadroxil (Duricef), cephalexin (Keftab) relatives of penicillin, doxycycline (Monodox), or ciprofloxacin (Cipro). Antibiotics should be taken with food to reduce the risk of gastric upset. **Start taking your antibiotic the day before surgery, and continue until the entire supply is completed.** If your surgery is scheduled to begin in the early morning (before 9:00 a.m.), taking your antibiotic and eating should be postponed until after surgery.

- **Lorazepam (Ativan)** is a mild sedative and sleeping pill that does not make one feel "drugged." Surgery is more easily tolerated if you are well rested and relaxed. Take one lorazepam the night before surgery.
- **Mephyton (vitamin K)** may minimize bleeding and postoperative bruising. Although it is not essential to take vitamin K, we do recommend it. Take one 5 mg tablet daily, beginning two weeks before the surgery.

CONSULT DR. BONAKDAR IF YOU ARE TAKING ANY OF THE FOLLOWING:

Anesthetics: propofol (Diprivan)

Anti-Arrhythmics: mexiletine (Mexitil), propafenone (Rythmol), quinidine (Quinaglute, Quinidex)

Anti-Asthmatics: zafirlukast (Accolate), zileuton (Zyflo)

Antibiotics/Anti-Microbials/Anti-Infectives: ciprofloxacin (Cipro), clarithromycin (Biaxin), chloramphenicol (Chloromycetin), enoxacin (Penetrex), erythromycin, isoniazid, norfloxacin (Noroxin), troleandomycin (Tao), tetracycline

Anti-Convulsants: acetazolamide (Daimox) (also a diuretic), carbamazepine (Tegretol), divalproex (Depakote), stiripentol, valproic acid (Depakene)

Anti-Depressants: amitriptyline (Elavil), clomipramine (Anafranil), fluoxetine (Prozac), fluvoxamine (Luvox), nefazodone (Serzone), paroxetine (Paxil), sertraline (Zoloft)

Anti-Diabetics: troglitazone (Reztilin)

Anti-Fungal Medications: fluconazole (Diflucan), itraconazole (Sporanox), ketoconazole (Nizoral), metronidazole (Flagyl), miconazole (Monistat)

Anti-Histamines: astemizole (Hismanol), terfenadine (Seldane)

Anti-Neoplastics: tamoxifen (Nolvadex)

Anti-Psychotics: clozapine (Clozaril), sertiadole, pimozide (Orap)

Anti-Secretory: omeprazole (Prilosec)

Benzodiazepines: alprazolam (Xanax), flurazepam (Dalmane), midazolam (Versed), triazolam (Halcion)

Beta Blockers: propranolol (Inderol)

Calcium Channel Blockers: amiodarone (Cordarone), diltiazam (Cardiazam), felodipine (Plendil), nifedipine (Procardia), verapamil (Calan)

Corticosteroids: dexamethazone (Decadron), methylprednisolone

Food/Beverages: naringenin (Grapefruit Juice)

Hormones: ethinylestradiol (Estinyl Feminone), danazol (Danocrine), thyroxine

H2 Blockers: cimetidine (Tagamet)

Immunosuppressants: cyclosporine (Neoral, Sandimmune)

Miscellaneous: anastrozole (Arimidex) (nonsteroidal aromatase inhibitor) caffeine, cannabinoids, cortisporin (Cortisol), methadone (narcotic), mibefradil dihydrochloride (Posicor), pentoxifylline (Trental), ramacemide, tacrine (Cognex) (reversible cholinesterase)

Protease inhibitors/Antivirals: diethyldithiocarbamate (imuthiol), indinavir (Crixivan), nevirapine (Viramune), nelfinavir (Viracept), ritonavir (Norvir), saquinavir (Invirase)

DAY OF SURGERY

- **DO NOT wear unnecessary jewelry, perfume, and minimize use of cosmetics.** You may use deodorant.
- Arrange to have someone drive you to and from home and Beauty, Laser, and Wellness Center. **You may not drive the day of your surgery.**
- **Diet:** Eat a light, low fat breakfast. such Avoid whole milk, cream, butter, cheese and other foods that are high in fat content as dietary fat slows digestion and delays stomach emptying. Minimize caffeine intake the week prior to the surgery. Bring with you a light lunch to have mid-day or right after the surgery is over. Bring with you drinks other than water you would like to have such as electrolyte containing drinks.
- **Wear loose clothing.** There is usually quite a lot of drainage of slightly blood-tinged anesthetic solution after surgery. Since this drainage might stain clothing, choose your clothing with this in mind. Because elastic support garments will be applied on top of some bulky absorbent gauze padding, your clothing should be very loose and comfortable.
- **Women:** Wear a comfortable bra that you would not mind getting stained from the blue ink that is used to mark the surgical areas. Do not wear an exercise sports bra if you are having liposuction on your abdomen or torso.
- **Men:** Speedo-type swim trunks are the easiest type of garment to wear into the operating room for surgery. Jockey-type underpants are acceptable. Boxer-type underpants are less convenient, and may prevent optimal results. Bring extra underpants to wear after surgery.
- **Bring warm socks** to help keep your feet warm during surgery. If you tend to get cold hands, you are welcome to bring clean mittens (no leather gloves) to wear during the surgery. The treatment room is kept relatively warm at 71 - 74° F.
- **Towels & Plastic Sheets.** Plan ahead to avoid staining the car seat with blood-tinged anesthetic solution: Bring a towel and a plastic sheet (such as a trash can liner) to cover the car seat during your ride home. **Prior to surgery** pad your bed at home and your living room chair with towels and plastic. Be careful to avoid allowing drainage to stain carpets.
- **I-Pod.** You may bring your I-Pod with you to help you relax.

What to Expect on the Day of Your Procedure

Before Your Procedure:

Upon arriving at Beauty, Laser, and Wellness Center, you will be greeted and asked to sign your surgical consent forms. After a trip to the bathroom, you will be escorted to the treatment room. Pre-operative photographs will be taken and, the areas on your body that are to be treated are marked with a felt-tip pen.

For safety purposes we may place an intravenous (IV) access catheter in your arm; it consists of a small plastic IV tube with a rubber stopper on the outside through which medication can be injected if needed. A blood pressure cuff is placed on your arm and pulse monitor is placed on your finger.

Next, a large volume of anesthetic solution is carefully and gently injected into the targeted fat. Once an area of fat has been well infiltrated with the anesthetic solution, the fat is usually completely numb. The infiltration of the local anesthetic is a slow, careful process that can take as long to complete as the liposuction itself.

After Your Procedure:

After the liposuction procedure is completed, absorbent pads are placed over the incision and compression garment is applied to the area. The incisions are so small that stitches are not required. You will be allowed to eat and drink. After this you are ready to go home. The tumescent technique used minimizes post-operative discomfort. Because the residual local anesthesia lasts for 18 to 36 hours, regular Tylenol is sufficient to treat post-operative discomfort.

Post-Op Instructions

- **Going Home:** We will call your ride for you when you are ready to go home. Although you will feel well enough after surgery to drive yourself home, you must not do so because large amounts of local anesthetic may cause unexpected drowsiness.
- **Diet:** Resume your usual diet immediately, but eat light meals in the first 48 hours. Drink adequate amounts of water, fruit juices or soft drinks to prevent dehydration. Avoid drinking alcoholic beverages for one week before surgery and 48 hours after surgery.
- **Activities:** Rest quietly immediately after surgery. After surgery do not drive or operate hazardous machinery the rest of the day. Do not make any important personal decisions for 24 hours after surgery. Later in the day or evening you may take a shower. The day after liposuction surgery you should feel well enough to drive your car and engage in light to moderate physical activities. You may resume modified exercise and physical activity within one week after surgery. Begin with 25% of your normal work-out and then increase your activity daily as tolerated. Most people can return to a desk job within one to two days after surgery, although one must expect to be sore and easily fatigued for several days.
- **Tylenol Extra Strength (Acetaminophen) 500 mg** capsule or tablet does not require a prescription. You may take two tablets, three to four times daily as needed beginning after surgery, to help minimize postoperative swelling and treat any minor post surgery discomfort. If for some reason Tylenol is not acceptable, then notify us at 949-721-6000 so that we can arrange for a suitable substitute.
- **Post-Op Garment:** After Smart Lipo or tumescent liposuction a post-op garment is worn in order to hold the absorbent pads in place and to provide mild compression that encourages the drainage of the blood-tinged anesthetic solution. When you first remove the garment to take a shower, it is normal to experience a brief sensation of dizziness. Feeling lightheaded is similar to what you might experience when standing up too quickly. This is the result of rapid decompression of the legs as the post-op garment is initially removed. Should you feel dizzy, simply sit or lie down until it passes.
- Beginning the day after surgery, remove the post-op garment daily prior to showering and to wash the garment. The first morning after surgery it is easier if you have someone to help you. The post-op garment and binder (if applicable) should be worn day and night until **all** the drainage has **completely** stopped **plus an additional 24 hours**. Discontinuing the use of the garment and binder early may result in more prolonged drainage. Typically, patients need to wear the garment for 3 to 6 days, although many choose to wear the garment longer because of the comfort it provides. Wearing the post-op garment for more than the minimal number of days provides no significant advantage in terms of the ultimate cosmetic results.
- **Managing Post-Op Drainage:** You should expect a large volume of blood-tinged anesthetic solution to drain from the small incisions during the first 24 to 48 hours following liposuction. In general, the more drainage there is, the less bruising and swelling there will be. During the first 36 hours, you should protect your furniture and bedding with towels and a plastic sheet beneath the towel. For the first 24 to 36 hours, bulky super-absorbent pads are worn under the garment. After most of the drainage has stopped, you need only place thin absorbent gauze dressings over the incision sites that continue to drain.

- **Wound Care & Bathing:** Keep the incisions clean. Do not allow scabs to form in the first 72 hours by covering them with Vaseline. Shower once or twice daily. Avoid very hot water during the first 48 hours following surgery. First wash your hands, then wash incisions gently with soap and water; afterwards gently pat incisions dry with a clean towel. Apply new absorbent dressings. Incisions that have stopped draining no longer need padding. Apply sunblock to any exposed incisions in the first twelve (12) months after surgery to prevent hyper-pigmentation. **Take antibiotics as directed until the prescription is finished.** Take antibiotics with food. Call our office if you notice signs of infection such as fever, foul smelling drainage, or local redness, swelling, and pain in a treated area.
DO NOT apply heating pad to skin overlying the areas treated by liposuction.
DO NOT apply hydrogen peroxide or plastic Band-Aids to incision sites.
DO NOT soak in a bath, Jacuzzi, swimming pool, or the ocean for 7 days after surgery.
- **Common side-effects** of Smart Lipo and tumescent liposuction: **Menstrual irregularities** with premature or delayed onset of monthly menstruation are common side effects of any significant surgery. **Flushing** of the face, neck and upper chest may occur after liposuction and usually lasts for a day or two. **Slight temperature elevation** during the first 48 hours after surgery is a natural consequence of the body's reaction to surgical trauma. **Discomfort and soreness** is worse the second day after surgery, then improves daily. Two extra-strength Tylenols every 4 hours, while awake, for the first 48 hours will reduce the inflammation, swelling, and soreness associated with surgery. Do not take aspirin, ibuprofen or medications that contain these drugs, such as Bufferin, Anacin, Advil or Nuprin for 3 days after surgery; these can promote bleeding. **Bruising** is minimal with Smart Lipo. Nevertheless, the more extensive the liposuction surgery, the more bruising you can expect. **Pain and swelling** due to an inflammatory reaction to surgical trauma may occur and increase 5 to 10 days after surgery; this is treated with antibiotics and anti-inflammatory drugs.
- **Itching of the treated areas may occur and continue for several weeks as part of the normal healing process. To help relieve the itching, try taking over the counter Benadryl 25mg capsules/tablets as directed on the packaging. Be aware that Benadryl causes drowsiness. You may also try using ice packs on the area.**
- **Lumpiness of the treated areas may occur and continue for several weeks as part of the normal healing process. To help relieve the lumpiness, we recommend massaging the area as tolerated and starting your Tri-Active treatments two weeks post surgery.**
- **Follow-up appointment** One day, one week, two week after your surgery. You are welcome to return to our office for follow-up visits at no charge as often as you like. Please contact Dr. Bonakdar at 949-721-6000 (office) or 714-504-9222 (cell) if you have any urgent questions.