

# Skin & You

## CLINIC

E - NEWS LETTER

JANUARY 2012

### **I-LIPO - Laser Lipolysis assisted Therapy : no pain, no needles, and no downtime. - Dr Geeta Oberoi**

#### **You could drop a Dress size & be home in 40 min...!!**

Ladies conversations generally begin as have I put on too much weight?  
Have I gone up on those inches that I managed to loose with great difficulty?  
These love handles, my tummy tyres, thigh cellulite just want to get rid of them all...  
What if you could help yourself fit in that dress you always wanted to wear - a way to achieve inch loss and body contouring with No pain, No needles, No downtime and obviously No Anaesthesia...

The answer is **I-Lipo Laser Lipolysis** assisted Therapy. It is an intelligent alternative to Surgical Liposuction.

#### **How does the treatment feel? Does it pain?**

The Laser treatment is a very comfortable relaxing treatment . It is painless, typical sensation of slight warmth is felt when the pads are in contact with the skin.

#### **How does I-Lipo Laser lipolysis work?**

The laser machine uses a low level of visible laser light, to stimulate the body's natural mechanism to empty the fat stored in the fat cells. The laser light is absorbed into the fat cells, to release the cell contents into the body's lymphatic system as energy source, this has to be metabolised by the body with minimal

exercise. The metabolism of the contents of the fat cell permanently removes their contents from the body leaving smaller fat cells and giving you the inch loss.

### **Which areas of the body can be treated?**

The sessions can be performed on calves, knees, thighs, buttocks, stomach, arms and chin. For cellulite we combine with an electro cellulite massage.

### **How many sessions will I need?**

A course of 8-12 sessions is recommended over a period of 4 weeks with the advised exercise and diet programme. Only one targeted area is worked at one time.

### **How many inches will I lose?**

Inch loss varies from person to person depending on your size. Generally a 2-4cm reduction can be measured at the end of each session. A study presented at the European Society of Cosmetic and Aesthetic Dermatology (ESCAD) has revealed in September 2009 of 20 patients showing reduction in fat layer thickness of 30-50% and no reports of side effects from treatment. The targeting of the fat layer by Lipo has also been confirmed by real time ultrasound observations.

### **So you lost inches now what? How do I maintain it on my OWN is the big question?**

Leave it to the Doctor to advise a diet based on the Patient history, with slight modification to already existing diet such that it can be made into healthy lifestyle. Because a strict diet cannot be followed for a life time so remember that “a lifestyle diet” is most important & sustainable. Prior to treatment at 5 days long diet diary if maintained helps us understand the intake based on which we make our

modifications on continuous basis if needed.

Have a proper 5 meal a day balanced diet with 5 portions of fruits + 2 portions of veggies will help you get those curves you desire thus giving a long term body reshaping. Avoid missing any meals. Booster treatments are not generally needed as long as the weight is maintained.

### **Can everyone have the treatment?**

ADVISORY: As with most treatments there are a few Medical Conditions that would stop us from performing the treatment. The doctor will go through a full health and medical questionnaire with you before your first treatment to ensure you are suitable. This will also include a detailed description of the treatment and time for any questions you may have.

### **What you pay for & what to expect?**

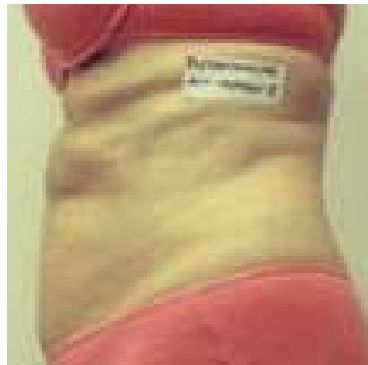
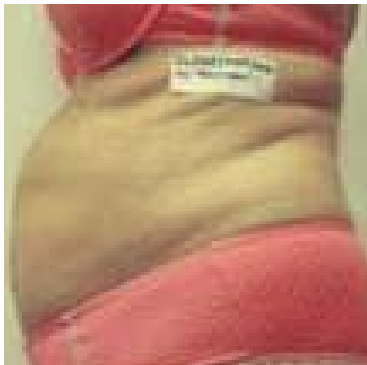
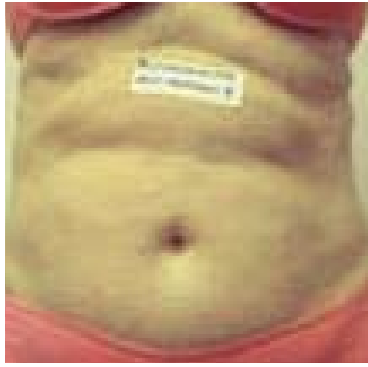
First you get a medical assessment with family history evaluation before your first treatment, 8 – 10 sessions of the laser Lipolysis, pre and post written advisory, a minimal exercised routine duly supervised free of cost, a diet regime formulated and customised to suit your history and weight management through regular monitoring from the clinic during and after the treatment with appointment priority.

The results can be seen in four weeks. WE RECOMMEND YOU START WITH A TRIAL SESSION.

### **Can both men and women do THIS TREATMENT?**

I-Lipo treatment works equally well for both men and women.

**After 8 session of i - Lipo.**



**FOR APPOINTMENTS SMS the Clinic: 9820082043**

**or call 22825555/43154000/22843000.**

**For further information email at: [info@skinandyou.in](mailto:info@skinandyou.in)**

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**By Appointment Only.**

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