

## · AM I A CANDIDATE? ·

SmartLipo™ is appropriate for any healthy adult at a healthy weight and a BMI in the normal range, who has fat deposits and areas that are stubborn, and who does not want the risks and downtime of traditional liposuction using general anesthesia.

## · WHO IS NOT A CANDIDATE? ·

SmartLipo™ is not recommended for those who are not within 25 lbs. of their ideal weight, are pregnant or breastfeeding, are obese, are on certain medications or have been diagnosed with certain chronic medical conditions, those with autoimmune disease, those solely seeking cellulite treatment, and those expecting treatment to result in weight loss. Patients that are significantly overweight achieve best results after first completing a weight loss program. SmartLipo™ is best for sculpting your curves and removing fat from problem areas.

## · CAN SMARTLIPO SMOOTH AREAS LEFT AFTER PREVIOUS LIPOSUCTION? ·

Yes. Since traditional liposuction can often result in skin irregularities, these patients are often good candidates for SmartLipo™. Laser sculpting allows for precise extraction by gently "melting" remaining unwanted fat and smoothing out dents and dimples, creating smooth contours.

## · IS SMARTLIPO SAFE? ·

Yes. SmartLipo™ reduces or eliminates risks of traditional liposuction. Because only local anesthesia is used, risks associated with general anesthesia are eliminated. Laser energy makes SmartLipo™ far less traumatic to the body and coagulates to reduce bleeding. Suturing is not necessary and the fluid that has been placed in the tissue is able to escape and reduces swelling. The risk of infection is minimal because that fluid flushes the treated areas and prevents bacteria from gaining a foothold.

## · WILL SMARTLIPO LEAVE SCARS? ·

SmartLipo™ does not leave the scars that traditional liposuction often does. The laser tip is less than 1/8 inch in diameter, so incisions are very small slits only. These quickly collapse and heal days after your procedure without sutures. You may notice a faint, barely visible 1/8 inch line at the insertion sites at first, but these usually fade and are undetectable quickly.

## · WILL SMARTLIPO CAUSE FAT TO REAPPEAR ELSEWHERE? ·

This is a common and valid concern with traditional liposuction. If you do gain weight after SmartLipo™, it will appear proportionally on your body, but it will be difficult to gain fat in the SmartLipo™ treatment areas.

## · TREATMENT AREAS ·

UPPER ARMS - BACK - BRA AREA - UPPER ABDOMEN - CALVES - ANKLES  
LOWER ABDOMEN - LOVE HANDLES - KNEES - ELBOWS - CHEST - HIPS  
INNER THIGHS - MALE BREASTS - UNDER ARM FLANKS - OUTER THIGHS

## · IS TREATMENT COVERED BY INSURANCE? ·

Treatment is considered elective and cosmetic. Insurance does not cover the cost of SmartLipo™ or any liposuction.

## · COST OF TREATMENT ·

SmartLipo™ cost is generally \$5000 for 1 area and \$2000 for each additional area. Ask about current specials and discounts.

## · HOW TO BEGIN ·

Schedule a consultation appointment to discuss your goals. We will determine the treatments area or areas after a consultation, exam of the bothersome areas, and obtaining medical history. Then, we will discuss the cost and payment with you and help you choose a treatment date, if you choose to have SmartLipo™. A deposit will be required to book and secure your appointment.

**SCHEDULE TODAY - FEEL GREAT FAST!**

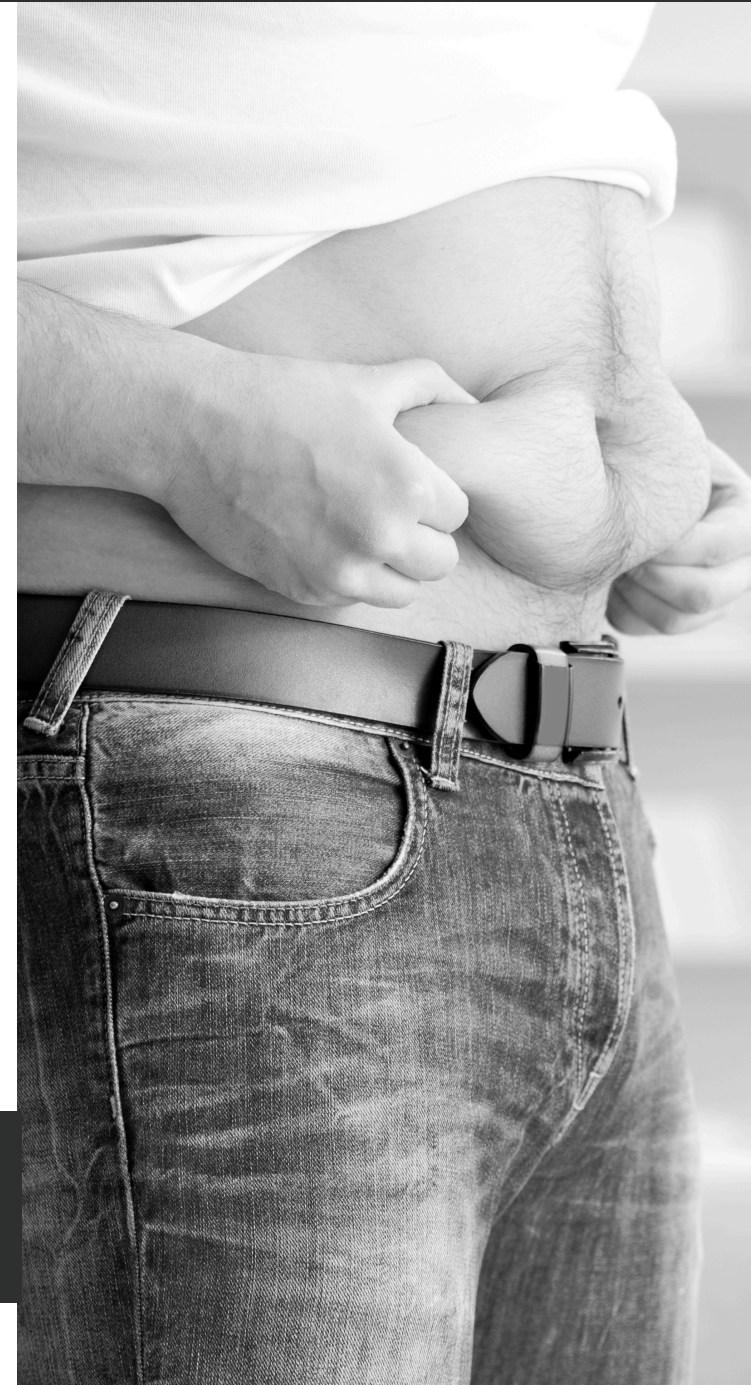


MEN'S CONTEMPORARY  
HEALTH CENTER

**Richard L. Bloy, MD FACOG**  
Fort Myers | Naples  
239.464.1575

[www.MensContemporaryHealthCenter.com](http://www.MensContemporaryHealthCenter.com)

10/2020



**REFER A FRIEND. EARN A \$50 CREDIT.  
USE IT ON ANYTHING WE OFFER!**

**Precision Laser - True Liposuction**

Excess fat, bulges, droopy fat pockets? This common issue can be quickly, easily, and effectively addressed by Dr. Bloy in our office.

Your SmartLipo™ procedure will not only remove fat, but the laser energy has the unique benefit of tightening your skin. The result is a smooth, contoured body. SmartLipo™ offers you the benefits of traditional liposuction, but without the need for general anesthesia, high cost, lengthy discomfort and extensive downtime.

#### • WHAT IS SMARTLIPO? •

The "SMART" in SmartLipo™ is an reference to its precise laser method of melting fat. Although lasers for liposuction assistance have been available since 1996, no previous laser has truly targeted fat as well as the triple wavelengths of SmartLipo™. SmartLipo™ uses an FDA-approved laser requiring only the use of local anesthesia that "melts" and removes unwanted fat efficiently anywhere on your body.

#### • WHAT ARE THE ADVANTAGES OF SMARTLIPO OVER OTHER TREATMENTS? •

SmartLipo™ is very different from traditional liposuction, which aggressively removes intact fat cells in large, thick globules using a large cannula and suction. Although traditional liposuction does successfully remove fat, it can leave patients with loose, saggy, unevenly textured skin and noticeable scars in the treated areas, as well as lengthy and uncomfortable recovery time.

#### More FAQs:

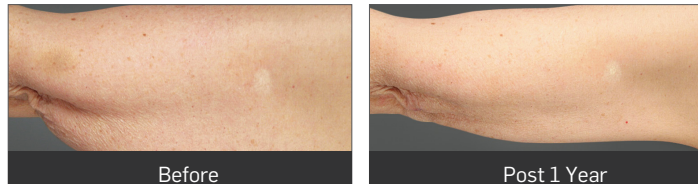
- The SmartLipo™ procedure is performed using only local anesthesia. Local anesthesia eliminates all the risks, side effects and added costs associated with general anesthesia.
- The SmartLipo™ laser uses the unique, highly selective for fat, skin tightening, and coagulating 1440/1064/1320 nm wavelengths. SmartLipo™ laser energy is absorbed by fat to truly target and melt the fat easier and faster than with any other laser.
- With SmartLipo™, a tiny 1440 nm and/or 1064 nm laser fiber is introduced through a small cannula. In addition to immediate gentle melted fat removal, the specific energy wavelengths also coagulate tissue, induce collagen retraction and tighten tissue - resulting in minimal trauma, bruising, scarring and healing time.
- Return to normal activities, including work, a day or 2 after treatment.
- SmartLipo's triple-wavelength versatility makes it appropriate for both small, stubborn fat deposits (such as the ankles, love handles, hips, knees, chest, bra areas), as well as larger fat deposit areas (such as the abdomen), coagulating vessels, and tightening skin.
- Less swelling and bruising than with traditional liposuction due to the SmartLipo's ability to gently and smoothly melt the fat, coagulate the vessels as it moves through the fat, and tighten the skin.

#### • WHAT IS THE PROCEDURE? •

SmartLipo™ makes getting liposuction easy and convenient. The procedure takes 2-3 hours in our comfortable office procedure room.

#### HERE ARE THE STEPS:

1. Have your driver drop you for your appointment in comfortable clothing.
2. Dr. Bloy will mark the areas of the body to be treated at this time.
3. The procedure begins with numbing the skin through discreet, extremely small openings in the skin. These openings are less than 1/8 inch long.
4. A lidocaine solution, tumescent anesthesia, which numbs the fat is slowly and gently placed into the treatment areas.
5. After the areas are fully numbed, the SmartLipo™ laser will be used to melt the fat and the fat will be suctioned into a canister for discarding. Though there is no pain, you may feel just a sensation of movement or pressure.
6. Finally, you will be put into a compression garment and be released to your driver.
7. A follow up appointment will be arranged.



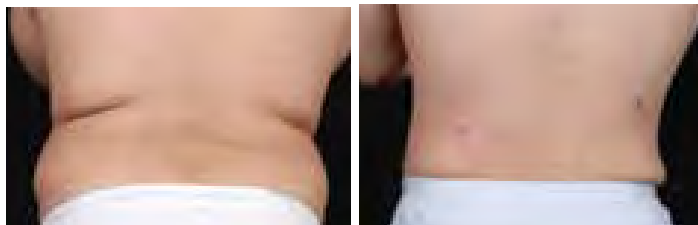
Courtesy of C. Petti, MD



Courtesy of S. Theodorou, MD and C. Chia, MD



Courtesy of B. DiBernardo, MD



#### • WHAT ARE THE RESULTS? •

Smooth contours, eliminated bulges of fat, and a tightening effect are the results of SmartLipo™ treatment.

#### • WHEN WILL I SEE RESULTS? •

The overall effects are visible weeks after the procedure. You should see more results about 1 month after the procedure as the area heals and swelling subsides. It usually takes about 6 months for healing to be complete. Although the smooth contours will appear quickly, final results are complete at 1 year.

#### • HOW LONG DO THE RESULTS LAST? •

Fat is removed permanently. Fat does not reappear elsewhere in response to the procedure. SmartLipo™ directly removes the fat from the treated area, but you can potentially develop new fat as a result of weight gain. Still, the removed fat continues to leave the body better contoured and smoother forever.

#### • HOW DO I PREPARE FOR MY TREATMENT? •

The day of your procedure, you need to eat a good breakfast and wear loose, comfortable clothing. There is no general anesthesia, so there is no reason to fast. A mild relaxation medication will be given, so a ride home is necessary.

#### • HOW LONG DOES THE PROCEDURE TAKE? •

2 - 3 hours. The time depends on the area or areas being treated.

#### • IS THE PROCEDURE PAINFUL? •

SmartLipo™ is pain free and requires local anesthesia to keep you entirely numb and comfortable during the procedure.

#### • WHAT MEDICATION OR ANESTHESIA IS USED? •

The SmartLipo™ procedure is performed using only local anesthesia and an Ativan, a relaxing oral pill medication. Local anesthesia eliminates all the risks, side effects and added costs associated with general anesthesia.

#### • WHAT IS THE RECOVERY OR DOWNTIME? •

SmartLipo™ procedure causes only minimal trauma to tissue and swelling, and very little bruising as compared with traditional liposuction. It is so gentle that most patients are back to work in 1-2 days. Immediately after treatment, you will have fluid draining from the incisions for 1-2 days. You may have light swelling, tenderness and bruising that can last for a few weeks or more. It is important to wear your compression garment as directed. Expect to be up and walking right away, as good circulation is an essential part of the healing process. We recommend that you rest for a couple of days and avoid any strenuous exercise for a few weeks.