

### **WHAT IS INJECTION LIPOLYSIS OR INTRALIPOTHERAPY?**

It involves the targeted removal of localised fat by injecting substances that cause the chemical breakdown of fat cells. The procedure is suitable as a body contouring aid in areas where fat removal is not achieved despite exercise and diet: chin and lower jaw fat, upper arms, back, abdomen, thighs, inner surface of the knees, buffalo hump, pseudogynecomastia. An adipocytolytic solution is injected directly into the fat.

### **WHICH ADIPOCYTOLITIC IS USED IN INTRALIPOTHERAPY?**

Aqualyx (Marllor International, San Giovanni in Marignano, Italy) is an aqueous microgelatin solution with a polymer of 3.6-anhydro-L-galactose and D-galactose, a buffer system, sodium salt of (3 $\alpha$ ,5 $\beta$ ,12 $\alpha$ )-3.12-dihydroxy-5-cholan-24-acid, water for injection and sodium chloride. It is a deoxycholic acid, which is found in the digestive tract and breaks down fat from food.

### **HOW IS THE TREATMENT PERFORMED?**

The areas are marked before the procedure; the fat fold must be at least 1.5 cm thick. The treatment site is disinfected and the lipolytic is injected directly into the fat. There may be a mild burning pain. After the procedure, wearing tight/compression garments or elastic bands is advised for the first 48 to 72 hours, lymphatic drainage twice a week for two to three weeks in a row from the third day, and regular physical activity and diet.

### **HOW MANY REPETITIONS ARE NECESSARY?**

Depending on the anatomical region, 1 to 6 repetitions are necessary every 4 to 8 weeks.

### **THE SUCCESS OF THE PROCEDURE**

Results depend on the amount of fat tissue, additional diet and exercise. The first results are visible after one month.

### **CONTRAINDICATIONS OR FOR WHOM IS THE PROCEDURE NOT SUITABLE?**

The procedure should not be performed in pregnant women, nursing mothers, children; persons with chronic or acute inflammation of the skin at the injection site, after an anaphylactic reaction or severe allergic reaction, serious organic and systemic diseases, including autoimmune diseases, bleeding disorders or bleeding tendencies. Special care is needed for people taking anti-clotting medication, as bleeding or bruising may occur at the site of the procedure.

### **SIDE EFFECTS AND COMPLICATIONS**

After the treatment, redness and a burning sensation can appear which subside in a few hours; swelling; a bruise which fades away within seven to ten days; some people may also experience pain which subsides in 12 to 24 hours. Very rarely, typical hardening may occur and resolve within a few weeks or months. In extremely rare cases, infection and necrosis of the skin are possible if the doctor's instructions are not followed. These occurrences are rare and transient.

### **POST-PROCEDURE INSTRUCTIONS**

Tight/compression garments or elastic bands are advised for the first 48 to 72 hours, lymphatic drainage twice a week for two to three weeks in a row from the third day, and regular exercise and diet. You should not go to the swimming pool until the puncture sites have healed, apply cosmetics (only creams recommended by your doctor) for 12 hours after the procedure or expose the treated area to heat or UVA and UVB rays (sauna, hot packs, solarium, sunbathing) for one month after the treatment has been completed.

You can return to work or your daily activities in one to three days.

Prior to the examination, you must also fill out the Informed Consent form together with the doctor as regulated by the Patient Rights Act and the Doctor's Duty to Obtain an Informed Consent. The rules for filling out the form and the statement are presented upon your arrival at our institution.

**PLEASE ASK US ABOUT ANYTHING YOU DID NOT UNDERSTAND IN THIS NOTICE AND WANT ADDITIONAL EXPLANATION FOR.**

We will take care of your health and well-being to the best of our ability. Thank you for your confidence in us.

Prepared by:

Janja Šmid Vauhnik, MD, Dermatovenerology Specialist