



Patient Instructions for i-LipoXcell

Pre-Treatment Instructions:

Day of Treatment:

- **Drink 24 ounces of water** (coffee, tea, soda DO NOT count as water)
- **Do not have a heavy meal prior to treatment** (eat but do not overstuff yourself)
- Do not fast prior to your treatment. Not eating will make your body go into starvation mode and your treatment results will not be as significant.
- Wear comfortable clothing (Sweats, leggings, t-shirts, depending on the area)

Post-Treatment Instructions:

Immediately After Treatment:

- **YOU MUST PARTICIPATE IN AEROBIC EXERCISE**- i.e. walk or run on treadmill, cycle, or participate in any aerobic exercise for. The longer the exercise, the more likely it is that the fat that was mobilized into the circulatory system and will leave the body!
- **DRINK ANOTHER 36 OUNCES OF WATER** after i-LipoXCell and during exercise if possible. You can typically expect the following as a result of your hard effort.
 - 30 minutes exercise=40-60% of fat metabolized=Fair results
 - 45 minutes exercise=60-80% of fat metabolized=GOOD results
 - 60 minutes exercise=80-100% of fat metabolized=EXCELLENT results**
- **DO NOT DRINK ALCOHOL and DO NOT BINGE EAT!** You may experience hunger cravings because a lot of fat has been metabolized and your body is not used to that. Fight the hunger pains (if any) and stick to good eating habits.

Day After Treatment:

- Continue liberal **WATER INTAKE**
- Watch your appetite as it may be increased-**DO NOT INCREASE CALORIE INTAKE**
- **EXERCISE** if possible- remember a large amount of fat has been dumped into the circulatory system and it's important to burn all that you can to prevent it from re-storing.
- For increased appetite- **AVOID CAFFEINE** and **EAT A HIGH PROTEIN DIET**