

## **DesoBody & DesoFace Information For Prospective Models**

Sodium deoxycholate solution is a safe and effective injectable treatment . Whether it is used to treat stubborn pockets of fat that just don't ever seem to go despite diet and exercise or for generalised fat on the face or body. When injected the fat cells are liquefied and permanently destroyed. The fat is then removed naturally by the body's lymphatic system and by combining the fat dissolving injections with ultrasound cavitation and lymphatic drainage, the results are greatly enhanced.

### **WHAT AREAS CAN BE TREATED?**

The most commonly treated areas are the thighs, bottom, stomach, saddlebags, back fat and double chin during a training event but it can be used wherever stubborn fat is a problem including the arms, knees, face, man boobs, eye bags and lipomas (fatty lumps within the skin). Often more than one treatment is needed to obtain the desired results.

### **HOW DOES THE TREATMENT WORK?**

Intralipotherapy using DesoBody or DesoFace involves the injection of a fat dissolving substance, containing sodium deoxycholate, into localised fat deposits using either a needle or cannula. The solution causes destruction of the fat cells which then undergo degradation and are removed by the lymphatic system. Sodium deoxycholate works gradually within the tissue and the process of removal takes time and results can take several weeks to fully appear.

The combination of lymphatic drainage and ultrasound cavitation can further assist the removal of fat, massage is applied to physically help drain the fat into the lymphatic system where it can be safely eliminated.

### **IS IT SAFE AND DOES IT HURT?**

Local anaesthetic is added to the fat dissolving solution to reduce any discomfort, however there is likely to be some minor pain during the procedure and some tenderness for a few days afterwards. Most people describe this as minimal discomfort and it does not tend to interfere with normal day to day activities. Painkillers can be taken following treatment if required.

### **ARE THERE ANY SIDE EFFECTS?**

Complications that may occur include:

- Prolonged pain lasting for days or weeks.
- Allergic reactions (less than 2 in 100,000 cases) which may require emergency treatment.
- Nodules (can occur in 5-10% of cases) which are usually only transient and resolve as the fatty tissue is removed.
- Damage to surrounding structures (less than 5 in 10,000 cases), including muscle, nerve or blood vessels.
- Discolouration (less than 2 in 1,000 cases), usually only temporary and can be reduced by avoiding exposure to UV.
- Necrosis of the skin (less than 1 in 10,000 cases) describes the damage caused to the skin

by the solution if it comes into contact with it, this can lead to tissue death, blistering, sloughing of the skin, infections and scarring.

- Unsatisfactory results, including stubborn fat, asymmetry, irregularity or loose skin.

#### WHAT CAN I EXPECT AFTER TREATMENT?

Following treatment, there will be some transient redness, swelling and tenderness which may last for a few days but often described as mild to moderate and not interfering with normal activities. Occasionally there may be some bruising which may last for a week or longer. Pain, numbness, tingling, hypersensitivity or altered sensation can occur if the injection damages a nerve, this is rare and recovers over time in almost all cases.

Due to the action of fat dissolving injections and ultrasound cavitation, it takes time for the fat to be eliminated from the body and although some results may appear in the first few days it is normal that the final result is not seen until 6 weeks post treatment.

After treatment, it is not recommend to spend time in the sun or use sunbeds and although exercise is encouraged to help enhance the effects, vigorous and demanding physical activity should be avoided for 4 weeks. Gentle massage of the areas treated may help encourage fat drainage.

We strongly recommend the use of compression garments or "Spanks" to be worn for the week following body treatments.