



## ULTRASHAPE™ CONTOUR I - PROCEDURE INFORMATION SHEET

---

DLK UltraShape Treatment is the first non-invasive solution for body contouring that has been clinically demonstrated to deliver measurable circumferential reduction. Unlike Liposuction, a surgical technique and the only other fat removal option to date, the UltraShape has minimal risk, no recovery time and is painless. Before deciding to proceed with Ultrashape, it is important for you to understand what it will involve so please read this information sheet carefully.

The procedure targets body fat using externally applied ultrasound with an applicator be moved over your skin in the treatment area. The procedure is designed not to damage other tissues such as skin, blood vessels, muscles, bones, or nerves. You might see results two weeks after the first treatment, however as many as three treatments one month apart will be recommended to see maximum results. The procedure time is 40 -120 minutes depending on the area.

You are eligible for the procedure if you are >18 years of age, and have a minimum of 1.5 cm of body fat in the target treatment area with a body mass index in the healthy range (<29 BMI).

You are not a candidate for Ultrashape treatment if you are pregnant or have a pacemaker, or other implantable device or foreign body (joint replacement, mesh, clips, orthopedic repair hardware) in the treatment area, or have a hernia, separation of the muscles in the abdomen (rectus diastasis) or known abdominal aortic aneurysm. Other medical conditions that exclude you from treatment are a metabolic disorder, hepatitis or other liver disease; an immune system disease or connective tissue disorder; poor wound healing, an open wound or rash in the treatment area; keloids, hypertrophic scars, or depressed scars in the treatment area; a blood disorder or coagulopathy or if you are taking any medication that could affect your fat metabolism.

**Pre Treatment Preparation:** The area to be treated will be outlined on your body using a skin marker and the treatment area will be measured to evaluate treatment results. If the area to be treated is covered with hair it will shaved prior to treatment. Photographs of the area to be treated are taken to record the baseline and the changes occurring as a result of the treatment. Your face and other identifying characteristics will not be photographed. Special drapes and colored markers and a medically compatible oil are applied. This oil can stain clothes, we suggest you bring in an old T-shirt and pair of shorts to change into. The ultrasound energy is administered using a specially designed transducer that is moved over the surface of the skin. You might feel a warm sensation or nothing at all during treatment.

**Post Treatment Care:** You should maintain a low carbohydrate, low fat diet beginning on the day of treatment and for 4 weeks after, so the body can utilize the free fat released by the treatment. If your skin is sensitive, you might experience some redness in the treatment area which disappears within a couple of hours. Please note, medical tape will be applied during the treatment. Be aware that this can cause a striping pattern on the skin if tanning or applying self tanning 48 hours after treatment.

**Preventative Suggestions:** A healthy diet, healthy lifestyle habits and exercise will give you long lasting results from your UltraShape treatments.

**Questions:** Additional information about the UltraShape procedure is available at [www.ultrashape.com](http://www.ultrashape.com) and on the DLK on Avenue website at [www.dlkonavenue.com](http://www.dlkonavenue.com). Be sure to ask your doctor/registered nurse any questions you may have about the information presented above or on the website.