

# All About Aesthetics, PC

## Deborah Kessler Hudak, MD MHA

### INFORMED CONSENT FOR LIPO THERAPY, LIPO-LYSE<sup>SM</sup> AND MESOTHERAPY

Treatment area(s) \_\_\_\_\_

Mesotherapy is a method of introducing medications into the body through microinjections of the mesoderm of the skin. It originated in 1952 in Paris, France, by Michel Pistor, MD.. Jacque Le Coz, MD and Dr. Pistor worked to improve the methodology, and the Academy of French Medicine recognized it as a “standard of care” along with other traditional medicine in 1986. It is used for a large variety of illnesses, including tendonitis, eczema, scars, and sports injuries, in addition to cellulite stages 1-3, treatment of alopecia and hair loss, and facial rejuvenation treatments. The depth of treatment is 0.5mm-6mm deep (called Nappage technique). When the depth is 6-12mm (the Point Per Point technique) and reserve fat is treated, it is called Lipotherapy.

I have been informed of the possible risks, benefits, alternatives, and side effects of treatment, including, but not limited to, bleeding, infection, swelling, bruising, pain, hyperpigmentation, nodules, redness, over correction, under correction, skin necrosis, and delayed hypersensitivity. I understand that I may terminate treatment at any time.

I understand that no guarantees as to the amount of improvement can be made, and that diet and exercise can affect the outcome. I understand that Mesotherapy and Lipotherapy have a goal of decreasing inches and permanent spot fat reduction, and that its primary goal is not to reduce weight. I acknowledge that I have had the opportunity to discuss all questions regarding this treatment with Dr. Hudak and that they have been answered satisfactorily. My signature will constitute a full and final release of any legal responsibility resulting from the administration of mesotherapy and/or lipotherapy, as well as any other medical treatment that may be needed as a result thereof.

To my knowledge, I am not pregnant, and I will notify Dr. Hudak if I think I have become pregnant or become pregnant during the course of treatments.

I understand that adjunctive procedures, such as microdermabrasion, use of sun block products, prescription skin care regimens, and facials performed by experienced Estheticians may enhance the outcome, health and appearance of the skin treated with mesotherapy and/or lipotherapy.

I understand and consent to the taking of photos of my body before, during, and after the course of treatment(s) for medical records keeping.

I consent to the use of the photos for purposes of educating and marketing (please circle) Yes No

Patient Name \_\_\_\_\_

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_

Witness Signature \_\_\_\_\_ Date \_\_\_\_\_

8311 Bandford Way, Suite 103, Raleigh, NC 27615, 919-845-0333, fax 919-845-0773

# Mesotherapy Evaluation Form

Patient Name \_\_\_\_\_ Date \_\_\_\_\_

Patient Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Birthdate \_\_\_\_\_ Custodian Name if under 18 \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

Desired areas to be treated (please circle):

|                 |               |              |           |
|-----------------|---------------|--------------|-----------|
| Chin Jowls      | UpperArms     | Breasts/Male | Flanks    |
|                 | Upper Abdomen | LowerAbdomen | BackRolls |
| OuterThigh      | InnerThigh    | FrontThigh   | BackThigh |
| Other (specify) |               |              |           |

Past Medical History as of today's date:

Please Circle

Yes or No: Autoimmune Disease (other than Thyroid or Rheum.Arth)?

Yes or No: Any bleeding disorders, on Coumadin or Plavix?

Yes or No: Kidney failure?

Yes or No: Liver failure?

Yes or No: On chemotherapy?

Yes or No: On steroids?

Yes or No: Currently Pregnant or Breast-Feeding?

Yes or No: Allergy to Soy?

Yes or No: Allergy to Latex?

Drug Allergies \_\_\_\_\_

\_\_\_ Initial if I was provided a List of Blood Thinners to Avoid and Vitamin C and Arnica instructions?

To Be Measured during Office Visit

Weight (lbs.) \_\_\_\_\_ Height (inches) \_\_\_\_\_

BMI \_\_\_\_\_

Fat characteristics:

|      | Chin Jowls | Upper Arms | Breast Male | Upper Abs | Lower Abs | Back Rolls | Flanks | Outer Thigh | Innner Thigh | Front Thigh | Back Thigh |
|------|------------|------------|-------------|-----------|-----------|------------|--------|-------------|--------------|-------------|------------|
| Soft |            |            |             |           |           |            |        |             |              |             |            |
| Fat  |            |            |             |           |           |            |        |             |              |             |            |
| Scar |            |            |             |           |           |            |        |             |              |             |            |

Reviewed by D.K.Hudak, MD MHA \_\_\_\_\_ Date \_\_\_\_\_



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## **Pre-Treatment Care for Meso-LipoTherapy (aka Kybella) to Neck**

1. **BLOOD THINNERS MUST BE AVOIDED** (see the attached list) one week prior and three days after the treatment.
2. Begin **Arnica Montana 30X HPUS\_ TWO** days prior to your treatment and continue the day of treatment (see Arnica instruction sheet below). We have Arnica available for purchase. Arnica Montana might be available at Whole Foods and MediCap Pharmacy.
3. Begin **Vitamin C** (1500 mg/day) one week prior to the procedure.
4. **Avoid** restrictive clothing; wear a loose top with large neck opening or button-down shirt, instead!
5. Important!! Eat a light or regular size meal prior to having the procedure.
6. Review all the post treatment notes thoroughly!

### Arnica Montana 30X HPUS by VitaMedica

Dosage: 6 pills at a time / 3 times per day = 18 pills per day.

Do not swallow pills!! Allow pills to dissolve under tongue.

Begin taking pills 2 full days prior to treatment, the day of treatment and 3 full days after treatment or until bruising subsides.

To ensure proper absorption, it is best to avoid eating or drink anything 15 minutes before and 15 minutes after taking product. Also place tablets under tongue, letting them dissolve naturally.

\*\*If it is less than 2 days before the procedure, dosage should be 3 pills/6 times per day = 18 pills per day.

Arnica Montana 30X HPUS is available at our office or at [www.VitaMedica.com](http://www.VitaMedica.com) and might be available at Whole Foods or MediCap Pharmacy.

Please call the office if you have any questions!  
919-845-0333





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## **Post-Treatment Care for Meso-LipoTherapy (aka Kybella)**

1. Take it easy! No strenuous activity or driving for 2 days!
2. Continue to avoid blood thinners for 3 more days.
3. Continue Arnica (18 pills/day) 3 full days after treatment.
4. Continue with Vitamin C (1500mg/day) for 2 months after the procedure
5. Avoid restrictive tops; wear loose tops or button-down shirts, instead! Bruising or swelling typically subsides by 7-14 days.
6. We expect you to have some bruising and huge amounts of swelling (the more swelling, the more skin tightening!). Do **NOT** apply cold packs. Maximal swelling of the neck is at 20-28 hours after injection. You will also likely experience mild or burning pain for 2-48 hours. It is usually alleviated with Tylenol Extra Strength.

(Less than 1-1/2% of patients have pain > 48 hours.) Many have some numbness, which will disappear with time (usually over 1-2 months). People often have hoarseness and difficulty swallowing solid food for about 12 hours (but no difficulty breathing or sipping smoothies or eating soft foods!!)

It is common to feel a “gelatinous” sensation in the treatment area 2 or 3 days after the treatment. The dissolved, liquefied fat starts to gel, gets somewhat firm, and then gets ingested by macrophages of our immune system that carry the dead fat cell components to the kidneys to be excreted. Bye-bye fat.....forever!

Many people will get small nodules in the skin (felt but not seen) which resolve completely with or without massage, over the next 6 months, at most. These nodules tend to form about 1-3 weeks after the treatment.

A rare side effect is hyperpigmentation, which returns to normal within 3 months.

If you want to apply make-up, it is fine to do that, 15 minutes after the treatment.

You will be able to see you are smaller where you were treated within a month, and it will improve over 3-5 months from treatment. And is PERMANENT!! Less fat & tighter skin!!

We urge you to call the office during business hours (919-845-0333) or Dr. Hudak’s personal cell phone (919-302-8547) after hours with questions or concerns! No question or concern is too minor; we care about you!



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**BLOOD THINNERS MUST BE AVOIDED PRIOR TO PROCEDURE!**

1-Blood thinners must be avoided one WEEK prior to surgery/procedure and THREE days after surgery/procedure. Blood thinners can greatly increase risks of bleeding and bruising (as well as complications from bleeding in the eye area, following eye surgery, such as blindness).

2-Take Vitamin C (1500 mg each day) for one WEEK prior and for *2 months* afterwards.

3-Take Arnica for 2 days prior to procedure, *day of* the procedure, and for 3 days after procedure.

It is **IMPERATIVE** that you avoid all blood thinners except as indicated by your physician.

**Blood Thinners include:**

|                |                                   |
|----------------|-----------------------------------|
| Acai Berry     | Goody Powders                     |
| Advil          | Heparin                           |
| Alfalfa        | Ibuprofen                         |
| Alka Seltzer   | Kale                              |
| Aleve          | Licorice                          |
| Arthritis meds | Lovenox                           |
| Aspirin        | Motrin                            |
| Bengay         | Omega-3 (Fish Oil)                |
| Clove Oil      | Persantine                        |
| Conchena Bark  | Plavix (clopidogrel bisulfate)    |
| Coumadin       | Red Wine                          |
| Darvon         | Spinach                           |
| Dong Quai      | St. John's Wort                   |
| Feverfew       | Ticlid (ticlopidinehydrochloride) |
| Garlic         | Vitamin E                         |
| Ginger         | Vitamin K                         |
| Ginko Biloba   |                                   |

Note: Tylenol (which is Acetaminophen) is not a blood thinner

When in doubt about a medicine or herb and its tendency to cause bruising or bleeding, call your pharmacist.

**\*\*Please note that many ethnic foods (Chinese, Italian, Mexican, etc.), can be the cause of bleeding and bruising during and after procedures/ surgeries.**

## Mesolipotherapy (MLT) vs Kybella vs CoolMini

Each offers permanent fat reduction, which is evident starting about a month and continues for 3-5 months after treatment. There are almost no contraindications for each treatment choice.

MesoLipotherapy (MLT) and Kybella cause a "chemical death" to the fat cells, using an ingredient natural to the body; namely deoxycholate. MLT is the original, fortified (stronger) formulation of Kybella. It is more effective than Kybella at fat reduction and skin-tightening. Also, one can sculpt out the neck and jowls more accurately to desired contours using MLT/Kybella.

MLT takes about 5-7 minutes of injection time, will cause pain (moderate-to-severe, lasting usually 6-8 hours just after the treatment, and easily taken care of with oral pain medicine), immense amounts of swelling (which peaks 20-28 hours after injections and is almost gone after 2 days...and the more swelling, the more skin tightening as shown by the published works of Diane Duncan, MD, one of my teachers). The discomfort is due almost entirely to the death of fat cells (bye-bye fat, forever!!). The needles used are tiny, skinny needles, ~1/4 inch long and smaller than those used to start an I.V. line in a newborn infant. We use topical anesthetic pre-treatment to lessen pain of the tiny needles.

CoolMini causes a "thermal death" to the fat cells, freezing them to death, since fat cells are more sensitive to cold than other body cells. CoolMini does not tighten skin.

CoolMini handpiece of CoolSculpting takes 1 hour per treatment session, and has no significant aftermath to deal with, except some redness and swelling, mild to moderate in amount for a couple hours,, at most. Pain is minimal. The discomfort is due to the strong suction and cooling plates used. A person usually needs 3 or more treatments. To tighten the *skin* after CoolMini, one usually needs another skin-tightening procedure.

For face/neck areas, both procedures can give patients a transient hoarseness and mild discomfort swallowing solid food for about 4-12 hours, in the first 24 hours after treatment, but there are no problems with breathing. The number of treatments of either modality depends on both the amount of fat present and experience level of the physician. Dr. Deborah Hudak has been performing the deoxycholate injections for more than TEN YEARS and has performed thousands of these treatments, with tremendous satisfaction of patients for the neck/jowl area. She was taught by the inventors\* of the procedure and Kybella/MLT formula. She has each treatment type available, and find patients have a more desirable outcome from the MLT treatments.

\*Jacques LeCoz, MD; Adam Rotunda, MD; Diane Duncan, MD; Patricia Rittes, MD; Roman Chubaty, MD; (Michel Pistor, MD, via J.LeCoz, MD)