

- **What is Aqualyx?**

Aqualyx™ contains desoxycholan-acid, a secondary bile acid, which the body naturally produces itself in the liver to aid the digestion of fat.

The injectable solution is synthesised to dissolve topical fat upon injection into the localised area.

- **How does it work?**

The human body naturally stores fat in order to supply energy and subcutaneous fat cells are difficult to diminish. The active substance in Aqualyx locks into the cell wall making it unstable and releasing the fatty acid that is stored within it. Cell residue is removed and broken down by the body's defences and the released fatty acids are converted to energy.

- **What will Aqualyx treatment feel like?**

- The treatment area will be cleaned and topical anaesthetic may be applied for comfort. The solution will be injected using a fine and flexible cannula, with minimal injection points (1-4). The area will feel warm and you may experience a slight burning or stinging sensation. Aqualyx contains local anaesthetic so is a comfortable procedure to have.

- **How long will my results last?**

By following a healthy lifestyle with regular exercise and healthy living the fat should not return in that area.

- **How many treatments will I need?**

The number of treatments varies according to the amount of fat and desired result, on average you will be expected to have 3-5 treatments at 3-4 weekly intervals or longer depending on residual swelling and tenderness.

- **What areas of the body can be treated?**

Safely administered to any localised deposit of fat such as: double Chin waist saddle bags chest jowls & side of chin, hip, knees, inner thighs upper arms, back buttocks.

- **What are the possible risks and complications involved?**

Allergic Reaction to the substance
Minor haematoma from injection
Mild generalised bruising and redness
Swelling to area injected
Possible injection site infection
Poor results

- **What do I need to do after my treatment?**

Do not apply cosmetics to treated area for 12 hours following treatment. Avoid direct sources of heat and sunlight whilst inflamed. Abstain from demanding exercise for 5-7 days. Maintain a healthy diet while released fat is being metabolised to avoid fat storage elsewhere. Drink plenty of fluids following treatment and avoid alcohol/nonsteroidal anti-inflammatory medication or aspirin for 24 hours.

- **Contra indications for treatment:**

Pregnancy and breast feeding
Severe anaphylactic reactions and allergies
Auto-immune disease
Diabetics
Acute or chronic skin disease in affected areas.

- Area unsuitable for treatment (alternative treatment options can be recommended)
Blood thinning medications. Please advise your doctor or Aesthetic Nurse if you have any forthcoming social engagements so a personal evaluation can be made as to any possible downtime associated with the treatment that could impact on your enjoyment of the event. Every individual can react differently to treatment so it is important to alert your practitioner.

- **Consent**

1. The doctor has explained to me the nature of Aqualyx® and I fully understand the possible risks and complications.

2. I acknowledge and understand that no guarantee or assurance can be made on the results I will get from the treatment.

3. I consent to the taking of photographs in the course of this procedure for the purpose of assessing my progress. I hereby request, authorise and give my consent for the performance of the Aqualyx® treatment. My signature indicates that I have read and understood all of the information presented and have had any questions answered. I am of the opinion that my request for treatment is for medical reasons and the personal psychological features that are associated with my request. I have expressed my thoughts and feelings to the treating doctor and consent

to the treatment for the purpose of restoring and maintaining the health of my skin and body and my psychological well-being.

Patient name

Date

Signature

Physician signature

EMERGENCY CONTACT DETAILS Should you feel unwell following your procedure it is important to seek specialist medical advice immediately. In the first instance call Dr Peer Nelz on one of the following numbers: St Columb Major Clinic: 01637 881011, Dr Nelz's Mobile 07875-051601