



Zerona, Yolo Lapex Lipolaser and Body Sculpting

Patient Frequently Asked Questions

1. How does it work?
 - A. Through clinical studies it has been demonstrated that the low-level laser stimulates the fat cell to emulsify (liquefy) the fat and toxins within the cell. Then the liquefied fat moves from inside the cell through a temporary pore formed in the cell membrane to outside the cell where it is in the interstitial space until absorbed by the lymphatic system. This results in millions of fat cells becoming smaller so inches are reduced. The fat cells are not injured in any way by this process. The fat cell does not go away and can be filled back up if a proper diet is not continued (as with liposuction).

2. What can I expect at my appointments?
 - A. 10-20 minutes in the infrared sauna to heat your tissue at the cellular level. You can expect 40-60 minutes to relax, read or do absolutely nothing. The laser treatments are completely painless. There is no heat or sensation whatsoever while being treated. Each treatment you will be met by your clinician who will position the laser at the desired areas of the body. For Zerona, she will step out for 20 minutes while the front of your body is treated and then return to reset for the backside of your body for an additional 20 minutes. The Yolo Lapex Lipolaser is 3 x 6 inch paddles (rectangular boxes) that lay directly on the skin of harder to treat areas (inner and outer thighs, neck, etc...). The Body Sculpting is a combination of heat, vibration and the fat emulsifying frequency. This machine has two-3 inch probes that allow us to “sculpt” out stubborn area(s). After your laser treatments, you will spend 10 minutes on the vibration plate. The vibration plate increases circulation and the flow of lymph. (Remember, the fat/toxins leave the body through the lymph system, which runs with the circulatory system, and then out to your urinary system. A compression garment is needed to “tell your tissues when to re-elasticize” after losing the fat and toxins. After you are done you can get back to your normal activities immediately with absolutely no downtime, nor pain, swelling or any discomfort. This is a symptom free process except for losing unwanted inches.

3. What happens if I miss an appointment?
- A. It is not recommended that you miss an appointment. Prior to starting the fat emulsifying treatment it is important that you are committed to the recommended lifestyle protocol which includes 6-9 treatments. If more than 72 hours pass between appointments, some of the fat may be reabsorbed by the fat cells. We are committed to your success.
If you no call/no show that treatment is forfeited.
4. How is it different than liposuction?
- A. Liposuction is an invasive procedure that removes the entire area of fat cells from deposits beneath the skin using a hollow stainless steel tube (called a cannula) with the assistance of a powerful vacuum. Liposuction can be accomplished either with the use of general anesthesia, or with I.V. sedation, or totally by local anesthesia. In contrast, the Zerona, Body Sculpting and Yolo treatments are 100% non-invasive through the use of a low level laser frequency, applied externally to stimulate the fat cell and emulsify and release fat. There is no use of anesthesia, nor any pain, gels, creams, numbing agents, needles and no downtime. As with liposuction, **results are not guaranteed**. If recommended cardio and a proper diet are not followed you will not lose the inches. When you do lose them, they can be “eaten” back on! Be careful!
5. Is there any downtime?
- A. Absolutely ZERO downtime. During the treatment you will feel no discomfort. No anesthesia will be used and you can assume normal activities immediately following each treatment. No weight training is advised. Cardio only!
6. Are there any limitations to what I can do?
- A. No. During the 6-9 treatment periods you can continue your normal activities. It is strongly recommended that you commit to and follow the treatment protocol: stay hydrated! 8-10- 8 oz. glasses of water a day, and abstain from alcohol and caffeine. Alcohol and caffeine interfere with the lymphatic process to metabolize fat which can decrease your results.

The equation to find out exactly how much water to drink is:

Your weight divided in half = How many ounces of water to drink per day
(i.e. 120lbs/2=60 oz (1/2 gal) of water each day).

7. What areas of the body can be treated?
- A. The treatments can be used effectively on essentially every part of the body where localized fat deposits exist that are resistant to diet and exercise. Most patients start with treating the waist, hips and thighs which can all be targeted in 1 treatment with Zerona, although, the harder to treat areas must be done with Yolo Lapex Lipolaser or Body Sculpting. If you have a lot of tissue to be treated, doing all area areas listed above with one treatment is not recommended.
8. Is it covered by insurance?
- A. No, fat emulsification treatments are considered elective and are not covered by insurance.
9. Is it safe?
- A. Yes, there is no risk involved in using the low-level laser therapy and it is considered a safe alternative to invasive procedures such as tumescent liposuction and lipodissolve and other non-invasive devices like the Accent, VelaShape, and Thermage, which rely on heating the tissue and can cause discomfort. None of these have the proven data showing how fat cell size is reduced like the Zerona and Yolo Lapex Lipolaser. The treatments are 100% non-invasive and cause no bruising, scarring, and zero downtime. During the treatment you will feel no discomfort, no anesthesia will be used and you can assume normal activities immediately following each treatment.
10. Is it safe if I have a medical condition such as diabetes?
- A. Yes, with two exceptions. If you are pregnant or think you may be pregnant, Zerona and Yolo Lapex Lipolaser should not be used. Additionally, if you have a pacemaker, this treatment may not be for you. There are no known detrimental risks but **potential unknown risks may exist**. Zerona and Yolo Lapex Lipolaser may not be as effective on patients with diabetes or thyroid disorders where the metabolic system is potentially impaired. Parker Laser has seen results in 50% of people with diabetes and thyroid issues.
11. Are there any side effects?
- A. No. The treatment process is completely non-invasive and there are absolutely no side effects beyond loss of inches and fat. The exception to this is if you do not hydrate properly, you will feel “sick”.

12. How long has the Zerona laser been used?

A. The Zerona has been used in studies since 2008 and has been used in practice since early 2009. The same Erchonia Low Level Laser technology has been used to safely assist with tumescent liposuction since 2001 and was established as a proven method to release fat cells immediately prior to liposuction surgery. Low level lasers have been in use for over 40 years for treatment of many different conditions, such as chronic pain, wound healing, and many other orthopedic conditions. The Yolo Lapex Lipolaser has the same FDA results in Canada, where this particular laser is manufactured. The Yolo Lapex Lipolaser is FDA medically approved for pain management.

13. Is it effective?

A. Yes, with the treatments and by following the recommended guidelines for success, you can expect to experience a combined loss of 3-9 inches from your waist, hips and thighs, and a reduction in clothes size. Additionally, some patients have noticed an improvement in the appearance of cellulite, especially with Yolo Lapex Lipolaser. There is not weight loss! Just inch loss.

14. How long do results last?

A. By maintaining a healthy diet and exercise you can expect long-term results. Zerona and Yolo Lapex Lipolaser are especially ideal for 2 types of people: those that are already following a healthy diet and lifestyle and wants to remove localized pockets of fat OR those who want to use lasers and the recommended lifestyle to “jump start” their slimming efforts as motivation for maintaining a healthier and slimmer lifestyle. Our owner, Tina Long, was 153 lbs and a size 10. With Zerona and following a healthy diet she lost 20 lbs. With the cold lasers she is now a size 4!

15. Can I do the procedure multiple times? And how soon after my last treatment can I do a second treatment?

A. Yes, with additional treatments you can expect to see improved results. You can start in additional series of laser treatments immediately following your last treatment.

16. How soon after pregnancy can I do it?

A. It is recommended that you wait until after your last postpartum visit with your doctor (usually 6 weeks after birth) to begin your Zerona treatment. You cannot participate in Zerona or Yolo Lapex Lipolaser if you are breast feeding.

17. How long does it take to begin seeing results?

A. Some can see results after only one to a few treatment sessions as their clothes fit more loosely. Many actually see the difference after 4-6 sessions. Family and friends often notice the difference, too, within the 2 week Zerona program.

18. Is everyone a good candidate for the Zerona treatment?

A. Most are good candidates. Even people who are not overweight can lose inches. Be sure to discuss your health background with YOUR physician and ask any questions about your particular areas of concern. If you grab your fat and you cannot “squeeze” it, you are not a candidate. Fat must be “soft”. Your clinician will tell you if you are not sure.

19. How do we get like this!?

A. When you skin a chicken the slimy part on the meat is called fascia. On human bodies, we have skin as an overall covering; your fascia is in 4 quadrants; then, muscle group coverings, etc. We are concerned about the fascia part. When your fascia gets tight (remember “Indian Burns” as a kid? If it hurt, you had tight fascia, most of us do), the fascia shrink wraps everything in it! (Like putting your foot in a shoe too small). Your blood is able to trickle through, depositing toxins and not able to “wash” anything out. This is how we get lumpier and bumpier and larger! (If you touch your areas and its cold, your fascia is probably restricted, not allowing proper blood flow = coldness to touch.)

20. Why is it important to eat right?

A. When eating healthy, it keeps your blood sugar in a “good” range. When eating badly, it causes your blood sugar to spike and fall. Any “spikes and falls” out of our body’s normal range are stored as fat!

Note from Owner, Tina Long:

I have been in the “weight loss” business since 1990. While working for a primary care doctor, Larry Odekirk, D.O., we had a weight loss program. From there, as a massage therapist, I did “Lypossage”, a hands-on procedure that broke up the fat. Painful, but effective. Inch loss wraps were incorporated; but I was not satisfied. A few years ago, inch loss lasers were incorporated. The U.S. FDA cleared Zerona procedure is 6 treatments in a 2 week period. The Canadian FDA cleared Yolo Lapex Lipolaser is 9 visits in 3 weeks. I truly want **every single person** to succeed. I added the infrared

sauna to heat your tissue up at a cellular level. This makes the laser more effective because the “process” is started prior to the laser procedure. The vibration plate is incorporated because not everyone can exercise. If you do not exercise, your circulation will not “move”. (Your lymph system, where the fat/toxins are emulsified to, works in conjunction with your circulatory system). If you are not doing cardio-you will not get the fat/toxins out and they will resettle! Weight training is not recommended. Only daily cardio!

You will get out of it what you put into it! The lasers are NOT “cure-alls”! You must work hard when you are not in the office!

Lifestyle eating changes; “If God grows it, you can eat it!” No processed foods, no high fructose corn syrup and nothing “enriched”. Sorry to say, but you MUST read labels. Just because the box appears healthy...it may not be!

Your mindset for the 6 weeks needs to be like a TV weight loss show. Dedicate this time for you! It’s about time you do something for you!

You need to eat 5-6 times a day. You must eat breakfast within 30 minutes of waking and protein must be included. (This gives your metabolism something to “work” on.)

You must prepare food and take it with you. If you are not prepared you will eat nothing or something “bad” for you. Both are negative and have negative results to your health and inch loss!

Clear all unhealthy food and drink out of your house! If it’s not there, you have no temptation. We all get weak. If you have only good food in the house: fruit, yogurt, cheddar cheese, cottage cheese, etc, you will be forced to eat “right”. Your body “feels” so much better once you start eating “right” and your mind feels better; because you have gained control of “you” again.

When was the last time you felt true confidence?! Join me and succeed!!

Tina

I have been given the opportunity to read this document, I understand its contents, have been able to ask all of my questions and have them answered fully to my satisfaction.

Patient/Guardian Signature

Date