

## What is Vanquish?

Patients, who are looking for a non-surgical solution to help diminish fat and give an overall contour, may want to consider Vanquish.

Vanquish is a non-invasive treatment to gently and effectively reduce fat in targeted areas of your body, resulting in noticeable, natural-looking fat reduction in the treated areas. Vanquish does not require any incisions or needles, instead it uses a form of radio frequency (thermal heat) technology which targets and eliminates fat cells. There is also no need for anesthesia or pain medications prior to the procedure. The treatment is done every week for a series of 4-6 treatments to obtain the best results.

### Pre-Treatment

Photos will be taken upon arrival to document your process, as well as weight, body fat percentage and water percentage. Patients will then be positioned properly under the panels of the Vanquish to ensure the best possible absorption is achieved to lead to results.

### Details of Procedure

Patients are asked to come in for their procedure in loose flitting clothing to ensure they are comfortable throughout the treatment. Patients are positioned under the panels to ensure even distribution. Patients will be monitored throughout the treatment at 15 minute intervals to ensure that temperature levels are optimal. It is normal to feel a warming sensation throughout the area being treated. Patients should not be uncomfortable throughout the treatment. Hot spots can occur – this means there is a concentration of energy on one spot. Your nurse will be consistently monitoring and will be able to alter the positioning of the Vanquish should this occur.

### Post-Treatment Care

There is minimal patient recovery time, due to the fact that this is a non-invasive procedure. The patient may experience some redness in the areas that have been treated. The redness usually disappears shortly after the treatment. Patients may experience panniculitis – this is when there is a hard round nodule located within the treatment area. This will eventually subside after a period of a few weeks. There are no restrictions on activities following the treatment. Full results are seen approximately 4 weeks after the last treatment and photos are usually scheduled at that time.

### Possible Risks

Possible risks may include bruising, redness, swelling and panniculitis. Results may vary significantly with each patient. Vanquish is a treatment designed to help with body contouring and is not a weight loss solution.

## Pre & Post Procedure

\*To augment results and help the body prepare to get rid of fat cells more efficiently The Advanced Detoxification Formula by Glisodin is recommended 1 month prior to the procedure. This can be followed by the Advanced Slimming Formula to achieve body sculpting and overall weight loss. These supplements are of course complimentary to a healthy exercise routine and diet.

\*It is highly recommended that patients consume as much water as possible pre and post procedure to optimize treatment results.

*\*Please Note -- We do require a 20 % deposit when booking all procedures in the Skin Spa.  
Also, due to the large volume of bookings, we do require 48 hours' notice of cancellation. The cancellation fee is \$50.00 +hst for every ½ hour of procedure time that is cancelled or \$150.00 +hst for consultation appointments that are cancelled without the required 48 hours' notice.  
If purchasing packages of treatments, please be advised that packages must be fulfilled within a year from the date of the first treatment within the package.*

## Hydration for VANQUISH™ Fat Loss Treatment

### Why is it so important to stay hydrated?

Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work correctly. For example, your body uses water to maintain its temperature, remove waste, and lubricate joints. Water is needed for good health in general and is also important to facilitate the breakdown and elimination of fat cells.

### But why is it so important for VANQUISH?

Our skin and muscle contain about 70% water. Fat contains only about 10% of water.

The more hydrated skin and muscle tissue are, the less resistance they have towards the RF energy being used with VANQUISH. Hydrated tissue enables the energy to travel more efficiently in order to selectively heat fat cells. This means both a more effective and more comfortable VANQUISH treatment.

It is important to arrive well hydrated for VANQUISH treatments. It is recommended to begin hydrating 24-48 hours before treatment and maintain hydration for 24-48 hours after.

### How much water should I drink each day?

You may have heard different recommendations for daily water intake. For most people, that is about 6 to 8 8-ounce glasses of water each day, which is a reasonable goal. Factors such as age, gender, body weight can all impact hydration.

If you are concerned that you are not drinking enough water, check your urine. If your urine is consistently colourless or light yellow, you are most likely staying well hydrated. Dark yellow or amber-colored urine is a sign of dehydration.

### Could what you eat and drink dehydrate you?

There are a number of foods that can decrease your hydration levels. It is important to increase your fluid intake if your diet is high in any of the following: caffeine, alcohol, protein, and herbal supplements.

### What if I work out?

When we sweat, we experience fluid loss. With any activity that causes perspiration it's important to increase your water intake in order to rehydrate.

### Tips for staying hydrated:

**Keep it handy:** If you have easy access to water throughout the day you will be more likely to make it a habit. Try using a refillable water bottle to refill throughout the day.

**Spice it up:** If you don't love the taste of plain water, try adding a hint of fresh fruit or herbs to the mix. Rosemary-Watermelon, Strawberry-Kiwi, Pineapple-Mint, and Lemon-Cucumber are just a few delicious and nutritious combinations to try.

**Swap your snacks:** Snacks like granola bars, chips, and crackers all have low water content. Instead, reach for fresh fruits and veggies or healthy smoothies that will all help to keep you hydrated. Celery & peanut butter or veggies with hummus are both great refreshing mid-day pick-me-ups.

**Pile on the produce:** Aim for half of your plate to be made up of fruits & vegetables; both for their higher water content as well as a healthy dose of vitamins, minerals and fibre.