

EMSCULPT NEO®

Congratulations on choosing EMSCULPT NEO for your body contouring!

EMSCULPT NEO is the most advanced non-invasive body contouring device on the market, simultaneously delivering fat reducing radio-frequency (RF) and muscle-building high-frequency electromagnetic (HIFEM) energy to the treatment area(s). The RF works by heating the subcutaneous fat to the point where fat cells in the target region rupture and die. The HIFEM component works by contracting muscle fibers in the targeted region over 20,000 times in a single treatment session. Over a series of treatments, NEO has been clinically shown to reduce subcutaneous fat by 30% and increase lean muscle by 25% in the treatment area. The effects of a 4-6 treatment cycle of EMSCULPT NEO are comparable to a 12-week high-intensity workout regimen. Visit iowaskin.com and click on the NEO link if you wish to learn more or see before & after pictures from some of our patients.

We ask that you carefully read the sections below and discuss with your aesthetician before making this commitment to yourself.

EXPECTATIONS & CONSIDERATIONS

Results differ from patient to patient	Everyone's body is different and different bodies respond to stimuli in unpredictable ways. As a blanket statement, we have seen the most dramatic results in patients with an active and healthy lifestyle who exhibit mostly excess subcutaneous (i.e. pinchable) fat rather than visceral fat.	_____ Patient initial _____ Employee initial
EMSCULPT NEO is not a magic solution	Consider NEO like a 12-week fitness bootcamp. If you pair NEO with healthy nutrition and lifestyle changes, you will get the most out of your treatments. As they say, "you can't out-run a bad diet" and it is entirely possible to negate the benefits of the treatments altogether if you make poor nutrition choices. We have some tips on nutrition below.	_____ Patient initial _____ Employee initial
Optimal results take time	While it is possible to see results early on, optimal results are typically 1-3 months after your final treatment as this gives the body time to rebuild muscle fibers and flush the dead fat cells from the body. We recommend you consume adequate protein during and after your treatment series to ensure muscle synthesis.	_____ Patient initial _____ Employee initial
Maintenance is recommended	Approach this investment as you would approach a fitness regimen. It is important to think about how you plan to maintain your awesome results after your initial treatment series. We recommend following up with monthly treatments.	_____ Patient initial _____ Employee initial

LIFESTYLE & NUTRITION TIPS

If you are already on a fitness regimen and enjoy a healthy diet, keep it up as you embark on your series of NEO treatments! Otherwise, just as you would if you embarked on a new fitness regimen or a diet

program, it is recommended to make lifestyle and nutrition changes to get the most out of your EMSCULPT NEO treatments.

Hydration	Adequate hydration is necessary to ensure you derive the full benefits of each treatment. We will check your hydration level before each treatment to ensure it is adequate. We recommend downloading the BTL app on to your smartphone to provide daily reminders for water intake.	_____ Patient initial _____ Employee initial
Nutrition	Just as you would pair a new workout program with a healthier diet and better food choices, we encourage you to do the same here. While we can provide some basic tips, we strongly encourage you to meet with a weight management counselor who can provide support and guidance on a healthier diet and lifestyle. Locally, we recommend reaching out to Paige Harnish, LISW, CIMHP at Lifetime Therapy Services PLLC . Paige can be reached at paige@lifetimetherapyservices.com or 515-216-4118.	_____ Patient initial _____ Employee initial
Gym membership	Combining the targeted aggressive NEO treatments with the full body and cardiovascular benefits of a new exercise program is recommended. If you are not on a regimen already, we suggest reaching out to Tracy White at Farrells in West Des Moines to set up a customized and fun exercise program. Tracy can be reached at tracywhite@extremebodys shaping.com or 515-224-1822.	_____ Patient initial _____ Employee initial

FREQUENTLY ASKED QUESTIONS

Is NEO right for me?	Please read the above section on expectations. Apart from those considerations, NEO is unfortunately not appropriate for pregnant women or anyone with metal implants (copper IUD, pacemakers, etc).
Is the fat loss permanent?	YES, fat cells will be permanently purged from the body. However, just because you are eliminating fat cells from the body, that does not stop the remaining fat cells from expanding over time if you consume more calories than you burn. It is entirely possible to regain fat after any invasive or non-invasive fat reduction treatment.
How long does NEO take?	Each NEO treatment takes 30 minutes. A series of treatments consists of 4-6 30-minute treatments in the target area, spaced 1 week apart.

Ducharme Dermatology, PC has provided you with this document because we are committed to helping you derive the maximum benefits from your series of treatments. Please make sure you have read and understood everything herein.

<p>I confirm that I have read and understood all the foregoing and have adequately had any related additional questions or concerns addressed.</p>	_____ Patient name
	_____ Signature
	_____ Date