

SmartLipo

- **How does SmartLipo work?**

SmartLipo uses a fine canula (1mm. diam.) to deliver a safe, powerful laser to heat fat cells, causing them to break down. After most of the fat released has been aspirated, the remaining deposits are simply absorbed by the liver and disposed of naturally. At the same time, the laser seals-off minor blood vessels and stimulates collagen production to improve skin tone.

- **How effective is SmartLipo?**

SmartLipo is perfect for sculpting the common 'problem areas' such as upper and lower abdomen, knees, under-arms, buttocks, back, chin etc. The overall result depends on the extent of the area to be treated, but improvements are usually seen approximately 6 weeks after treatment - with final results in about 4 months.

- **How many treatments are needed?**

Usually only one, but this depends on the size of the area to be treated. Dr Peter Hickman will advise on this during your initial consultation.

- **How long does each session take?**

One, two or three areas can be treated at a single session. Example; Lower abdomen, chin and 'love handles' would be classed as three areas.

- **Are there any side-effects with SmartLipo?**

Minor bruising, swelling or discomfort may occur in the short term. Antibiotics are given to prevent infection. Loosened or slack skin is rarely a problem, as in most people the skin naturally tightens after the fat is removed; in addition as part of the treatment the laser is used to stimulate collagen and tighten the skin.

- **Does SmartLipo hurt?**

Smart Laser Lipolysis is minimally invasive and is administered under a local anaesthetic. There may be a sensation of tugging and some minor discomfort briefly whilst the local anaesthetic is being administered.

- **Is SmartLipo safe?**

There is no known health risk associated with SmartLipo. Thousands of people have been treated worldwide with no adverse effects on health.

- **What will SmartLipo cost me?**

Overall cost depends on the extent of the treatment. This will be discussed during your initial consultation. See our online price list for more information.

- **Am I in safe hands?**

Dr Peter Hickman MB, BS

Dr Hickman qualified as a doctor in 1975 at St Mary's Hospital, London. He has worked both in hospitals and in primary care, and has developed experience in a variety of laser applications. In early 2007 he was the first in Scotland to use Laser Lipolysis.

Nurse Karen Telfer

Karen assists Dr Hickman during the procedure. She has worked with Dr Hickman since 2007.

Before Treatment	Laser Lipolysis	Traditional Liposuction
Is it surgically invasive?	X	✓
Do I require general anaesthetic?	Local	Almost always general
What happens to the fat cells?	They are melted and removed	Scraped and vacuumed out
Will there be any blood loss?	Very Minimal	Risk of major blood loss
Can you be treated on the same day?	✓	X
How long does the treatment take?	1.5-3 hours	4-6 hours
Is it a treatment for obesity?	X	X
What is the size of the instrument used?	1mm fibre optic laser	3-6mm metal cannula
Can the face be treated?	✓	Only Partially
Can under the chin be treated?	✓	✓
Can the backs of arms be treated?	✓	✓
Can the inner thighs be treated?	✓	✓
Can the upper abdomen be treated?	✓	✓
How much does it cost?	£1500-£3750	£3000-£12000
After Treatment		
How much downtime can I expect?	0-3 days	3-10 days
What level of pain will I have?	Mild-moderate	In most cases severe
How long do I wear compression garments?	2-7 days	Several weeks
How much bruising will I have?	None or very little	Moderate to major
Will there be swelling of the treatment area?	Very little	Yes, Significantly
How soon will I see a result?	2 weeks onwards	Up to 3 months
When will I see the final result?	3-4 months	
Does the treatment help my skin tone?	Tightened by the laser	Skin may sag afterwards
Is the fat loss permanent?	✓	✓
How big is the insertion point scar?	2-3mm	Varies
Infection	Rare	More common

