

| fact sheet |

SMARTLIPO

What is SmartLipo?

SmartLipo is a new, innovative laser-assisted procedure used in combination with tumescent liposuction to achieve superior results when combining fat removal with skin tightening.

How does SmartLipo work?

SmartLipo liquefies the targeted fat using a laser cannula inserted into small openings in the skin. This is often combined with a suction cannula to remove the melted fat. SmartLipo may also be used to melt residual fat and to tighten the skin after tumescent liposuction. In addition to melting pockets of fat, the laser energy induces collagen growth while tightening lax skin.

The cannula used for SmartLipo is so small that the procedure can be performed under local anesthesia, which is also used for tumescent liposuction. This avoids the risks associated with general anesthesia used in traditional liposuction done in a hospital. The minimal invasiveness of SmartLipo may hasten recovery time and reduces the risk of complications. SmartLipo is thought to decrease swelling and bruising for faster recovery.

How is SmartLipo different from traditional liposuction?

SmartLipo offers many advantages over traditional liposuction, including faster recovery,



ery, minimal discomfort, and fewer complications.

Also, because the laser seals blood vessels as it treats the fat, there is less swelling, bleeding and bruising than with traditional liposuction.

What areas of the body can be treated with SmartLipo?

We offer treatment for many areas, including the neck, face, arms, knees, back, bra strap, mons pubis, male breasts (gynecomastia), hips, thighs, buttocks, and for areas of loose and flabby skin. SmartLipo is a perfect solution for stubborn fat that has not responded to diet and exercise.

Is there any downtime?

SmartLipo is a minimally invasive treatment that only requires oral sedation and local anesthesia—enhancing patient safety and reducing the likelihood of side effects.

Many patients are able to get back to a normal schedule quickly. However, one or two days may be needed to rest. SmartLipo may result in minimal pain or bruising. In rare cases, infection, blisters or scars may occur.

How many treatments will I need?

Typically only one treatment is necessary for desired results. Rarely are touch-up sessions necessary. Treatment sessions last about one hour for each area treated.

How long will it take to see results?

Results may be seen immediately, and will continue to improve over several months.

Is the procedure permanent?

Little, if any, fat is reabsorbed back into your body once SmartLipo removes the fat from the treated area of your body,

However, if you accumulate fat in the future, it will be deposited somewhere else on your body. The focus of SmartLipo is body shape improvement, however it may improve cellulite and tighten sagging skin.

If you are considering SmartLipo, it is important to have realistic expectations of the procedure's results. SmartLipo is primarily intended to treat areas of fat that have not responded to diet and exercise; therefore it is most effective on patients who are generally in good health and who are within 20 pounds of their ideal BMI (body mass index). The following page shows a BMI table that can help you determine your BMI and category.

Is SmartLipo painful?

Patients are treated with a local anesthetic during the procedure, eliminating pain during treatment. After the anesthesia has worn off, there may be aches and pains, similar to what one might feel after a vigorous workout.

Is SmartLipo safe?

The SmartLipo device was approved by the FDA in November 2006.



Who performs the treatments?

SmartLipo treatments are always administered by extensively trained and experienced physicians.

Dr. Mark B. Taylor of the Gateway Aesthetic Institute & Laser Center has more than 30 years of experience in cosmetic surgery procedures, and more than 20 years of experience with laser treatments. He was one of the first doctors to use SmartLipo in the United States. Feel assured that when you select the Gateway Aesthetic Institute & Laser Center, you will get the most effective and safest treatment possible.

How do I know if SmartLipo is right for me?

Call Gateway Aesthetic Institute & Laser Center at (801) 595-1600 to schedule a free consultation with Dr. Taylor. We will help determine which options are right for you.





We are located at the south end of the Gateway Mall at 440 West 200 South, Suite 250, Salt Lake City, Utah 84101. We feature extended and weekend hours.

Body Mass Index (BMI) Table

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
HEIGHT	WEIGHT (IN POUNDS)																
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	218	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	146	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279

To calculate your BMI: Locate your height in the far left column, then move across the row until you see a figure closest to your current weight. The number at the top of that column shows your BMI.

Could SmartLipo work for you? To find out, follow the same directions as above, but subtract 20 pounds from your weight and use that to calculate the BMI. If the resulting BMI falls into the yellow or green category, you may be an ideal SmartLipo candidate. Even if you fall into the first two columns of the red category, SmartLipo may still work for you. To schedule a free consultation with one of our skilled providers, please call Gateway Aesthetic Institute & Laser Center at (801) 595-1600.

-  BMI 19-25 = *healthy weight*
-  BMI 25-27 = *moderately overweight*
-  BMI 27-30 = *overweight*
-  BMI 30+ = *obese*