



## VANQUISH ME FAT REDUCTION

### IDEAL CANDIDATES

**Vanquish Me** is an FDA-cleared body contouring procedure for patients close to their ideal body weight that struggle with stubborn areas of fat deposition, resistant to diet and exercise. There is no limitation based on a patient's size or body mass index.

### HOW DOES IT WORK

**Vanquish Me** is the **first non-invasive, no pain, no contact, no downtime device** to reduce unwanted fat from the abdomen, flanks, upper back, thighs, and bra line. The fat cells targeted by radiofrequency are naturally eliminated by your body.

The new **ME** version offers a customized treatment that analyzes your body and fat content to deliver a more powerful, more efficiently distributed level of radiofrequency energy.

Beautiful Skin Institute is also offering the new **Vanquish Flex Applicator** to contour the thighs and reduce unwanted fat called 'saddlebags.'

Depending on your preferences, we might recommend our **SHRINK WRAP** procedure combining abdominal and back treatment together to achieve the highest degree of circumferential fat reduction. This is a lunchtime, in-and-out procedure with no downtime. Each treatment is customized to meet your personal goals.

### ALTERNATIVES

**Vanquish Me** possesses the industry's largest applicator. Coupled with the nature of selective RF energy distribution through fat layers, the wide applicator allows for efficient circumference reduction and even treatment. In contrast, other fat reduction systems with contact/suction applicators treat only those areas where the device is applied, creating the potential for uneven treatment, residual bulges, or demarcations ('shark bites').

**Vanquish Me** also has highest efficacy and cost efficiency of permanent fat reduction when compared to **Coolsculpting** and **SculpSure**.

**Vanquish Me** removes fat faster, with the largest fat removal coverage area and without pain.

Study data help calculate per ounce investment for removed fat, which is

\$79 for **Vanquish Me** compared to

\$954 for **SculpSure** and

\$1,160 for **CoolSculpting**.

#### Reference:

Suneel Chilukuri & Gregory Mueller:

"Hands-free" noninvasive body contouring devices: Review of effectiveness and patient satisfaction.

*J Drugs Dermatol* 2016 Nov 1;15(11):1402

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## OUTCOMES

For circumferential reduction (losing inches around the waist or thighs), **Vanquish Me** has the best reproducible results. Our patients typically lose 2 inches and 1 or 2 pant sizes. Results are typically achieved in 4 – 6 weekly treatments.

You may start to see improvement days after your first treatment. However, you will see greater results as early as 2 weeks after your final treatment. Individual results may vary and some patients may require more treatments or wish to undergo an additional series to target additional areas.

Results are permanent and will last as long as you maintain your current diet and lifestyle.

### Reference:

*Klaus Fritz & Carmen Salavastru:*

*Long-term follow-up on patients treated for abdominal fat using a selective contactless radiofrequency device.*

*J Cosmet Dermatol 2017;16:471*

*DOI: 10.1111/jocd.12429*

## MAINTENANCE

Typically not needed. The fat reduction is permanent.

## ANESTHESIA

Not needed

## WHO?

Dr. Esche

## LENGTH OF PROCEDURE

Treatment sessions are 45 minutes and a series of 4 to 6 sessions is recommended for most patients.

## INVASIVENESS

None

## RECOVERY TIME

None

## PREPARATION

Please stay well hydrated by drinking **ten 8-ounce glasses of water each day**. If you don't like the taste of plain water, try adding some fresh lemon-cucumber, pineapple-mint, or strawberry-kiwi.

If your urine is colorless or light yellow, you are staying well hydrated. Dark yellow urine is a sign of dehydration.

Please increase your fluid intake if your diet is high in caffeine, alcohol, protein, and herbal supplements.

## CONTRAINDICATIONS

**Vanquish Me** is contraindicated in people with metal implants as well as any active implanted medical device, which includes, but is not limited to, a pacemaker, defibrillator, cochlear implant or diabetic pump. **Vanquish Me** is also contraindicated if you are pregnant or nursing.

You cannot come into any contact with metal during your treatment. Please remove metal jewelry, buckles, cell phones etc.

## **AFTER CARE INSTRUCTIONS**

**Light exercise** following your procedure will aid in removal of fat cells damaged during treatment.

As with any fat reducing device, optimal results are achieved with a balance of a daily exercise regimen and a **healthy diet**.

Minimize consumption of refined grains and sugars, bad fats (omega-6 fatty acids), fast food, and dairy products.

Emphasize fat-soluble vitamins (A, D, E and zinc), omega-3 fatty acids, probiotics, green tea, turmeric, and Mediterranean-style diets.

## **SIDE EFFECTS**

Your treatment will feel like a hot stone massage. Immediately after treatment, your skin will be warmer than usual and possibly somewhat pink. Patients occasionally experience small tender, red areas, or even a burn or blister.

## **INVESTMENT**

Your investment varies depending on individual goals, targeted areas, and number of treatments.

## **ARE YOU INTERESTED IN VANQUISH ME FAT REDUCTION?**

Schedule your consultation now by emailing us at [hello@beautifulskin.institute](mailto:hello@beautifulskin.institute) or by calling (703) 707-6339.