



About receiving Vanquish treatment

This document describes what you need to know before and after receiving a Vanquish treatment. Should you have any unanswered questions, our staff can answer them at your in-person consultation.

What does it do?

Vanquish treatment uses radiofrequency energy targeting deep tissue layers to kill fat cells without damage to the skin or muscle tissue. Vanquish selectively heats fat cells, causing cell death. The waste from this cell death is then naturally flushed out of the body through your lymphatic system. Results will vary from person to person. We cannot guarantee how long the results will last, how much of an improvement there will be, or how painless the treatment will be. Vanquish is only for body contouring (dismissing small areas of stubborn fat). Vanquish will not remove large fat deposits, and if you do not maintain an active lifestyle and proper diet, remaining fat cells will increase in size

You should not receive a Vanquish treatment if you

1. Have any past or current implanted electronic or metal devices (e.g., pacemaker, bladder or spinal cord stimulator, IUD containing metal, myoelectric prosthesis electrodes, implanted metallic leads).
2. Have a bleeding disorder.
3. Have a current infection.
4. Have cancer or tumors.
5. Have numbness or diminished or enhanced perception of hot or cold.
6. Have certain forms of heart or vascular disease.
7. Are currently menstruating, pregnant, or nursing.
8. Have certain immune system and endocrine disorders.
9. Have difficulty being physically active in daily life.

What is the treatment process?

Drink a lot of water the day of your treatment. The applicator will be placed over the treatment area but will not touch your body. You will feel a warm sensation, comparable of being in a hot sauna. The process takes 45 minutes. It is critical you remain completely still for the duration of the treatment. During treatment you may not perform other activities, and this includes using electronic devices.

What risks are involved? What problems might I experience?

Should you experience any problems following your treatment, contact us; we can advise and treat you. Adverse effects may include—but are not limited to:

- * Faintness due to sudden drop in blood pressure.
- * Feelings of warmth or mild discomfort at the treatment area.
- * Reddening of the treatment area. This will dissipate 1 to 2 hours after treatment.
- * Swelling of the treatment area. This will dissipate 3 to 5 days after treatment.
- * Bruising and tissue tenderness. This will dissipate 1 week after treatment.
- * Blistering or burns in the treatment area. This will dissipate 1 week after treatment.
- * Skin pigment changes in the treatment area. This occurs most often with darker pigmented skin or after sun exposure of the area.

Uncommon and serious adverse effects include

- * Injury or death to patients with implanted devices or to those who previously had implanted devices, even if the implanted device is not turned on, no longer in use, or has been removed.
- * Altered sensation or permanent or transient nerve damage at the treatment site.
- * Spread of existing pathologies, e.g., tumors, tuberculosis, or infection.
- * Deep burns due to non-uniform heating of different tissue layers or to reduced heat dissipation mechanisms.
- * For men, temporary sterility or permanent damage of the testes due to temperature increase.
- * For women, teratogenic effects due to significant temperature increase of the fetus or heat injury to the tissue surrounding a metal-containing IUD.

Tell us

- * All the medicines you take, including prescription, over-the-counter medicines, vitamins, and herbal supplements, especially those that prevent the clotting of your blood.
- * Your complete medical and surgical history.
- * For women: whether you currently use an IUD.

After treatment

You might experience warmth and mild to moderate aching around the treatment area.

The treated area must be protected from exposure to the sun (sunscreen for 2 to 3 weeks after treatment) to minimize the darkening of your skin color (hyperpigmentation).

How soon will I see results?

If your Vanquish treatment is effective, you can expect to see minor results a few days to weeks after each treatment and significant results after three treatments.

Understanding and accepting the risks

Confirm the following statements:

1. I am signing this document before being treated at Recharge Medical.
2. This procedure or treatment, including anticipated benefits, material risks, and alternative therapies, has been explained to me or my legal representative.
3. All my questions regarding this treatment have been answered satisfactorily.
4. I have read and understood the information provided above and the information provided to me in person by the staff.
5. I accept all risks involved in this treatment.
6. I release Recharge Medical and its agents from all liability associated with this treatment.
7. I have shared all information about me requested and discussed above.
8. I agree to tell my provider of any future changes in my medical profile, medications, topical products, and issues related to my treatment.
9. I do not have any past or current implanted electronic or metal devices (i.e. pacemaker, defibrillator, bladder or spinal cord stimulator, myoelectric prosthesis electrodes, implanted metallic leads).
10. I am not pregnant or breastfeeding.
11. I understand that good dietary habits, sufficient intake of water, and physical activity are beneficial and may optimize results.
12. I understand that this treatment is not for weight loss.

Confirm

Wait to sign and date below until one of our staff members directs you to do so.

Printed name of client

Signature of client or client's legal guardian

Date and time

Printed name of provider

Signature of provider

Date and time