

## Lipo Shot Consultation Overview

### What the Lipo Shots do:

These shots use **deoxycholic acid**, which helps break down and dissolve stubborn fat cells in targeted areas like the lower belly, love handles, bra fat, back, thighs, or arms. Once those fat cells are broken down, your body naturally flushes them out through your lymphatic system. **Once fat cells are destroyed, they do not come back**, but remaining fat cells *can* grow if lifestyle isn't maintained.

### What results to expect:

- Most clients need **multiple rounds** for best results. Results depend on: -Area treated -Amount of fat -Lifestyle (water intake, movement, diet)
- You may see **some change within the first 3–7 days**, but full results build over time
- Mild swelling, redness, bruising, small lumps or tenderness for a few hours after injection.

### Who this works best for:

- Stubborn fat that won't budge with diet or exercise or clients close to their goal weight.

### Before-Care (What to Do Before Shots)

- Drink plenty of water 24–48 hours before
- Avoid alcohol, smoking, and salty for 24-48 hours
- No blood thinners (ibuprofen, aspirin) unless prescribed
- Eat a light meal beforehand

### After-Care (VERY Important for Results)

- Drink **at least 80–100 oz of water daily for 3–5 days**
- Eat clean, balanced meals (lean proteins, vegetables, fruits, whole grains)
- Avoid alcohol for 48 hours. Avoid heavy workouts, saunas, hot tubs for 24–48 hours
- Light walking or gentle movement to support circulation and fat flushing
- Contact us immediately if you experience unusual pain, signs of infection (heat, pus, fever), or severe reactions.

### Disclaimer

Powers Lipo Shots are intended for body contouring support and are not a medical treatment. Results are not guaranteed. Following aftercare instructions helps ensure the best possible outcome