

Fat Dissolving – Frequently Asked Questions

Q: What is a fat dissolving treatment?

A: Fat dissolving is a professional, minimally invasive injectable treatment that targets and breaks down stubborn fat cells in specific areas of the body. The dissolved fat is naturally processed and eliminated through the body's lymphatic system, resulting in a more contoured and refined appearance over time.

Q: What areas can be treated with fat dissolving injections?

A: Fat dissolving is effective for treating small, localized fat deposits that are resistant to diet and exercise, including:

- Double chin (submental area)
- Jawline
- Upper arms
- Abdomen and flanks
- Hips and thighs
- Knees
- Back and bra bulge area

Q: How do I know if I'm a suitable candidate for fat dissolving?

A: Ideal candidates are individuals close to their target weight who struggle with isolated pockets of fat.

Clients should be in good general health and have realistic expectations.

Those with certain medical conditions, such as active infections, liver disease, or during pregnancy/breastfeeding, may not be suitable.

A full consultation and assessment by a qualified practitioner are essential before treatment.

Q: Are there different types of fat dissolving products?

A: Yes. Different formulations and brands are used depending on the treatment area and desired results.

Common solutions include deoxycholic acid-based products (such as Aqualyx, Lemon Bottle, or Deso) that effectively break down fat cells.

Your practitioner will choose the most suitable product based on your goals and treatment Plan.

Q: What happens during a fat dissolving treatment?

A:

1. The area to be treated is cleansed and marked.
2. A topical or local anesthetic may be applied for comfort.
3. The fat dissolving solution is injected into the targeted area using fine needles or

cannulas.

4. The session typically lasts 30–60 minutes, depending on the size of the area. After the procedure, mild swelling, redness, or tenderness are normal and subside within a few days.

Q: What is the downtime after fat dissolving?

A: Most clients can resume normal activities immediately, though some may experience:

- Mild swelling or puffiness
- Redness or tenderness in the treated area
- Temporary bruising

These effects are part of the body's natural healing process and usually resolve within a few days.

Avoid intense exercise, alcohol, and saunas for 24–48 hours post-treatment.