

**Lemon Bottle** is a non-surgical fat dissolving injection treatment. The solution contains deoxycholic acid, riboflavin (vitamin B2), and bromelain, which work together to break down and destroy fat cells in targeted areas. The dissolved fat is then naturally eliminated by the body's lymphatic system over the following weeks. This treatment is designed for localised fat reduction and is not a weight loss solution.

## Expected Benefits

Reduction of localised fat deposits in the treated area(s). Results typically develop over 4 to 6 weeks as the body processes and eliminates the destroyed fat cells. Multiple sessions may be required to achieve desired results.

## Risks and Complications

- As with any injectable treatment, Lemon Bottle fat dissolving injections carry risks and potential complications, including but not limited to:
- Common:** Bruising, swelling, redness, tenderness, and warmth at the injection site.
  - Less common:** Nodules or lumps under the skin, prolonged numbness, itching, hardness in the treated area.
  - Rare but serious:** Skin necrosis (tissue death), allergic reaction or anaphylaxis, asymmetry, infection, nerve injury, unsatisfactory results or need for further treatment.

## Side Effects

- The following side effects are common and usually resolve within a few days to two weeks:
- Pain or discomfort at the injection site
  - Redness and warmth
  - Swelling and inflammation
  - Numbness or altered sensation
  - Itching
  - Hardness or firmness in the treated area
  - Bruising

## Alternatives to Treatment

- Alternatives to Lemon Bottle fat dissolving injections include:
- **No treatment** (choosing not to proceed)
  - **Diet and exercise** (lifestyle modifications)
  - **Surgical liposuction** (invasive fat removal under anaesthesia)
  - **Cryolipolysis (CoolSculpting)** (non-invasive fat freezing)
  - **Other injectable fat dissolvers** (e.g. Aqualyx, Kybella)

## Contraindications

Please confirm whether any of the following apply to you:

Do any of the following apply? (tick all that apply) \*

- ☐ I am pregnant or breastfeeding    ☐ I have liver disease or impaired liver function
- ☐ I have a blood clotting disorder or take anticoagulant medication    ☐ I have an autoimmune condition
- ☐ I have an active infection or inflammation at the proposed treatment site
- ☐ I have a known allergy to deoxycholic acid or any ingredient in Lemon Bottle    ☐ I have had recent surgery in the treatment area
- ☐ I have epilepsy or a seizure disorder    ☐ None of the above apply to me

## Treatment Details

Area(s) to be treated \*

Number of sessions discussed \*

## Aftercare Responsibilities

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- Following your treatment, you agree to:
- Avoid strenuous exercise for 48 hours
  - Avoid alcohol consumption for 48 hours
  - Drink plenty of water to support lymphatic drainage
  - Avoid hot baths, saunas, and steam rooms for 48 hours
  - Not massage or apply pressure to the treated area for 72 hours
  - Report any unexpected or worsening symptoms to the clinic promptly
  - Attend all recommended follow-up appointments

## Patient Declaration

- ☐ I confirm that the information I have provided is accurate and complete to the best of my knowledge.
- ☐ I have been informed of and understand the risks, side effects, and potential complications associated with Lemon Bottle fat dissolving treatment.
- ☐ I consent to receiving Lemon Bottle fat dissolving injection treatment in the area(s) specified above.
- ☐ I understand that results are not guaranteed and that multiple sessions may be required.
- ☐ I consent to before and after photographs being taken for my medical records.

### Patient Signature

Print Name: \_\_\_\_\_

Date: \_\_/\_\_/\_\_\_\_

### Practitioner/Clinician Signature

Print Name: \_\_\_\_\_

Date: \_\_/\_\_/\_\_\_\_