



Lexington Plastic Surgeons

"Lipo for Life" Plan

LIVE WELL

LOOK WELL

BE WELL

Pre-treatment

Post-treatment

Step 1: Evaluation	Step 2: Treatment Plan	Step 3: Monitoring & Modifying
<ul style="list-style-type: none"> • Exam with Board Certified cosmetic surgeon • Nutritional evaluation with holistic health expert • Physical fitness assessment with personal trainer 	<ul style="list-style-type: none"> • Liposuction treatment • Personalized diet plan • Personal fitness plan with specialized in-house exercise classes including: <ul style="list-style-type: none"> ⇒ Personal training ⇒ Yoga ⇒ E-sensual dance (pole, chair & floor dance) 	<ul style="list-style-type: none"> • Liposuction post-treatment follow-up exams • Meal plan review and adjustment with nutrition expert • Physical fitness plan review and adjustment with personal trainer