



EpiCentre
LEGACY

5425 W. Spring Creek
Suite 105
Plano, TX 75024
469.229.0598

This New Year, Be Smart About Your Body Contouring Choices!

There is no question, balanced nutrition and regular exercise are essential to maintaining a healthy body. Wellness and fitness experts will tell you that as we age, certain problems such as skin laxity and localized areas of unwanted fat simply cannot be addressed by diet and exercise alone. Through advancements in science and technology, new alternatives in body contouring are now available to help you achieve your goals.

EpiCentre Legacy uniquely offers a comprehensive list of leading edge procedures, ranging from skin tightening and non-invasive fat reduction to full surgical contouring. The following table shows a brief comparison of the procedures we offer. All body contouring procedures are performed by or under the direct supervision of our medical directors, the board certified surgeons of the nation-leading **Dallas Plastic Surgery Institute**. For more information or to schedule your free consultation, please contact **EpiCentre Legacy** at 469.229.0598.



	Standard Liposuction	Tummy Tuck	In-Office Liposuction (VibroLipo)	Cryolipolysis (Zeltiq)	Skin Tightening (Thermage)
Body Shaping Needs	Moderate to Large Volume Fat Removal	Abdominal Skin Laxity	Low to Moderate Volume Fat Removal	Localized Fat Reduction	Minor Skin Laxity
Invasive?	Yes	Yes	Minimally Invasive	Non-Invasive	Non-Invasive
Anesthesia	General	General	Local	None	Topical
Recovery Time	Weeks	Weeks	Days	Immediate	Immediate
Restriction of Strenuous Activities	6+ Weeks	6+ Weeks	4-6 Weeks	None	None
Garment Wear	1 Week Per Decade of Age	1 Week Per Decade of Age	1 Week Per Decade of Age or Less	None	None
Risks	Irregularities, Skin Laxity, Systemic	Irregularities, Systemic	Irregularities, Skin Laxity	Extremely Low	Extremely Low
Cost	\$\$\$	\$\$\$	\$\$	\$	\$



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