

The Association is dedicated to safe, state-of-the-art, innovative surgeries and healthy lifestyles for women of all ages. In a nurturing environment, the physicians and staff strive to promote a partnership in your healthcare and make every effort to bridge the sterile science of diseases with your emotional, physical, and spiritual needs. Everyone is confronted with difficult healthcare decisions at one time or another. You'll want your physician and staff to have the knowledge, experience, and sensitivity to guide you safely through the decision-making process.

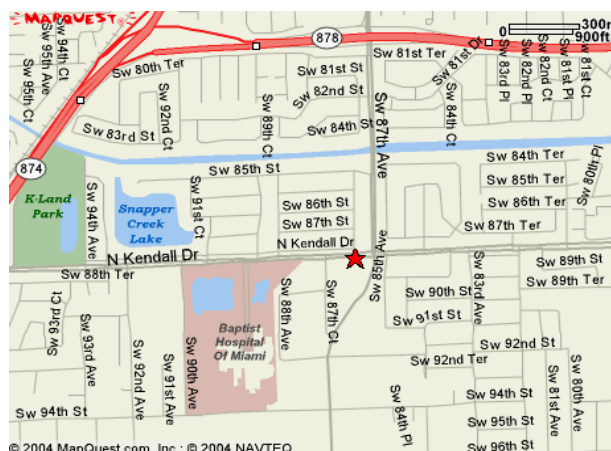
The Association of Minimally Invasive Gynecologic Surgeons provides comprehensive gynecologic office and surgical healthcare. The physicians are certified in laparoscopy and hysteroscopy and are experts in advanced gynecologic surgery. Doctors Whitted and Pietro are national speakers, trainers, and researchers in advanced surgical techniques. In addition, Doctors Pietro and Whitted are Certified Menopause Clinicians who educate, train, and research the science of menopause. Finally, they are certified in advanced colposcopy.

Doctors Whitted and Pietro offer expert education and care in the following areas:

- | | |
|----------------------------------|-------------------------|
| Abnormal Paps (HPV) | Loss of Urine |
| Abnormal Menstrual Cycles | Menopause |
| Bladder Prolapse | Ovarian cysts |
| Chronic Pelvic Pain | Osteoporosis |
| Endometriosis | Rectocele |
| Ectopic Pregnancy | Uterine Prolapse |
| Family Planning | Vaginal Prolapse |
| Fibroids (Leiomyoma) | Well-Woman visit |

*****Evaluation and Diagnosis of Gynecologic Cancers**

If you need surgery, The Doctors in the Association perform most gynecologic surgeries with minimally invasive techniques to reduce hospitalization, recovery, scarring, discomfort and absence from work in most cases.



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The Association of Minimally Invasive Gynecologic Surgeons

...dedicated to healthy lifestyles and safe, state-of-the-art surgery for women of all ages.

Liposelection

All bodies are not created equal. For most of us, stubborn fatty deposits attach themselves to our hips, circle around our bellies, cling to our thighs, and even appear on our arms, backs, and chins. You've likely identified problem areas of your own that persist despite your diet and exercise efforts. Whether it's one area of the body or more, fat removal ranks pretty high on the wish list of the average American. Age, genetics, and child bearing all take a toll on your looks. If you've ever considered liposuction and thought it was too drastic due to risks and potential downsides, you may want to consider a gentle new procedure that is transforming the body-shaping patient experience.

It's called LipoSelection[®], *not* liposuction. These days, patients are turning to this advanced procedure to combat their "trouble spots", especially those that may be genetic "gifts" or are seemingly resistant to the hours spent at the gym. By delivering consistent results with minimal pain and down time, LipoSelection is becoming the new standard of care for body contouring.



Difference between lipoSelection and liposuction

The key to the LipoSelection difference is tissue selectivity, provided by a patented device called the VASER® System. Simply put, traditional liposuction procedures are limited by their inability to differentiate between the bad (excess fat) and the good (nerves, blood vessels, connective tissues, etc.). While traditional procedures do remove fat, a considerable amount of damage can be done to other important tissues. This can result in bleeding, bruising, and swelling, and lead to a long, painful recovery. In addition, damaged collagen and connective tissues can compromise the final shape, leaving behind lumps and bumps where uneven amounts of fat were removed. The magic of VASER LipoSelection is that it uses the gentle power of ultrasound to target only the fat you want removed, leaving all other tissue largely undisturbed.

How the procedure is performed

The procedure may be performed in the doctor's office under local anesthesia. For many individuals, this removes the stigma and risks associated with hospitals or surgery centers and general anesthesia. First, the area is filled with a special saline solution, expanding the fatty layer. This solution numbs the area and shrinks the blood vessels, thereby minimizing blood loss and reducing bruising. Then, using VASER technology and LipoSelection technique, your doctor inserts a small, patented probe that disperses ultrasonic energy, liquefying the soft fat cells on contact. VASER LipoSelection targets only the fat cells for removal. This is the LipoSelection difference. Gentle suction and massage of the reshaped

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site removes liquefied fat cells with ease – again, without significantly damaging blood vessels, nerves or connective tissues. Preserving these tissues enhances healing, promoting smooth and tight skin retraction.

Only VASER technology provides the tissue-selective LipoSelection procedure, targeting fatty deposits with little disturbance to the rest of the tissue matrix. As a result, LipoSelection patients consistently report low-to-minimal pain, bruising, swelling, and down time. Physicians report consistent, predictable results and an enhanced ability to sculpt and contour a patient's physique. Many patients are able to return to their normal activities in a matter of days rather than weeks. Pain and bruising is often so minimal that patients require only over-the-counter medication.

After the Procedure...

After your procedure is completed (about 90 minutes) a compression garment is applied, you are served a light meal, and then you are ready to walk out of the office with the companionship of a friend or significant other as your designated driver. There will be leaking from the sites for 24-36 hours and you will feel numbness then tingling at the operative site for an unpredictable timeframe. Swelling usually occurs in the most dependant places of the body and self-resolves. Some bruising may occur but usually is minimal. Typical soreness is described as a bruised muscle feeling like a strong exercise work-out. Usually a level of discomfort requiring more than advil is truly uncommon for our patients. Your return to work and normal

activities is usually within three to four days or basically a long weekend! You will be asked to return to the office 3-5 days after the procedure, at one month, and three months.

What expectations can I expect?

Skin tightening normally occurs over the next 3-6 months. Skin swelling normally improves by 1-2 months. Bruising resolves in 2-3 weeks. Numbness and tingling may take up to 3months to improve.

Who is a candidate for this procedure?

If you are healthy and seeking a fast, minimal-pain solution to losing excess fat, VASER LipoSelection could be your answer. We have used ultrasound for years to catch the first glimpse of a baby – even to clean our teeth, but now this gentle energy source has evolved to fat removal. That's the beauty of VASER LipoSelection – it's a gentle procedure, causing little trauma to surrounding tissues, promoting fast healing and smooth, natural-looking results.

For more information

For more information about LipoSelection please visit us at www.floridaamigos.com or call us at 305-596-3744.