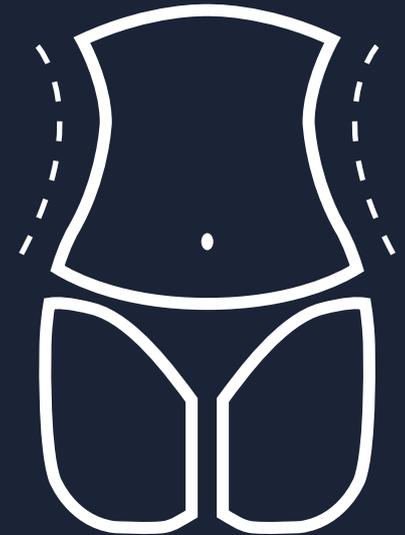


Guide through VASERlipo liposuction

BAGATIN
CLINIC



Introduction

Almost every person above the age of 30 struggles with hard-core fat deposits on certain body parts - those could be strong hands or calves, thick thighs, round face, neck or belly. Oftentimes no matter how many diets we try and how regularly we exercise, those fat deposits just won't go away. But, there is a solution. We bring you VASERlipo - the most modern technology in the world of liposuction which has become the golden standard in body contouring.

Advantages of VASERlipo ultrasonic liposuction:

- Quicker recovery
- Less need for painkillers
- Reduced loss of blood
- Reduced need for treatment repetition
- Predictable results
- Moderate skin tightening
- Increased precision
- Reduced fatigue
- Fat particles suitable as face fillers or body part fillers

Destination

Croatia

Croatia is a sovereign state at the crossroads of Central Europe, Southeast Europe, and the Mediterranean. Its capital city is Zagreb, which forms one of the country's primary subdivisions, along with its twenty counties. Croatia's Adriatic Sea coast contains more than a thousand islands. The country's population is 4.28 million, most of whom are Croats, with the most common religious denomination being Roman Catholicism. Croatia has also made a name for itself as a leading destination for health and wellness tourism.

City Zagreb

Zagreb is the capital and the largest city of the Republic of Croatia. It is located in the northwest of the country, along the Sava river, at the southern slopes of the Medvednica mountain. The wider Zagreb metropolitan area includes the City of Zagreb and the separate Zagreb County bringing the total metropolitan area population up to 1,2 million people. It is the biggest metropolitan area in Croatia, and the only one with a population of over one million.

Ban Jelačić is the central square of the city, named after ban Josip Jelačić. Situated just below the hillside settlements of Kaptol and Gradec, it has served as the city's commercial heart ever since 1641. Zagreb is the seat of the central government, administrative bodies and almost all government ministries. Almost all of the largest Croatian companies, media and scientific institutions have their headquarters in the city. Zagreb is the most important transport hub in Croatia where Central Europe, the Mediterranean and Southeast Europe meet, making the Zagreb area the center of the road, rail and air networks of Croatia. It is a city known for its diverse economy, high quality of living, museums, sporting and entertainment events. Its main branches of economy are high-tech industries and the service sector.



Certificates of Excellence and International Recognition

Bagatin Clinic is the International cosmetic surgery clinic of the year in 2017 and 2019, Best dermatology clinic in Europe in 2018 and a proud owner of two international certificates of accreditation for excellence and quality. Patients from all over the world are returning to Bagatin Clinic, delighted with the superior quality of services, the most advanced technology and the doctors and staff who prove their expertise and knowledge on a daily basis.

TEMOS International Healthcare Accreditation

Temos International Healthcare Accreditation assists hospitals, clinics, and medical travel coordinators in achieving their highest levels of activity to provide superior quality to their patients, both domestic and international, as well as medical travelers they serve.

Bagatin Clinic became an official partner of the TEMOS International Healthcare Accreditation organization and received two accreditation certificates - Quality in International Patient Care and Excellence in Medical Tourism.

International Medical Travel Journal

The IMTJ Awards celebrate top achievements, innovation and excellence in medical travel, medical tourism and health tourism industries worldwide.

Bagatin Clinic has been awarded the title of International Cosmetic Surgery Clinic of the year in 2017 and 2019, by this prestigious organization for the promotion of medical tourism.



Global Clinic Rating

Global Clinic Rating (GCR) is an international accreditation organization that rates and grades medical providers based on 4 criteria - Expertise, Facilities, Services, and Feedback.

Bagatin Clinic was awarded certificates of service excellence in the fields of dentistry, dermatology and cosmetic surgery. Receiving such acknowledgments, Bagatin Clinic has made the top 100 GCR Accredited Clinics List worldwide and was pronounced Best dermatology clinic in Europe for 2018.

Medical Tourism Association

Medical Tourism Association is a global non-profit organization, committed to raising consumer awareness of international healthcare options, while working closely with healthcare institutions. Nowadays, due to high cost of healthcare and/or limited access in their home countries, a lot of patients seek alternative options. In order to help them, The MTA works to inform consumers about options for medical treatment, whether they are local or halfway around the world and Bagatin Clinic is their proud partner.



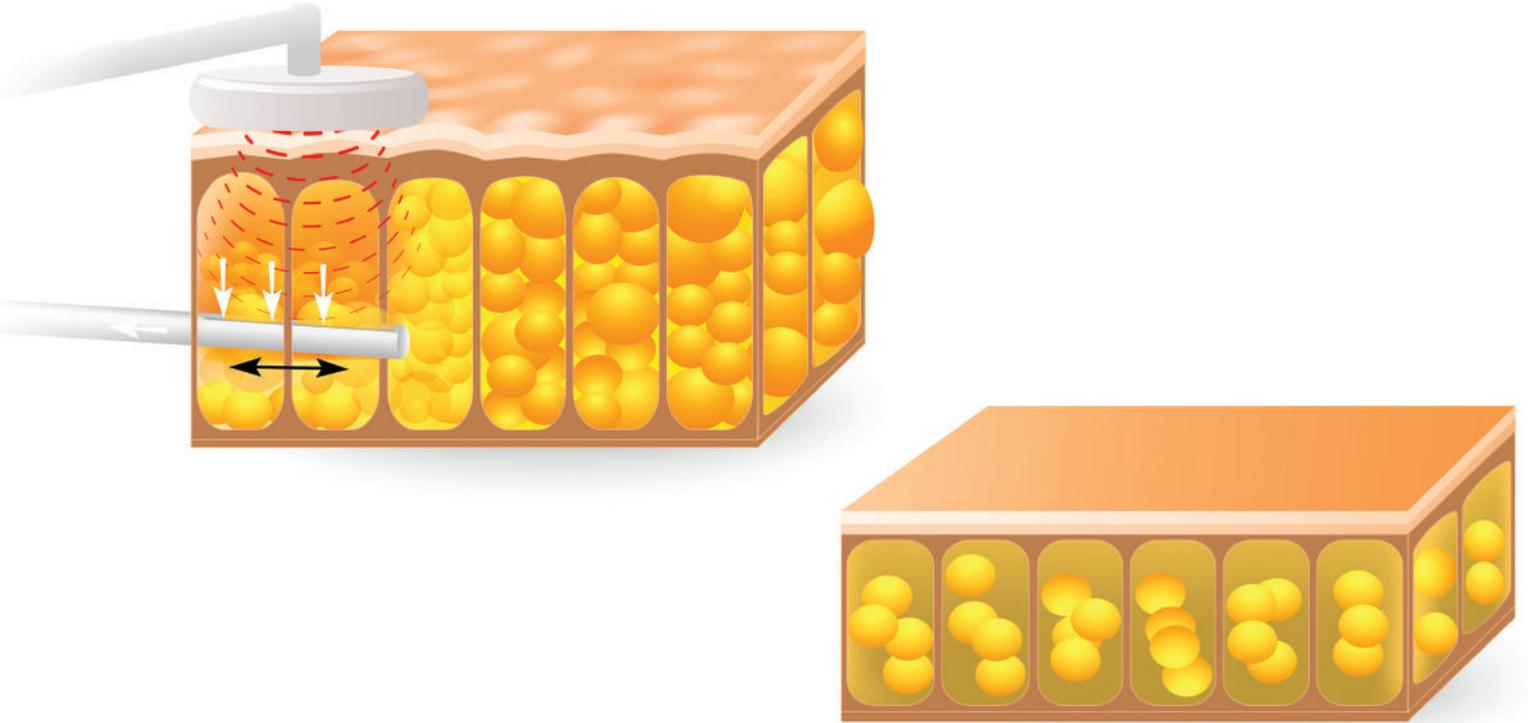
All about VASERlipo ultrasonic liposuction

Liposuction is one of the most common procedures in aesthetic surgery where the subcutaneous fatty tissue is permanently removed with the help of negative pressure. It is important to emphasise that this technique is used for body contouring and it permanently removes fatty tissue. The procedure is very successful because it removes excess fat from the body together with the cells in which the fat deposits. Classic liposuction is aided by a tube which is used during the procedure. The tube is connected to a vacuum device and then moved back and forth to break the fat deposits and to extract them out.

Thanks to advances in aesthetic surgery, VASERlipo is very different. This procedure uses high frequency ultrasound which is directed at fat deposits in the body. They are gently dissolved while the surrounding tissue remains intact.

Body contouring - “High Definition Body Sculpting“

With technique “High Definition Body Sculpting” it is possible to create, design and emphasise abdominal muscles, chest muscles and deltoid shoulder muscles. Fat particles that are undesirable in a particular area of the body, are used for shaping and the volume of other parts of the body.



The principle of ultrasonic liposuction functioning

Decision regarding surgery

Liposuction is the most performed procedure among women and men all over the world, especially in the United States. Contemporary methods, such as VASERlipo ultrasonic liposuction, offer far better results than classic, mechanical liposuction, but of course, only in the hands of an experienced surgeon with a specialization in plastic surgery.

One of the first steps is becoming an educated patient. Inquire about how to make a smart choice of surgeon and clinic, search their web site, read all about the procedure and find out which method of liposuction they use. See the before and after photos in order to get a better picture of the enhancements you can achieve. Also see the videos about the procedure.

Prepare a list of questions for the surgeon and the medical staff of the clinic you choose. Some of the most frequently asked questions refer to the number of performed operations, preparation before the procedure, risks and complications, time needed for recovery and return to everyday activities.

Surgeon's experience

At Poliklinika Bagatin we pay special attention to the experience of our specialists and medical staff as well as their lifelong education and training. Before you decide to have procedure, you need to check how competent your surgeon is, in order to be sure he/she has enough experience to fulfil your dreams.

The first step is choosing a licenced body plastic surgeon with a large number of performed procedures and setting up a consultation appointment after which you will decide if you are ready to put your trust in him/her. Study the resume of the chosen surgeon thoroughly and check whether his/her specialization is plastic surgery. If it isn't, we recommend you consider another option.

Anaesthesiology team

A certified anaesthesiologist should be present in the operating room the whole time, monitoring your vital signs. At Poliklinika Bagatin VASERlipo ultrasonic liposuction is performed by a renowned plastic surgeon Dinko Bagatin, MD in cooperation with top anaesthesiology team lead by award-winning scientist and professor Katarina Šakić, PhD, MD, who is also one of the leading anesthesiologists and reanimatologists in the region.

Realistic expectations

It is very important to have realistic expectations and to be positive. Even though this procedure can enhance your looks and confidence, the perfect look may not necessarily be achieved. The end result depends on individual factors such as overall health, body shape, current condition, state of the body, and, of course, skills and experience of the surgical team.

Procedure price

The total cost of VASERlipo ultrasonic liposuction varies between 14.000 and 28.000 kunas, and it depends on the body region, as well as regions which are additionally planned to be treated. This amount includes remuneration for the surgeon and the surgical team, costs of anaesthesia, surgical instruments, prescribed drugs, compression band, postoperative control checks and other clinic costs.

Candidates and consultations

Best candidates for the procedure

Good candidates for VASERlipo ultrasonic liposuction are people with active lifestyles who can't lose fat deposits in certain areas. VASERlipo is a procedure which can remove problematic fat deposits and unveil the smooth contour of your body. It is important to emphasise that VASERlipo is not a weight loss solution because the weight can be regained after the operation. The aim of this procedure is to remove fat deposits in healthy people who are normally in good shape.

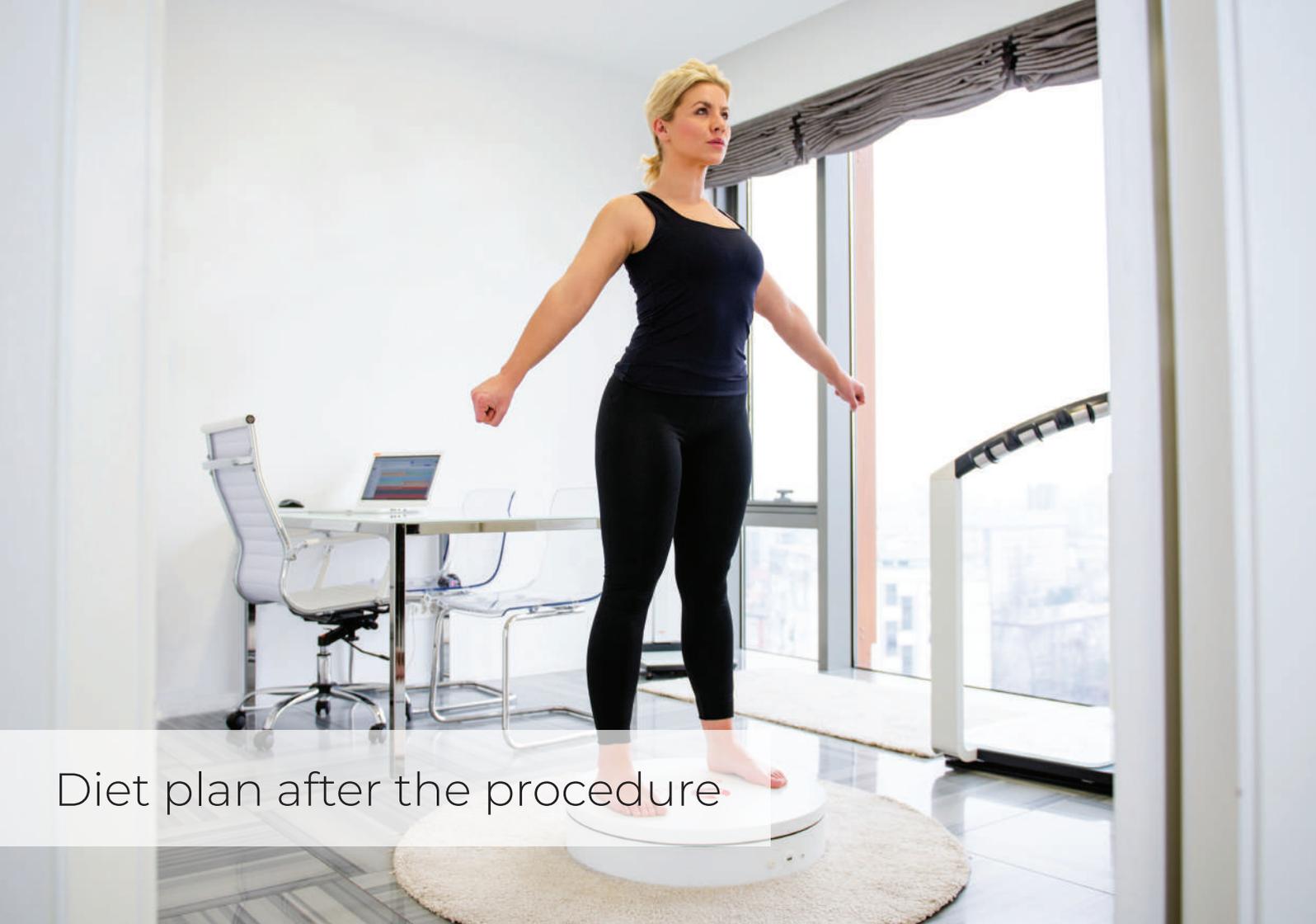
If after the procedure, i.e. after the recovery period, you continue to live a healthy lifestyle, which implies healthy diet and moderate exercise, you will surely maintain the ideal body weight.

Consultations with general and plastic surgeon

Decision on having this procedure is for many people one of the more important decisions in their lives and it shouldn't be taken lightly. That is why consultations are an extremely important part of this process. During consultations together with the plastic surgeon you will make a decision on liposuction, and he/she will assess whether you are a good candidate. If you know the right questions to ask your doctor during preoperative consultations, that way you will make sure that you've chosen the right doctor. In addition you will have fewer worries, better prepare yourself for the big day and what lies ahead and get a clear picture of what to expect.



Are you a good candidate?



Diet plan after the procedure

Nutritional consultations and body composition analysis

Healthy and nutritious diet is a very important factor in achieving the best results after the ultrasonic liposuction. It is important to make a good plan and to ensure your body receives an optimal calorie, vitamin, mineral and liquid intake, as well as optimal balance between proteins and carbohydrates, all with the purpose of maintaining your health.

Seca mBCA 515 medical body composition analysis

After consultations with the surgeon, we offer consultations with our nutritionist, who will advise you on the recovery diet before the procedure. Also, with the help of medical body composition analysis by using Seca MBCA 515 and Styku 3D body scan, we will have an insight into your current body condition and diagnose the state of your organism.

With the detailed medical body composition analysis at Poliklinika Bagatin we determine:

- Weight
- Percentage of fat tissue
- Muscle weight
- Percentage of water
- Visceral adipose tissue
- BMI- body mass index
- BMC - basal metabolism

After performing the body composition analysis and talking about its results, our nutritionist will advise you about the ideal diet and how to make a healthy diet your habit, in order for the end results to be even better.

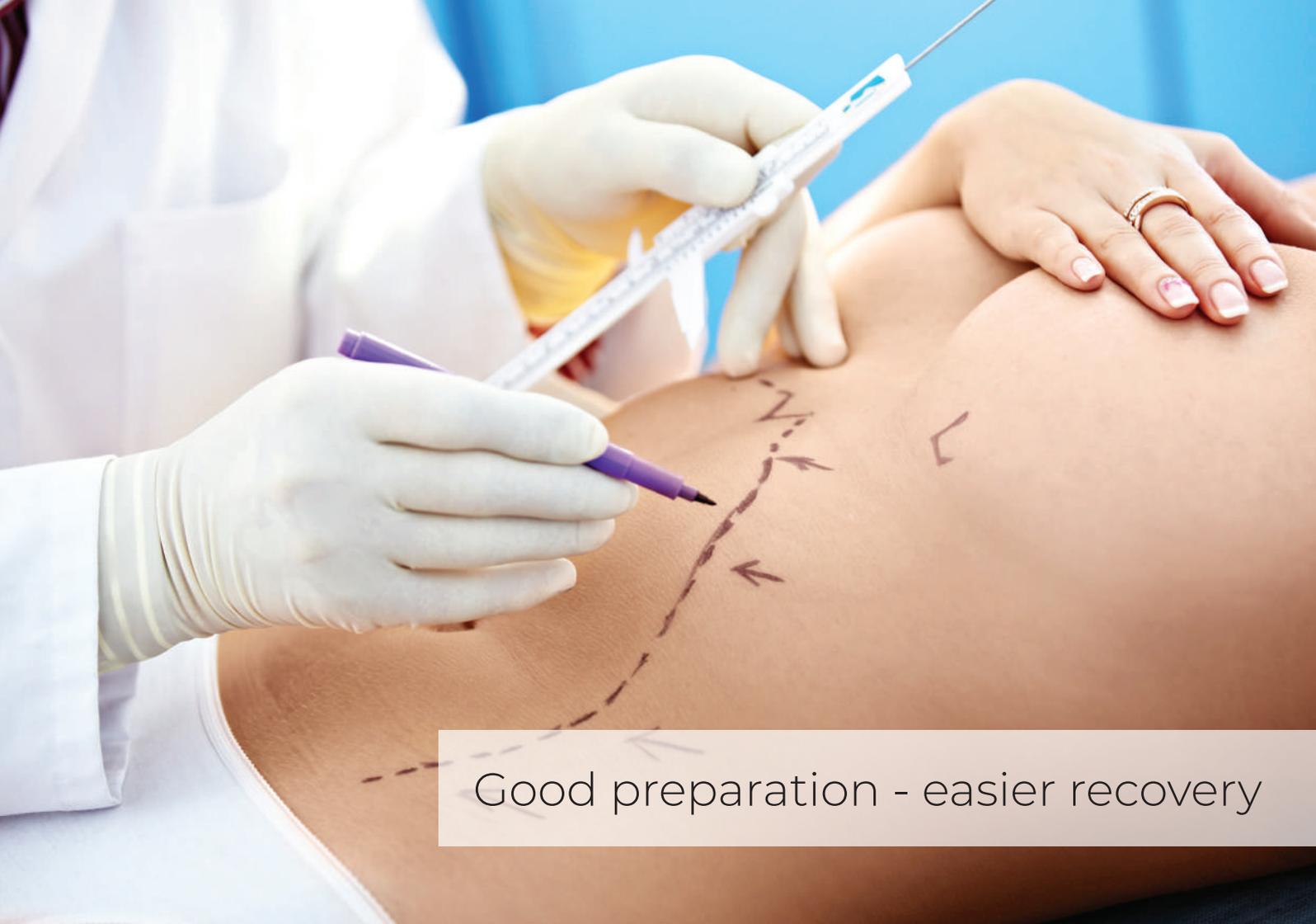
Preparation for the operation

Good preparation makes the recovery easier

If you are well prepared for the procedure, your recovery will surely be easier and safer. In this guide you can find plenty of advice from our surgeon on how to prepare for ultrasonic liposuction.

Instructions for proper preparation:

- It is necessary to do a series of preoperative tests determined by your doctor during the consultations. You will have an appointment with our anaesthesiologist who will check the test results a few days before the operation.
- If you are a smoker, quit smoking at least 2-4 weeks before the procedure. Smoking slows down the circulation and extends the time necessary for recovery and healing of the wounds.
- Do not take any Aspirin, Andol, Cardiopirin, Clopidogrel or other antiaggregants two weeks before the procedure. Especially do not take drugs such as Marivarin (Martefarin) or anti-inflammatory drugs. All mentioned drugs reduce the coagulation of blood which increases the chances of bleeding during the operation.
- The evening before the procedure and morning of the procedure shower using antibacterial soap.
- Wear comfortable clothes when you come in for the procedure. It is recommended to take a shirt/blouse with front zipping with you so that you don't have to get dressed by lifting your hands above your head.
- Leave all the jewellery at home (earrings, necklaces, rings, piercings).
- Avoid applying makeup on the day of the operation. Do not apply any moisturizer cream or body lotion onto your skin on the day of the procedure.
- Organize transportation to and from the clinic.



Good preparation - easier recovery

Course of the procedure

A thin infiltration tube is inserted into the fatty tissue for the purpose of injecting a specially prepared solution of local anaesthetic and adrenalin through 5 mm incisions on the skin, which has a dual property - on one side the solution "dissolves" the fatty tissue, and on the other side it acts like a medium through which the ultrasound will affect only the fatty cells. After injecting a special solution through the same, earlier created incisions on the skin, an ultrasonic probe is inserted into the fatty tissue. As the probe goes through this fatty tissue soaked with anaesthetic solution, the ultrasonic energy is emitted from the top of the probe while the operator gently goes through the planned area of the body.

Due to the effect of the ultrasound, the ultrasonic energy is transferred to water molecules in the solution stimulating them to a very high moving frequency which results in a direct breakup of fat deposits and creation of an even layer of the so called fatty emulsion. After the ultrasonic emulsification of fat, another probe (tube) is inserted through the same incisions on the skin with which the surgeon "sucks" this solution of fat with the help of a vacuum pump, without the need for rough and mechanic breakup of fatty tissue.

Anaesthesia

The procedure is usually performed under general anesthesia. In case of smaller regions procedure can also be performed in local anesthesia.

Posebnost ultrazvučne liposukcije

The uniqueness of VASERlipo ultrasonic liposuction lies in the fact that the ultrasound works only to evenly break (emulsify) fat deposits, while the blood vessels, capillaries, nerves and collagen in the tissue remain intact. Precisely for this reason the postoperative trauma, pain, haematomas and other complications are considerably lower than with classic, mechanical liposuction, while the skin retraction and its adjustment to the new muscle contour are faster and easier.



Gentle and effective procedure

Recovery period

It is of utmost importance you adhere to all instructions regarding recovery given to you by your surgeon. That includes information on wearing a compression band, taking antibiotics (if prescribed) and keeping a safe level of activity. Your doctor will also give you detailed instructions on the usual symptoms and all potential signs of complications. It is important to realise that the recovery period greatly varies among individuals.

First two weeks

- Rest for at least 12 hours after the procedure. Minor dizziness or instability in walking is to be expected so make sure you are not alone for several days after the operation.
- Wear the appropriate band given to you during your stay at the clinic, in accordance with doctor's instructions. In the first few days, and until the drainage tubes are taken out, the band must not be removed. After that period, it can be removed for personal hygiene. Continue to wear the band for the next 3-4 weeks, as per doctor's instructions.
- Avoid driving a car for at least 2-3 days after the procedure.
- In the first 48 hours after the operation you will experience some level of swelling and bruising. The swelling is most prominent in the first 48 hours after the operation, but it can last longer. It normally goes away after two to three weeks. Mild partial swelling can occur even up to four months after the operation. Bruising is normal and it usually goes away after 7-10 days.
- In the first week be careful while performing your daily duties. Occurrence of a major swelling or pain is a sign you need to get some rest.
- Stiches are normally removed 2 to 3 weeks after the procedure.
- Do not consume alcoholic or carbonated beverages while you are taking medications or you still haven't returned to your daily routine completely.

- Do not use tobacco products for at least 14 days after the procedure.
- Avoid stretching and lifting things shortly after the operation. In a large number of cases, you will be able to resume your everyday activities within 10 days or less.
- Uneasiness after liposuction is mostly attributable to sensitivity. Prescribed painkillers reduce the uneasiness during the first few days.

Second to eighth week

- It is important to be physically active after the liposuction to avoid swelling and clotting in the legs. However, avoid vigorous exercises for 4-8 weeks because they can cause unwanted fluid build-up in the treated area. Also, the recommendations are the lymphatic drainage treatments.
- Sunbed tanning is not permitted for at least a month after the procedure. After that period it is allowed with the application of SPF UV 50+ protection factor to the skin area around the incision for 1-2 years.
- Compression band must be worn over the treated area for four to eight weeks in order to control the swelling and stimulate skin contraction.

Long-term recovery

Since the recovery process is gradual, the end result can be expected after 12 months. The small incisions will disappear within a few months, becoming barely visible. For a year you can experience occasional return of 10 to 15 percent of swelling after exercising. It is very important to regularly attend check-ups.

Risks and precautions

VASERlipo ultrasonic liposuction is a minimally invasive procedure approved by the FDA (American Food and Drug Administration). It causes minor to almost no physical trauma of the connective tissue, nerves and blood vessels. As with any surgical procedure, VASERlipo has certain risks, but this technology substantially reduces all the risks compared to traditional liposuction techniques.

All risks can be avoided if you follow the surgeon's instructions before and after the operation but also if you choose a surgeon with specialization in general and plastic surgery with extensive experience in liposuction.

Potential postoperative difficulties are:

- Adverse reactions to anaesthesia
- Infections and bleeding
- Hematoma or seroma (build-up of clear fluid under the skin which can require its removal, i.e. needle puncture)
- Changes in sensation of the treated area - temporary numbness
- Asymmetry of treated areas
- Allergic reactions



Reduced possibility of complications

Results of procedure



The photographs show the actual state of change before and after the surgery in question. The results of each procedure are individual and vary from person to person, and as a result, Bagatin Clinic / Bagatin Med cannot guarantee the same results for each individual client.

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FAQ

1. How different is VASERlipo from traditional liposuction?

With traditional liposuction the excess fat is removed through small incisions. A medical instrument - tube is inserted through the incision and moved back and forth to break the fat deposits which are then sucked out. The moving of the tube can damage the surrounding blood vessels and tissue, causing subcutaneous bleeding and postoperative pain.

With VASERlipo ultrasound liposuction, a probe which emits ultrasonic energy is inserted through the incision. This energy warms up and dissolves the fat deposits which are then sucked out. This approach minimalizes the connective tissue and nerve trauma because the fat deposits are targeted and dissolved selectively before the removal.

2. Which areas can be treated with VASERlipo?

VASERlipo can be used for treating hips, belly, male and female breasts, hands, back, thighs, knees, calves and ankles for the purpose of removing excess fat deposits, but also for fine and precise body shaping and contouring. It can also be used to treat double chins and neck.

3. Is the procedure painful?

VASERlipo ultrasonic liposuction is a minimally invasive procedure and compared to classic liposuction the level of pain is significantly reduced. Uneasiness usually occurs in the first seven days on treated areas. It normally manifests itself as numb pain which can in rare cases last 1-4 weeks.

4. How long will I stay at the clinic?

This can be an outpatient procedure. However, if more areas are treated and if the volume of fat deposits is significant, we recommend overnight hospitalization.

5. How long is the recovery and when can I expect to see the results?

Compared to traditional liposuction, VASERlipo requires a shorter recovery period. The length of the recovery period depends on the scope of the operation. Most people require up to 7 days to return to their everyday routine. During the initial postoperative period you might not be able to assess your new contours, but the results are visible immediately. However, after 6 to 12 months you will notice considerable differences, whether it's a flatter belly or a nicely shaped bottom, and you will start loving the body parts you didn't love before.

6. How long will the results last?

VASERlipo permanently removes the fat deposits from your body, but you can regain weight after the procedure, even though those fat deposits can appear in a different body area. In order to maintain the results, you must lead a healthy lifestyle.

7. How much weight will I lose after VASERlipo?

Even though you will immediately notice the aesthetic results of the procedure, don't expect a significant weight loss. This procedure does not remove weight, it contours the body, but you will notice your clothes are somewhat wider.

High Definition body sculpting

Defined abdominal muscles, a shaped chest, muscular arms or nice hips are not necessarily achieved by exercise alone. Body shaping is taking on a new dimension in cosmetic surgery. We are no longer just talking about VASERlipo ultrasound liposuction, which will remove excess fat. Today, body shaping is primarily an individual approach and a combination of precise liposuction and then the creation of 'muscle' with its own fat.

The so called 'High Definition Body Sculpting' is a new method for men and women as it removes fat deposits from one place and distributes them to another area that wants to be sculpted, creates natural contours to the muscles, and the result is a sporty and sculpted body.

Procedure description

The fat deposits are taken with VASERlipo ultrasound liposuction from one area and distributed/applied to a specific region on the body that we want to shape, or where we want to contour the muscles.

Subsequently, thanks to the filtration system, the unwanted greasy deposits are purified and placed in syringes to be injected into the areas and regions we wish to further shape.

The advantages of this molding technique are the nature of the results, the durability and the use of their own fat deposits, which are unwanted in a particular area of the body, while needed for shaping and volume in other body parts.

Results of procedure



High Definition sculpting follows the natural contours of the ideal human body, and the following regions can be formed:

- Abdominal muscles
- Chest
- Arms
- Shoulders
- Buttocks
- Breasts

Candidates

Good candidates for High Definition body sculpting are people with an active lifestyles who exercise regularly, but in no way can lose fat in certain areas. They have a lower body weight, a body mass index below 28, and are careful about diet.

Candidates can have a lack of volume on a particular body part, and in this way their volume can be added and increased. High Definition body sculpting is designed for both men and women. But with women a moderate shaping is done, due to different conceptions of beauty.

Recovery

The length of the recovery after the procedure always depends on the extent of the treatment itself. Most patients need a minimum of 7 days to return to their daily routine, thanks to the innovative VASERlipo method, which requires a shorter time to fully recover from the procedure and for the fat deposits to 'stick' to the tissue.

In the postoperative period, it is very important to wear a clamp to prevent possible tissue swelling and help get the skin as close as possible to the newly formed and now visible muscle layer without the 'fat pad'. Also, it is necessary to wear drains for a few days.

Changes on the body are visible immediately, in three to four weeks you can expect the first results, and the final appearance and results would show after seven months to a year. It is important to follow all surgeon's instructions, be disciplined and actively participate in recovery. Only then will the results be long lasting.

Precautions

In High Definition body sculpting, it is important to note that, to a certain extent, the applied fat will dissolve over time, as the fat itself decomposes, but some will survive and most often give the desired result. If necessary, a 'supplement' can be made after a period.

Non-surgical alternatives

Without the pain, operation on recovery period

If you have a fear of surgical procedures, non-invasive body contouring treatments are the best option for you. These treatments reduce the volume of critical areas, remove cellulite and tighten the skin, all with the help of top-notch technologies such as ultrasound, vacuum, multipolar radiofrequency and cold laser beams. These treatments offer a measurable loss of centimetres, in real time and in a shorter time period.

They are as following:

- Zerona cold laser
- Med Contour Multipower ultrasound therapy
- Venus Legacy multipolar radiofrequency
- CoolSculpting kriolipoliza
- Z WavePro terapija udarnim valovima
- Z Field Dual elektromagnetska stimulacija mišića

Consultations and creating a therapy plan

Our expert team of medical cosmetologists, under the supervision of our general and plastic surgeons, will create the best therapy plan and programme for you. That plan and programme will include combinations of body treatments for which we have proven experience and trust the best results.

During consultations we take into account your needs, desires and current situation. After that we define the best combination of treatments which will help us achieve what we want. Personalized consultations are an excellent opportunity to talk to our experts and get all the answers you are looking for.

Synergy of methods and treatments of our body shaping Center is quite important for achieving desired goals and the maintenance of the achieved results. Recommendation of our expert team is a continuous arrival of the treatments, at least once in three months.

Zerona cold laser

What is it and how does it work?

Zerona is the first non-invasive cold laser for body contouring which removes the hard-core fatty tissue and reduces the volume of treated area without negative side-effects. Numerous clinical studies have proven the effectiveness of the Zerona laser in body contouring. This is the only treatment with an FDA approval for reduction of fat cells and cellulite.

Zerona is a quick solution, which means that in only a few weeks you will be able to jump into a smaller size. The cold laser beam creates a pore on the fat cell. The content of the fat cell is excreted through that pore, after which it leaves the body naturally, through the lymph and urinary tract, without having a negative impact on the cholesterol and triglyceride levels.

How does the treatment work?

During the treatment the medical cosmetologist puts the laser diodes on the treated areas. The treatment lasts up to an hour, and it includes 30 minutes of laser work and 30 minutes of lymphatic drainage. After the main treatment, the lymphatic drainage is done to achieve the balance of fluids in the body. The lymphatic drainage will stimulate the body to cleanse itself more quickly and therefore ensure the best results.





Med Contour Multipower ultrasonic therapy

What is it and how does it work?

Med Contour Multipower treatment is a combination of ultrasonic therapy, vacuum massage and lymphatic drainage. It is ideal for removal of bumps caused by hardcore cellulite, for which it possesses an FDA approval. Med Contour Multipower has two ultrasonic heads, vacuum and applicator for opening of lymph nodes and lymphatic drainage. Thanks to its special technology, it achieves a greater depth of treatment and penetration, and it provides the highest level of safety for our clients.

The fat cells are affected locally, which enables the preservation of the surrounding tissue. Small bubbles are created in the depth, which upon the compression and decompression phase implode, damaging the fat cell. The fat that enters the extracellular fluid leaves the body via lymph, urine and sweat. After the warming stage comes the lymphatic drainage with which we additionally help the body eliminate the released fat.

How does the treatment work?

The Med Contour Multipower treatment starts with the opening of the lymph nodes. After the lymphatic system is stimulated, we start fighting the fat cells with pleasant, warm massage aided by a specially shaped probe.

Venus Legacy multipolar radiofrequency

What is it and how does it work?

The Venus Legacy treatment uses 4D technology, combining multipolar radiofrequency, pulsating electromagnetic fields, VariPulse and RealTime Thermal Feedback technologies. The treatment is ideal for skin tightening, cellulite removal and reduction of stretch marks.

It's efficacy is proved by many clinical studies, as well as an FDA approval for removal of cellulite and tightening of the skin. All of that is achieved thanks to a thermal reaction the multipolar radiofrequency creates in the tissue, stimulating the natural healing which creates new collagen and elastic fibres. The new collagen tightens the skin which leads to a firmer look and sensation, while the elastic fibres help the smoothness and elasticity of the skin.

How does the treatment work?

As soon as you lie down on the treatment bed, the operator will apply gel to your skin. This gel will help the instrument slide down the surface of your skin. The treatment begins with mild and constant movements along the skin surface. The sensation can be compared to a comfortable warm massage. The treatments last between 30 to 40 minutes, depending on the area, and the results can be expected as the treatments progress.





CoolSculpting cryolipolysis

What is it and how does it work?

CoolSculpting is the world's leading non-invasive reduction treatment of a fat tissue, acting on the principle of cryolipolysis, that is, unique technology which deliberately freezes and destroys fat cells.

Specifically, fat cells do not like the cold and will simply freeze at a certain temperature. When fat freezing happens, the body will naturally eliminate dead cells within 3 months, which result in up to 27% irreversible reduction in the number of fat cells in the treated area.

How does the treatment work?

The CoolSculpting starts by tagging and placing the gel paste in the area to be treated. The applicator is then placed on the body area and moves to work - freezes fat cells in the coming 40-60 minutes, depending on the area being treated. During the treatment CoolControl system, thanks to numerous integrated sensors, monitors the client's body temperature and adjusts accordingly temperature, that is, the coolness of the applicator itself.

After the unit has finished cooling, the treated area is shortly massaged to break down the processed fat cells and thereby affect the fat reduction and microcirculation.



Targeted freezing of fat cells



Z WavePro shock wave therapy

What is it and how does it work?

Z WavePro shock wave therapy is a non-invasive, painless treatment with the effect of tightening the skin, strengthening connective tissue and eliminating cellulite. The treatment can also be used to complement existing Body Shape treatments, such as to improve the results of the new CoolSculpting treatment.

Using radial shock waves, Z WavePro elicits different reactions of tissues, leading to greater reduction of fat and cellulite. Device operates on the principle of radial shock waves, and the applicator has 3 programs tailored to different client problems. Treated areas can be the areas of the abdomen, upper arms, legs and buttocks so that the applicator deeply massages a specific area. During the massage, the device pulsates, sending high energy waves into the tissue that reduces the fat deposits and improves the structure of the skin. Energy is sent to a depth of up to 35 mm.

How does the treatment work?

Thanks to the 39mm applicator head that massages a specific area, Z WavePro transmits radial shock waves to the tissue directly and with great precision. The introduction of mechanical pressure causes various tissue reactions, which have a beneficial effect on the structure of the skin and improve circulation. They stimulate the formation of collagen and the skin becomes more elastic.

Z Field Dual Electromagnetic Muscle Stimulation

What is it and how does it work?

Z Field Dual is a treatment that stimulates the development of targeted muscles and shapes muscles and body non-invasively and painlessly. During its operation, electromagnetic impulses are generated and the electromagnetic field penetrates tissue, organs and bones. This activates the tissue and stimulates the growth of muscle fibers while accelerating the reduction of fat.

When fat deposits are reduced, the developed muscles and the resulting figure are even more pronounced. Z Field Dual allows for 36,000 contractions during one treatment, and abdominal and buttock areas can be treated. It can be used on its own for faster muscle growth, and is ideal in synergy - to enhance and highlight results from other treatments that reduce fat, such as CoolSculpting.

How does the treatment work?

The treatment is carried out in a comfortable lying position. An attachment strap is placed on the area to be treated and then the applicators are positioned. The desired program is selected and the treatment starts. During treatment, the device generates electromagnetic impulses that contract muscle and purposefully stimulate muscle development fibers, that is, promote rapid muscle growth. The treatment usually takes between 20 and 30 minutes, depending on the program being selected or created.





BAGATIN

Your beauty destination

Highly - specialized clinic for aesthetic surgery, dentistry and dermatology

Founded as a practice in 1995, Bagatin Clinic is now a leading clinic for aesthetic surgery, dentistry and dermatology in Croatia. We have almost 25 years of tradition and experience in providing high quality health and aesthetic services to our clients with the help of our expert and dedicated medical staff.

In Zagreb, our facilities are situated in two prime locations. Our Green Gold Tower location offers a wide range of aesthetic facial and body treatments with a focus on body rejuvenation and body shaping. Our, and at the same time, the best dermatology department in Europe for 2018, offers examinations, treatments and laser treatments with 9 top-notch medical lasers used to remove almost all aesthetic skin changes including unwanted hairs, capillaries, wrinkles and other skin changes such as moles or scars.

In the most modern dental center in Zagreb and the region, we offer the highest level of dental services and a comprehensive care for the health of your teeth and the beauty of your smile. The emphasis of our dental services is on aesthetic dentistry, oral surgery, implantology and 3D diagnostics

The second location in Zagreb is our surgical department with over twenty years of experience in offering services in the field of maxillofacial, general and plastic surgery. Doctor Dinko Bagatin, whose specialty is general and plastic surgery, and doctor Tomica Bagatin, a maxillofacial surgeon and a plastic surgeon of head and neck, continued the practice of their father, prof.dr.sc. Marijo Bagatin, a renowned maxillofacial surgeon. Today, thanks to aesthetic surgery, they improve the quality of life of people who need it.

Our third location is in Split, in Dioklecijan Hotel & Residence, within Splitska kuća zdravlja where we provide top quality five-star service in the field of dentistry, cosmetology and aesthetic dermatology. By combining the latest technologies available on the market and our highly educated medical staff, we achieve outstanding results with the highest levels of customer satisfaction.



Dinko Bagatin, MD

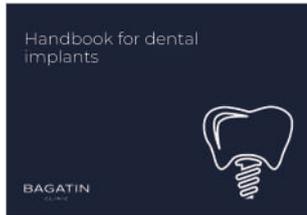
Specialist for general surgery, subspecialist for plastic, reconstructive and aesthetic surgery

Dr. Dinko Bagatin deals mostly with aesthetic and reconstructive surgery. His goal is to enable our patients to achieve the best possible looks and life with the help of surgery. Dr. Bagatin earned his MD title at the School of Medicine at the University of Zagreb. He did his internship at Clinical Hospital "Merkur" and his specialization in general and plastic surgery at the Clinic for Surgery of the Clinical Hospital Centre "Rebro".

He has been working at Poliklinika Bagatin since it was established in 2002. He is an active member of the Croatian Society of Plastic, Reconstructive, and Aesthetic Surgery. He is licenced by the Croatian Medical Chamber.

He is also a member of the Croatian Society of Surgery. He actively participated in numerous international congresses and courses in Vienna, Glasgow, Frankfurt, Istanbul, Chicago, Atlanta, Bangkok and many others. He completed the most advanced course of the English language. At McGill University in Montreal

Other guides of Poliklinika Bagatin



Handbook for dental implants



Guide for breast augmentation



Destination Guide



Nose surgery guide

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POLIKLINIKA BAGATIN
+385 1 46 10 225

GREEN GOLD TOWER
Grada Vukovara 269a/10
10000 Zagreb

DONJI GRAD
Frana Folnegovića 1c/1
10000 Zagreb

**DIOKLECIJAN HOTEL &
RESIDENCE**
Kranjčevićeva 45/1
21000 Split

www.bagatinclinic.com
info@bagatin.hr

