



COOLSCUPTING

Question & Answers

1 of 2 pages

1. What is Coolsculpting by Zeltiq?

- Coolsculpting, by Zeltiq, is an FDA approved device that chills fat in targeted areas, causing the fat to crystallize. 20-25% of the fat cells in the treated area die in a natural way and dissolve over the course of several weeks.
- Website = www.coolsculpting.com

2. When will I see results?

- The Majority of results are seen within the first 8 weeks, but results continue to improve gradually over the course of 2-4 months.

3. Does Coolsculpting really work?

- YES – clinical studies have been done to prove that the targeted fat cells die without harming the skin, nerves, etc. Fat thickness was accurately measured before and after treatments at 2 and 4 month intervals. Good histology studies were performed as well, (microscopic and ultra sound) that prove consistent and measurable fat reduction. We are happy to share these studies with you if you are interested.

4. How was Coolsculpting developed?

- The technology behind Coolsculpting was originally developed by the same doctors at Harvard who developed the leading cosmetic procedures such as laser hair removal, tattoo removal and fractional resurfacing.

5. Is Coolsculpting “worth it”?

- www.RealSelf.com, a website that measures patient satisfaction with procedures (both effectiveness of procedure and whether it was worth the money) show very high satisfaction with Coolsculpting (above 80%).

6. What Happens to the fat that is given up by the dying fat cells?

- The Fat is slowly absorbed into the metabolic system the way that dietary fat is processed (naturally).

7. Where is Coolsculpting performed?

- Coolsculpting is used on the upper and lower abdomen, love handles, and back / bra fat on men and women. It may also be used on breast tissue, inner thighs and underarms, if it can be pinched and fit into the applicator we can perform the procedure.

8. Can Coolsculpting be used more than once on the same area?

- Yes. There is no limit on the number of times that Coolsculpting can be performed, although only 20-25% of the remaining fat will be removed with each treatment.

9. How far apart can Coolsculpting treatments be done?

- Coolsculpting treatments can be performed one month apart.

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1 of 2 pages

10. Who is the appropriate candidate for Coolsculpting?

- Ideal candidates for Coolsculpting are at or near their ideal weight, but have extra fat in specific area (exercise resistant fat). Or anyone that is looking to reduce the appearance of extra fat bulges that are in a specific area of your body.

11. Who cannot use Coolsculpting?

- It is not appropriate for patients who are obese (BMI greater than 30) or significantly overweight.
- Not appropriate for patients with very little fat, or have significantly loose skin.
- Pregnant and breast feeding women.
- Patients who have over sensitive to cold.
- Refer to our physicians to check all contraindication.

12. What does a Coolsculpting treatment feel like?

- Coolsculpting does not hurt. It feels cold when the pad is initially placed on the skin and then can feel like suction, tugging, pressure, and pinching. Once the skin and fat are cold, they lose sensation (typically in 5-10mins) and no reported pain or discomfort.
- After treatment, as the fat thaws, it feels like thawing of fingers after cold exposure (tingly, prickly). The sensation lasts for 15 -20 minutes.
- Over the next several days, the area treated can become swollen, tender and sore. This is temporary and generally no worse than menstrual cramps.

13. What are the risks of doing Coolsculpting

- There is a risk of bruising in the treated area due to the suction of the machine (like a hickey). Bruising can last up to 1-2 weeks.
- Risk of swelling and discomfort in the treated area that is temporary.
- Risk of uneven fat loss.

14. What is the cost of Coolsculpting

- Coolsculpting treatments start at \$750, please schedule your consultation for more details.
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15. Does skin tighten after Coolsculpting treatments

- Coolsculpting is not a skin tighteninging procedure.
- Skin has normal elasticity and can accommodate loss of weight, just as it does with diet and exercise weight loss.

16. Does Coolsculpting affect pigmentation in my skin?

- There have been no reports of pigmentation loss or excess in treated patients.

17. Is a diet and exercise program necessary wit Coolsculpting?

- No diet or exercise modification is necessary for Coolsculpting to work; however, Coolsculpting is not a weight loss program and should be combined with a sensible diet and exercise program.
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18. Are there any restrictions following Coolsculpting treatment such as exercise, hot tube, etc.?

- No, there are no restrictions. Regular activities may be resumed immediately.

19. How long does the Coolsculpting work?

- Fat loss of the cells are permanent, fat cells do no regenerate.