

The CoolSculpting® procedure is a non-invasive procedure that is intended to break down fat cells that are just beneath the skin by delivering controlled cooling at the surface of the skin. This procedure is not a treatment for weight loss. The CoolSculpting procedure does not replace traditional methods such as diet, exercise, or liposuction.

CoolSculpting procedure breaks down fat cells to change the appearance of visibly localized bulges of fat that is just beneath the skin on the submental (under the chin) and submandibular (under the jawline) areas, thigh, abdomen and flank, along with bra fat, back fat, underneath the buttocks (also known as the banana roll) and upper arm. Following the procedure, the treated fat cells are naturally processed by the body over a period of months. Visible results can vary from person to person

What can I expect during and after treatment?

The following effects can occur in the treatment area during and after a treatment. These effects are temporary and generally resolve within days or weeks.

- The suction pressure of a vacuum applicator may cause sensations of pulling, tugging, and pinching
- The applicator(s) may cause sensations of pressure
- You may experience intense cold, stinging, tingling, aching or cramping as the treatment begins. These sensations generally subside during treatment as the area becomes numb
- The treated area may look or feel stiff after the procedure and transient blanching (temporary whitening of the skin) may occur
- Bruising, swelling, redness, tenderness, cramping, and aching can occur in the treated area and the treated area may appear red for one to two weeks after treatment
- Prolonged swelling, itching, tingling, numbness, tenderness to the touch, pain in the treated area, cramping, aching, bruising and/or skin sensitivity have also been reported. Numbness can last for several weeks after the treatment
- You may feel numbness in the treated area that can last for several weeks after the procedure
After submental or submandibular area treatment, a feeling of fullness in the back of the throat may occur

Possible Side Effects

Any of these known side effects may occur and there is no way to predict who may experience them.

- Paradoxical Adipose Hyperplasia - A small percentage of patients (less than 1%) have experienced gradual development of visibly enlarged tissue in the treatment area. The enlarged tissue may feel hard and may appear in the shape of the applicator used during CoolSculpting® treatment. This may appear two to five months after treatment, is distinguishable from temporary swelling and will not resolve on its own. The enlargement requires surgical intervention for correction, such as liposuction
- Late-onset pain with a typical onset several days after a treatment and resolution within several weeks
- You may have dizziness, light-headedness, nausea, flushing, sweating, or fainting during or immediately after the treatment
- Treatment area demarcation -- A small percentage of patients have experienced excessive fat removal in the treatment area, resulting in an unwanted indentation. Some patients have reported the following conditions in areas of the body treated with CoolSculpting®: darker skin color, hardness, discrete nodules, burns, frostbite (local injury due to cold), nerve pain, extensive tissue damage, and fat necrosis. Surgical intervention may be required to address these conditions if they develop
- Some patients have reported development of a hernia, or worsening of an existing hernia, following CoolSculpting treatment. Surgical intervention may be required to correct hernia formation or exacerbation
- Skin laxity can also develop in the treated area and surgical intervention may be required for correction
- Some patients may experience a delayed onset of the previously mentioned symptoms Contact your Aesthetic Specialist immediately if any unusual side effects occur or if symptoms worsen over time

**We treat your skin.
You treat yourself.**

297 Spindrift Drive
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Results

Prep the skin using the recommended topicals for optimal results

- You may start to see changes in as early as 1.5+ months after your CoolSculpting procedure. Your body will continue to naturally process the injured fat cells from your body for months after your procedure
- Results vary from person to person. You may decide that additional treatments are necessary to achieve your desired outcome – although highly unlikely, it is possible that you will not experience any noticeable result from the procedure
- Particular results cannot be guaranteed, given that each body may react differently

Contraindications

- Cryoglobulinemia (a condition in which an abnormal level of proteins thicken the blood in cold temperatures), or paroxysmal cold hemoglobinuria or cold agglutinin disease (blood disorders in which cold temperatures lead to red blood cell death)
- Known sensitivity to cold such as cold urticaria (hives triggered by cold), Raynaud's disease (disorder in which cold leads to reduced blood flow in the fingers, which appear white, red, or blue), pernio or Chilblains (itchy and/or tender red or purple bumps that occur as a reaction to cold)
- Poor blood flow in the area to be treated
- Neuropathic (nerve) disorders such as post-herpetic neuralgia or diabetic neuropathy
- Impaired skin sensation
- Open or infected wounds
- Bleeding disorders or use of blood thinners
- Recent surgery or scar tissue in the area to be treated
- A hernia or history of hernia in the area to be treated or adjacent to treatment site
- Pregnancy or lactation
- Any active implanted devices such as pacemakers and defibrillators
- Any known sensitivity to fructose, glycerin, isopropyl alcohol (rubbing alcohol) or propylene glycol

Consent

- I understand that multiple treatments may be necessary for optimal results
- I understand results may vary depending on skin condition, skincare regimen, and daily spf use
- I understand, although highly unlikely, it is possible that you will not experience any noticeable result from the procedure
- Particular results cannot be guaranteed, given that each body may react differently
- I understand that sun exposure, as well as not adhering to the post treatment instructions provided to me may increase my chance of complications
- I consent to photographs being taken and used to evaluate treatment effectiveness, for medical education, training, professional publications, or sales purposes
- Before and after-treatment instructions have been discussed with me. The procedure, potential benefits and risks, alternative treatment options, and a customized skincare plan has been explained to my satisfaction
- I have read and understand all information presented to me before consenting to treatment and I have had all my questions answered

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