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AESTHETICS  
— AND —  
PLASTIC SURGERY

## FAQ's about CoolSculpting™ by Zeltiq

### What is CoolSculpting by Zeltiq?

CoolSculpting is a new, FDA approved, fat reduction alternative to liposuction for people with a small amount of fat that resists diet and exercise. CoolSculpting is a totally non-invasive, in office procedure that uses Cryolipolysis™ to target, freeze and permanently eradicate fat cells.

### How does CoolSculpting work?

This fat reduction technique works through a method called Cryolipolysis for the selective targeting and freezing of the fat cells in the treatment area. The procedure is performed in our office using a small cooling device that is placed on the area to be treated for approximately 1-2 hours. After feeling some tightening and pressure on the treatment area initially, the area then becomes numb and nearly unnoticeable to the patient. Patients may work on their laptop, read, listen to music or even nap while the procedure takes place. The CoolSculpting system targets and freezes the fat cells in the area being treated, thereby, destroying the fat cells which are then absorbed and eliminated naturally through the body. There is no downtime and patients may return to their daily routine immediately, including work or their normal fitness routine.

### Why might CoolSculpting be recommended for me?

CoolSculpting is ideal for treating small localized areas of fat that resist diet and exercise

- abdomen, upper or lower
- flanks, "love handles"
- back or bra fat

## **Is CoolSculpting a replacement for liposuction?**

CoolSculpting is not a replacement for liposuction or other surgical fat reducing procedures. Studies indicate that the typical amount of fat lost through CoolSculpting in a given area is about 20-25% percent per area treated. CoolSculpting is best for those who are already close to their ideal body weight but have small isolated areas of fat such as "love handles", "muffin top" or back fat that they cannot lose through diet and exercise. Results with CoolSculpting take about 2-4 months to be fully realized. The results will not be as dramatic as with liposuction. CoolSculpting may be performed in one or in several treatment sessions depending on specific goals of the patient.

## **Who is a good candidate for CoolSculpting?**

The ideal candidate for CoolSculpting are men and women who are close to their ideal body weight with small areas of fat they wish to lose that are resistant to diet and exercise. These are typically individuals who are not surgical candidates, or those who opt not to have cosmetic surgery procedures. Patients who are emotionally stable and fully understand what CoolSculpting can and cannot accomplish will be the happiest with their results.

***Before you ask for curves, ask for credentials***

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