

COOLSCULPTING FREQUENTLY ASKED QUESTIONS

What will the results be?

The CoolSculpting by ZELTIQ™ procedure can reduce the fat layer by 20%. If the patient's treatment plan calls for a second procedure, an additional 20% reduction can be experienced. Final losses may be more or less, depending on the patient.

What happens during the procedure?

The patient and doctor first select the area(s) to be treated. For instance, if the patient's goal is to reduce their love handles, the doctor will position the system on the patient's side. The device then draws the bulge up between two cooling panels. The sensation is a firm tug and pull – enough of a pull to ensure the selected tissue will be cooled most efficiently.

What does it feel like?

As the panels go to work in the first few minutes, the patient feels a sensation of intense cold. This soon dissipates. The patient is seated comfortably or lying down during the one to two hour procedure. Many people spend this time reading, working on their laptop, or simply relaxing.

Can the patient return to normal activities after the procedure?

Yes. The CoolSculpting procedure is completely non-invasive, so the patient can return to normal activities immediately. Patients may experience redness, minor bruising, tingling, or numbness in the treated area, but this is temporary.

When will the patient see results?

Patients may start to see changes as quickly as three weeks after their treatment, and will experience the most dramatic results after two months. But their body will still be flushing fat cells at that time, and will continue doing so for up to five months.

Are the results permanent?

During the CoolSculpting procedure, the treated fat cells are eliminated. As long as the patient maintains his or her weight with diet and exercise, long-term results should remain stable.