

CoolSculpting Fat Freezing

(Cryolipolysis) | Patient Information

What is CoolSculpting® Fat Freezing?

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.

Which areas can be treated using CoolSculpting®?

Clinical studies have shown that the CoolSculpting® procedure can break down fat cells to change the appearance of visibly localised bulges of fat that is just beneath the skin on the submental (under the chin) and submandibular (under the jawline) areas, thighs, abdomen and flanks, along with bra fat, back fat, underneath the buttocks (also known as banana rolls), and upper arms.

Is the procedure right for me?

A detailed consultation with your practitioner is essential prior to undergoing any advanced aesthetic procedure. During the consultation, your practitioner will discuss your area/s of concern, desired improvements, options available (including no treatment at all) and expected outcomes. You will be examined, and measurements taken.

How is the procedure carried out?

Should CoolSculpting® Fat Freezing be agreed upon as the most suitable treatment, the procedure will be carried out by your practitioner in our state-of-the-art operating treatment room. Your practitioner will discuss your individual treatment plan and select the appropriate applicator for your needs. Some applicators use vacuum and others do not. During your treatment, a gel or gel pad and applicator are applied to the targeted area. Applicators that use vacuum will draw the tissue into the applicator cup. You may feel deep pulling, tugging, and mild pinching. With a non-vacuum surface applicator, you may experience sensations of pressure. Controlled cooling is then delivered to the targeted fat, so you may feel intense cold, stinging, tingling, aching or cramping as the treatment begins but these sensations typically subside as the area becomes numb. Upon removing the applicator, you may see a frozen bulge at the treatment area. The physician may apply a manual massage to rewarm and smooth out the treated area.

Risks and Complications

All advanced aesthetic procedures are associated with risks. Your practitioner will explain these in detail during initial consultation, enabling you to reach an informed decision on whether you wish to proceed. Serious complications are uncommon; however, patients should be aware that the following effects can happen frequently in the treatment area during and after treatment. These effects are temporary and generally resolve within days or weeks.

During treatment:

- Sensations of pulling, tugging and mild pinching at the treatment site
- Intense cold, tingling, stinging, aching and cramping; these sensations lessen as the area becomes numb

Immediately after treatment:

- Redness and firmness
- Transient blanching and/or mild bruising around the edges of the treatment area
- Tingling and stinging

One- to two-weeks after treatment:

- Redness, bruising and swelling
- Tenderness, cramping and aching
- Itching, skin sensitivity, tingling and numbness; numbness can persist up to several weeks after treatment
- Sensation of fullness in the back of the throat after submental area treatment

There are other side effects that can happen following treatment of the submental and submandibular areas:

- Cold exposure to the hypoglossal nerve may cause tongue deviation following treatment of the submental and submandibular areas
- Cold exposure to the marginal mandibular nerve may cause lower-lip weakness following treatment of the submental and submandibular areas
- Cold exposure to the submandibular gland may cause dry mouth, or decrease in saliva production, following treatment of the submental and submandibular areas

The following side effects can happen in the treatment area during and after treatment. The risks of the following side effects are small, but possible.

Rare side effects may happen in 1–10 out of 10,000

CoolSculpting® treatments. These include:

- Paradoxical hyperplasia
- Severe pain
- Late-onset pain

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Very rare side effects may happen in less than 1 out of 10,000 CoolSculpting® treatments. These include:

- Hyperpigmentation
- Freeze burn or "frostbite"
- Treatment area demarcation
- Vasovagal symptoms
- Subcutaneous induration
- Cold panniculitis
- Hernia

Other Considerations

The CoolSculpting® procedure has not been studied in children, those who are pregnant or lactating, or patients with any of the following conditions. If you have one of the following conditions, inform your CoolSculpting® healthcare provider as you may not be an appropriate candidate for CoolSculpting® treatment.¹⁵

- Known sensitivity to cold, such as cold urticaria or Raynaud's disease, pernio, or Chilblains
- Known sensitivity or allergy to isopropyl alcohol, propylene glycol, fructose, or glycerine
- Impaired peripheral circulation in the area to be treated
- Nerve pain such as post-herpetic neuralgia or diabetic neuropathy
- Impaired skin sensation
- Open or infected wounds
- Bleeding disorders or simultaneous use of blood thinners
- Recent surgery or scar tissue in the area to be treated
- Hernia in or adjacent to the treatment site
- Skin conditions such as eczema, dermatitis, or rashes in the area to be treated
- Active implanted device such as pacemaker or defibrillator
- Chronic pain
- Anxiety disorder

Results

The results of CoolSculpting are not immediately visible. 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. Satisfaction with your new image should continue to grow as the body processes the treated fat cells.

Alternative treatments

Several surgical fat reduction procedures are available, including traditional liposuction and VASER liposuction or more invasive surgical procedures such as abdominoplasty or circumferential body lifts.

If you experience any problems or have concerns following the procedure, please do not hesitate to call our direct patient line for assistance on 07908 891059.

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