Eliminate stubborn fat without surgery or downtime and feel great from every angle.

FEAR NO MIRROR®

Consultation Guide
NOT ALL DEVICES ARE CREATED EQUAL

Only CoolSculpting treatments offer patented Freeze Detect® technology that ensures superior safety.

CE Mark Class IIa and FDA cleared, safe and effective.
Many of us have stubborn fat despite diet and exercise.

CoolSculpting® technology uses controlled cooling to target and kill only these fat cells.

In the weeks to follow, the body naturally processes the fat and eliminates these dead cells.

CoolSculpting results are long-term,¹ as treated fat cells are gone for good.

Results and patient experience may vary.

¹ Results and patient experience may vary.
**HOW YOUR BODY PROCESSES FAT FROM FOOD**

The fat you eat in food travels through your digestive system and to your liver.

The processed fat is used as an energy source for your body.

Excess fat is stored in your adipocytes (fat cells).

**HOW YOUR BODY PROCESSES TREATED FAT CELLS**

A normal fat cell.

Cooling is applied causing the fat cell to undergo apoptosis.

The fat cells die by apoptosis and begin to collapse.

Macrophages digest and consume the dead fat cells and lipids within the cells.

The body naturally processes the fat and eliminates these dead cells.
**FAT CELLS**
**AFTER WEIGHT LOSS**

A) What happens when you lose (or gain) weight?

When you lose weight, the volume of your fat cells decreases but the number of fat cells stays the same.

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B) What happens after your CoolSculpting treatment?

After treatment, targeted fat cells are eliminated for good so you will have fewer fat cells in the treated areas. Untreated areas will have no change in fat cell distribution.¹

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**FAT LOSS**
**AFTER COOLSCULPTING®**

Before CoolSculpting treatment (Abdomen and flank)

After CoolSculpting treatment, targeted fat cells are eliminated

Results and patient experience may vary.
Your body and your needs are unique so a customized treatment plan will be developed during your consultation to address your specific areas of concern.

This treatment plan may require multiple sessions (or visits).

During your treatment, a gel pad and applicator are applied to the targeted area.
- Vacuum applicators draw the tissue into the applicator cup
- Surface applicators are secured to the treatment area

All applicators deliver controlled cooling to the targeted fat.
Treatment to Transformation is the holistic CoolSculpting® treatment approach that applies the ideal number of treatments and sessions to the areas of your body you wish to change. The result? The sculpted shape you want.

» Comprehensive 360 degree approach designed to optimize your CoolSculpting results

» Customized plan based on your individualized needs, shape and goals

» Clinical recommendation of which areas should be treated and how many times

Example of potential Treatment to Transformation

Example of potential Treatment to Transformation

Placements shown are approximate.
Most patients can return to their normal activities immediately after the CoolSculpting® procedure.

Changes may be seen as early as three weeks after your treatment with the most dramatic results after one to three months.

Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your CoolSculpting procedure can help prevent this.

Your provider will schedule a follow up appointment to evaluate your results, take photos and discuss additional sessions, if needed.
A ONE-OF-A-KIND PROCEDURE WITH ONE-OF-A-KIND RESULTS

BEFORE 8 WEEKS AFTER FIRST SESSION 9 WEEKS AFTER SECOND SESSION
Photos courtesy of Dr. Edward Becker

Placements shown are approximate.
A ONE-OF-A-KIND PROCEDURE WITH ONE-OF-A-KIND RESULTS

BEFORE

12 WEEKS AFTER FIRST SESSION

12 WEEKS AFTER SECOND SESSION

Photos courtesy of Dr. Flor A. Mayoral

Placements shown are approximate.
A ONE-OF-A-KIND PROCEDURE WITH ONE-OF-A-KIND RESULTS

BEFORE  
8 WEEKS AFTER FIRST SESSION  
4 WEEKS AFTER SECOND SESSION

Photos courtesy of Dr. Daniel Behroozan

Placements shown are approximate.
A ONE-OF-A-KIND PROCEDURE WITH ONE-OF-A-KIND RESULTS

BEFORE

8 WEEKS AFTER SESSION
Photos courtesy of Dr. Leyda E. Bowes

Placements shown are approximate.
A ONE-OF-A-KIND PROCEDURE WITH ONE-OF-A-KIND RESULTS

BEFORE

20 WEEKS AFTER SESSION

Photos courtesy of Dr. Mark Magnusson

Placements shown are approximate.
A ONE-OF-A-KIND PROCEDURE WITH ONE-OF-A-KIND RESULTS

BEFORE

16 WEEKS AFTER SESSION
(Single side treatment)
Photos courtesy of Dr. Eric Bachelor

Placements shown are approximate.
A ONE-OF-A-KIND PROCEDURE WITH ONE-OF-A-KIND RESULTS

BEFORE

5 WEEKS AFTER SESSION
Photos courtesy of Dr. Tracy Mountford

Placements shown are approximate.
A ONE-OF-A-KIND PROCEDURE WITH ONE-OF-A-KIND RESULTS

BEFORE

10 WEEKS AFTER SESSION
Photos courtesy of Dr. Suzanne Bruce

Placements shown are approximate.
A ONE-OF-A-KIND PROCEDURE WITH ONE-OF-A-KIND RESULTS

BEFORE

16 WEEKS AFTER SECOND SESSION

Photos courtesy of Dr. Grant Stevens

Placements shown are approximate.
A ONE-OF-A-KIND PROCEDURE WITH ONE-OF-A-KIND RESULTS

BEFORE

9 WEEKS AFTER SESSION
Photos courtesy of Dr. Farid Kazem

Placements shown are approximate.
THE RESULTS ARE **LONG LASTING.**

Placements shown are approximate.
A GLOBAL SENSATION IN THE PRESS

Check out more press coverage at CoolSculpting.co.uk/in-the-news
IMPORTANT SAFETY INFORMATION

The CoolSculpting® procedure is not for you if you have the following:

» Cryoglobulinemia
» Paroxysmal cold hemoglobinuria
» Pregnancy or lactation

Use caution before performing localized cooling under the following conditions, the effects of which have not been studied:

» Known sensitivity to cold such as cold urticaria or Raynaud’s disease
» Impaired peripheral circulation in the area to be treated
» Neuropathic disorders such as post-herpetic neuralgia or diabetic neuropathy
» Impaired skin sensation
» Open or infected wounds
» Bleeding disorders or concomitant 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
» The effect of performing treatments directly over active implanted devices, such as pacemakers and defibrillators, is not known
COMMON AND RARE SIDE EFFECTS

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.

During a treatment:
- Sensations of pulling, tugging, and mild pinching.
- Intense cold, tingling, stinging, aching, cramping. These sensations subside as the area becomes numb.

Immediately after a 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 a treatment:
- Redness, bruising, and swelling.
- Tenderness, cramping, and aching.
- Itching, skin sensitivity, tingling, and numbness.
- Numbness can persist up to several weeks after a treatment.

Rare side effects:
- Paradoxical hyperplasia: Visibly enlarged tissue volume within the treatment area, which may develop two to five months after treatment. Surgical intervention may be required.
- Late-onset pain with a typical onset several days after a treatment and resolution within several weeks.
- Freeze burn: First and second degree freeze burn may occur during treatment. It typically resolves without sequelae with proper care.
- Vasovagal symptoms: Dizziness, lightheadedness, nausea, flushing, sweating, or fainting during or immediately after the treatment.
- Subcutaneous induration: Generalized hardness and/or discrete nodules within the treatment area, which may develop after the treatment and may present with pain and/or discomfort.
- Hyperpigmentation: Hyperpigmentation may occur after treatment. Typically, it resolves spontaneously.
- Hernia: Treatment may cause new hernia formation or exacerbate pre-existing hernia, which may require surgical repair.
A BETTER YOU FROM EVERY ANGLE

With over 1 million CoolSculpting® procedures performed worldwide, people everywhere are getting a better view of themselves thanks to individual treatment plans tailored specifically to their bodies.

Learn more at CoolSculpting.co.uk