



CoolSculpting® is a non surgical fat reduction treatment that uses controlled cooling and pressure to eliminate stubborn fat that will not shrink with diet and exercise alone. Cooling panels are used to target specific areas of fat safely, without damaging the skin or other tissues. **Some patients may need multiple treatments to achieve their goals.**

### BENEFITS

- Removes 20-25% of fat from the treatment area
- No downtime

### POTENTIAL COMPLICATIONS

(but not limited to)

- Bruising and swelling
- Cramping or muscle spasms
- Pain or aching
- Tenderness of the treated area
- Nausea or dizziness during the procedure or immediately after
- Tingling or numbness in the treated area which can last 2-4 weeks
- Paradoxical adipose hyperplasia has been reported as a rare adverse event after cryolipolysis. In this condition, the treated area becomes larger rather than smaller in the weeks after the procedure, leaving a "painless, visibly enlarged, firm, well-demarcated mass" under the skin.

### CONTRAINDICATIONS FOR TREATMENT

- Pregnancy
- Cryoglobulinemia or paroxysmal cold hemoglobinuria, 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

### WHAT TO EXPECT POST-TREATMENT

- Immediately after the procedure, the treated area may be:
  - Red, which usually subsides within a couple hours
  - White
  - Swollen
  - Bloating
  - Stiff
  - Bruised, which usually resolves in 1-2 weeks
- You may experience:
  - Tingling
  - Deep itching
  - Numbness, which usually resolves within 1-4 weeks
  - Cramping
  - Nausea
  - Dizziness
  - Diarrhea

### POST-TREATMENT RESULTS

You may see results as early as 4 weeks, but drastic results can take up to three months to be seen.

### POST-TREATMENT CARE

There are generally no restrictions after getting CoolSculpting®, and you can resume normal activity. If you'd like, you can massage the area if that feels good, but it's not necessary.

### POST-TREATMENT SKIN RETRACTION

The skin is an extremely elastic organ. It's designed to protect the systems of the body and to adapt as the body changes. As long as it is not stretched enough for the collagen and elastin fibers to break (a process that leaves the skin with stretch marks) or for collagen production to slow down substantially, it can usually retract and expand as needed with weight gain and loss or normal growth. If there is a combination of fat and excess skin to begin with, reducing the fat in the treatment area could result in more prominent loose skin.

### HEALING CONCERNS

If you have any concerns, please contact Skin Solutions immediately.

### EFFICACY FOR TREATMENT

Because all individuals are different, it is not possible to completely predict results. Some patients will have very noticeable improvement, while others may have little or no improvement.

### PATIENT CONSENT

By signing this consent, I certify that I understand the risks involved in getting CoolSculpting® and give permission to Skin Solutions to perform this treatment on me. I also agree to pay this cost.

PRICE: \$ \_\_\_\_\_

PRINTED NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_



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