

## What is Coolsculpting?

Coolsculpting is a non-invasive treatment to gently and effectively reduce fat in targeted areas of your body, resulting in noticeable, natural-looking fat reduction in the treated areas. Coolsculpting does not require any incisions or needles, instead, the advanced cooling technology targets and eliminates fat cells. There is also no need for anesthesia or pain medications prior to the procedure.

### Details of Procedure

The targeted areas will be measured using the Coolsculpting measuring device for both the large or small hand piece and a gel pad will be applied. Tissue will be drawn into the hand piece using mild vacuum pressure. This may initially cause some discomfort or an unfamiliar sensation. Patients may also experience a mildly uncomfortable cold sensation that usually subsides within 10 minutes after the initial treatment begins.

Patients will normally have between 1-4 treatment areas done during the treatment. Each treatment site requires the hand piece to be applied for 1 hour. This means that you can expect to be in treatment for anywhere from 1-5 hours. It is advisable to bring some sort of material to occupy yourself during the course of your treatment (book, Ipad, laptop etc.). The nurse will be there to apply the hand piece to the various treatment areas, as well as to ensure that you are comfortable. She will leave you for the hour of application so you are able to relax. The nurse will, however, be available at all times and can be called using the Coolsculpting pager system.

### Post Treatment Care

Patients can resume normal activity following treatment as long as they don't feel discomfort doing so. Some patients may experience transient pain, temporary swelling or bruising to area(s) post-treatment. Patients will require a follow-up appointment for photos in approximately 2 and 4 months following the first treatment.

### Possible Risks

There is the possibility of short-term side effects such as reddening of the skin, temporary bruising, tenderness, tingling, cramping and/or swelling. After the device has been removed it is normal for the skin to be significantly raised and feel stiff and crystallized to the touch. This will subside within a few minutes to an hour. Temporary numbing of the treatment sites is also possible with the Coolsculpting procedure. This can last for up to eight weeks following the procedure. There is also the chance of ridges or indents on the treatment area post treatment. Coolsculpting is not a weight-loss solution and doesn't replace surgical procedures.

### Pre & Post Procedure

To augment results and help the body prepare to get rid of fat cells more efficiently The Advanced Detoxification Formula by Glisodin is recommended 1 month prior to the procedure. This can be followed by the Advanced Slimming Formula to achieve body sculpting and overall weight loss. These supplements are of course complimentary to a healthy exercise routine and diet.

Some patients may find that they have had really satisfactory results after their treatment, and they wish to further enhance their results by contouring with more treatments.

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*\*Please Note -- We do require a 20 % deposit when booking all procedures in the Skin Spa.*

*Also, due to the large volume of bookings, we do require 48 hours' notice of cancellation. The cancellation fee is \$50.00 +hst for every ½ hour of procedure time that is cancelled or \$150.00 +hst for consultation appointments that are cancelled without the required 48 hours' notice.*

*If purchasing packages of treatments, please be advised that packages must be fulfilled within a year from the date of the first treatment within the package.*