

# PATIENT SCHEDULING CALCULATOR

This calculator is designed to help estimate the total treatment time for CoolSculpting® or **CoolSculpting Elite** in order to properly schedule your patients' treatments.

**The time required for each round of treatment is based on:**

- The applicator with the longest duration
- Whether the treatment is Dual-CoolSculpting, Tri-CoolSculpting, or Quad-CoolSculpting.

## Calculate the approximate amount of time needed to schedule patients for treatment in 4 easy steps:

1. Confirm the total number of Dual-CoolSculpting, Tri-CoolSculpting, or Quad-CoolSculpting rounds of treatment being performed.
2. **For the first round of treatment**, determine the applicator that requires the longest duration (35 min, 45 min, or 75 min). Choose that time in the "Applicator duration" column in the table below. Write down the **total treatment time for round one** based on **Table 1**.

Table 1	First Round of Treatment			First Round Total Treatment Time		
	First round setup*	Applicator duration	End of treatment process <sup>†</sup> for Dual-CoolSculpting	Dual-CoolSculpting	Tri-CoolSculpting	Quad-CoolSculpting
	35 min +	Select Duration ▲	+ 10 min =	<input type="text"/>	<input type="text"/>	<input type="text"/>

3. **For each additional round of treatment**, determine the applicator that requires the longest duration (35 min, 45 min, or 75 min). Choose that time in the "Applicator duration" column in the table below. Write down the **total treatment time for each additional round** based on **Table 2**.

Table 2	Each Additional Round of Treatment			Each Additional Round Total Treatment Time		
	Additional round setup <sup>‡</sup>	Applicator duration	End of treatment process <sup>†</sup> for Dual-CoolSculpting	Dual-CoolSculpting	Tri-CoolSculpting	Quad-CoolSculpting
	15 min +	Select Duration ▲	+ 10 min =	<input type="text"/>	<input type="text"/>	<input type="text"/>
	15 min +	Select Duration ▲	+ 10 min =	<input type="text"/>	<input type="text"/>	<input type="text"/>
	15 min +	Select Duration ▲	+ 10 min =	<input type="text"/>	<input type="text"/>	<input type="text"/>
	15 min +	Select Duration ▲	+ 10 min =	<input type="text"/>	<input type="text"/>	<input type="text"/>

Variables that can delay total treatment time, such as system errors, treatment pop-offs, and additional patient needs, have not been included in estimated treatment times. Preparation time prior to the patient's arrival is also not included. It is recommended that you prepare the supplies and set up your CoolSculpting system(s) ahead of time.

\*Setup for first round includes: Change of clothes (5 min) + photos (10 min) + mark according to completed treatment round (5 min) + strap for first round (5 min for beginner plan to 15 min for advanced plan) = 35 min

†End of treatment process includes the 2-minute post-treatment massage, quick cleaning of patient and applicators, and transitioning to the next step. This process accounts for 5 min in between all treatments.

‡Setup for each additional round of treatment includes: Quick cleaning or change of applicators + strap for next round = 5 min for beginner plan to 15 min for advanced plan.

### Indications

**CoolSculpting®** and **CoolSculpting® Elite** are FDA-cleared for the treatment of visible fat bulges in the thigh, abdomen, and flank, along with bra fat, back fat, underneath the buttocks (also known as banana roll), and upper arm in patients with a Body Mass Index (BMI) of ≤ 30 and in submental and submandibular areas in patients with a BMI of ≤ 46.2. It is also FDA-cleared to affect the appearance of lax tissue with submental area treatments.

**Please see Important Safety Information on next page.**

## Use this blank table to help calculate and schedule your patient

Total treatments	Total rounds of treatment	Label <b>dual-, tri-, or quad-CoolSculpting®</b> for each round of treatment	Time for first round (refer to Table 1)	Time for additional rounds (refer to Table 2)	Total time (min) for complete treatment up all times to obtain	Divide minutes by 60 to determine hours needed
<input type="text"/>	<input type="text"/>	First round -	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
		Second round -		<input type="text"/>	<input type="text"/>	<input type="text"/>
		Third round -		<input type="text"/>	<input type="text"/>	<input type="text"/>
		Fourth round -		<input type="text"/>	<input type="text"/>	<input type="text"/>
		Fifth round -		<input type="text"/>	<input type="text"/>	<input type="text"/>
		Sixth round -		<input type="text"/>	<input type="text"/>	<input type="text"/>
		Seventh round -		<input type="text"/>	<input type="text"/>	<input type="text"/>
		Eighth round -		<input type="text"/>	<input type="text"/>	<input type="text"/>

### Important Safety Information

**CoolSculpting®** and **CoolSculpting® Elite** are contraindicated in patients with cryoglobulinemia, cold agglutinin disease, or paroxysmal cold hemoglobinuria.

Ask your patient about any medical conditions including recent surgery, pre-existing hernia, and any known sensitivities or allergies.

During the procedure patients may experience sensations of pulling, tugging, mild pinching, intense cold, tingling, stinging, aching, and cramping at the treatment site. These sensations subside as the area becomes numb. Following the procedure, typical side effects include temporary redness, swelling, blanching, bruising, firmness, tingling, stinging, tenderness, cramping, aching, itching, or skin sensitivity, and sensation of fullness in the back of the throat after submental or submandibular area treatment.

**Please see additional Important Safety Information on next page.**

## Example of treatment time calculations

These examples demonstrate a complete treatment plan of 12 treatments using 35-min applicators.

### Dual-CoolSculpting® Only

Total treatments	Total rounds of treatments	Time for first round (Table 1)	Time for additional rounds (Table 2)	Total time for complete treatment
<b>12</b>	6	80 min	5 rounds x 60 min = 300 min	80 min + 300 min = 380 min or <b>6 hrs and 20 min</b>

### Tri-CoolSculpting Only

Total treatments	Total rounds of treatments	Time for first round (Table 1)	Time for additional rounds (Table 2)	Total time for complete treatment
<b>12</b>	4	85 min	3 rounds x 65 min = 195 min	85 min + 195 min = 280 min or <b>4 hrs and 40 min</b>

### Quad-CoolSculpting Only

Total treatments	Total rounds of treatments	Time for first round (Table 1)	Time for additional rounds (Table 2)	Total time for complete treatment
<b>12</b>	3	90 min	5 rounds x 70 min = 140 min	90 min + 140 min = 230 min or <b>3 hrs and 50 min</b>

Applicator Duration	CoolSculpting Applicator	CoolSculpting Elite Applicator
<b>35 min</b>	CoolAdvantage, CoolAdvantage Petite	Curve™ 120, Curve™ 150, Flat™ 125, Flat™ 165
<b>45 min</b>	Cool Mini, CoolAdvantage Plus	Curve™ 80, Curve™ 240
<b>75 min</b>	CoolSmooth Pro	Surface™ 150

**Contact your body contouring representative. They're here to help!**

#### Important Safety Information (continued)

**CoolSculpting®** and **CoolSculpting® Elite** are contraindicated in patients with cryoglobulinemia, cold agglutinin disease, or Rare side effects may also occur. Paradoxical hyperplasia (visibly enlarged tissue volume in the treated area) may develop 2 to 5 months after treatment and requires surgical intervention for correction.

As with any medical procedure, a consultation should be done by a licensed healthcare professional to determine if the patient is a candidate for treatment. For a complete list of Contraindications, Warnings, Precautions, and Potential Side Effects, consult the **CoolSculpting®** System User Manual and the **CoolSculpting® Elite** System User Manual. Treatment applications that deviate from the guidelines are not recommended.