

CoolSculpting – Body Contouring Fat Reduction

Coolsculpting is an FDA-cleared, non-surgical fat-reduction treatment that uses controlled cooling to eliminate stubborn fat.



CoolSculpting, or Cryolipolysis to give it its technical name, basically freezes your fatty deposits away. This means fat cells can be frozen and killed off without damage to the surrounding skin and tissue. During the procedure, which lasts about an hour, the skin and fat of the area selected for treatment are sucked up into a paddle where cooling panels then freeze and crystalize the fat, killing it off.

Your body then naturally eliminates these dead cells over the coming weeks. Most people report feeling a mild pinching feeling followed by coolness and numbness during the procedure but no real discomfort. In fact, the whole procedure is so painless that patients usually work on their laptops, read a book or even catch up on their sleep during it.

COSTS

Each person will require different requirements and results. Please come see me for your personal consultation.

CoolSculpting is ideal for:

- Upper and lower Abdomen
- Love Handles
- Chin/ Neck (double chin)
- Back
- Inner and outer Thighs

What to Expect After CoolSculpting

One of the great advantages of CoolSculpting is that there is no downtime involved, you can literally go straight out the door after the procedure and carry on with your daily routine. That doesn't mean, however, that there are absolutely no side-effects whatsoever. Don't be surprised if you experience the following immediately after your procedure:

- The treated area may be raised and stiff when the paddles are removed. This will disappear quickly with massage usually within 10 mins.
- The skin around the treated area will be red for about 20 minutes after the paddles are removed.
- The pressure from the vacuum that sucks your skin into the paddle sometimes leaves the area mildly bruised and tender to the touch. If this happens, it should clear up in a few weeks at most.
- The feeling of numbness that the procedure causes might persist after the treatment is over. This is normal and will clear up in anything from a few hours to eight weeks after the procedure.

If any of these symptoms persist for longer than expected you should contact your practitioner for a check-up.

When will I see results?

You will see results over a period of 3-4 weeks. This is because, although the fat cells have been destroyed through freezing, they still need to be eliminated from your body. This will happen naturally over the coming weeks. In as short a time as a few days after your procedure, you'll begin to notice not just a reduction in fat but also improved skin and muscle tone in the treated area. By two months after your procedure, there should be a clearly measurable and visible reduction in the thickness of fat in the treated area.

How Long Do CoolSculpting Results Last?

CoolSculpting kills off fat cells, meaning that they are gone, for good. In this way, you can say that CoolSculpting is permanent. However, this doesn't mean you can just freeze your fat away and never have to watch what you eat or exercise ever again. For a start, CoolSculpting doesn't work on all fat cells, it only targets the 20-30% that are lipid-rich, the type of fat that is particularly resistant to exercise and diet. Once this is gone, it generally stays gone, so the long-term results are good, but if you don't try to maintain a healthy lifestyle fat can creep back in the treated areas as well as developing elsewhere.