



## Patient Informed Consent and Intake



The CoolSculpting® procedure is a non-invasive procedure that is intended to change the appearance of the treatment area by delivering controlled cooling at the surface of the skin to break down fat cells that are just beneath the skin. This procedure is not a treatment for obesity or a weight-loss solution. The CoolSculpting® procedure does not replace traditional methods such as diet, exercise or liposuction. **Initial:** \_\_\_\_\_

Clinical studies of a treatment site have shown that the CoolSculpting® procedure can break down fat cells to change the appearance of visibly localized bulges of fat that is just beneath the skin on the abdomen, thighs, flanks and submental area. The submental area is the area under the chin. Following the procedure, the treated fat cells are naturally processed by the body. Visible results can vary from person to person. **Initial:** \_\_\_\_\_

The device works best on patients with a Body Mass Index (BMI) of 30 or less. It does not treat visceral (internal) fat. Its use is intended to affect the appearance of visible fat bulges when the thickness is more than 1cm. It does not improve cellulite or loose skin. 2 to 3 sessions, each 4 weeks apart, are required for optimal treatment effect. Full treatment results may take 20 weeks. **Initial:** \_\_\_\_\_

### WHAT YOU CAN EXPECT:

#### Temporary Sensations / Symptoms:

» The suction pressure of a vacuum applicator may cause sensations of deep pulling, tugging and pinching. A surface applicator may cause sensations of pressure. You may experience intense cold, stinging, tingling, aching or cramping as the treatment begins. These sensations generally subside during treatment as the area becomes numb. **Initial:** \_\_\_\_\_

» You may have dizziness, lightheadedness, nausea, flushing, sweating, or fainting during or immediately after the treatment. **Initial:** \_\_\_\_\_

» The treated area may look or feel stiff after the procedure and transient blanching (temporary whitening of the skin) may occur. These are all normal reactions that typically resolve within a few minutes. **Initial:** \_\_\_\_\_

» Bruising, swelling, redness, cramping and pain can occur in the treated area and may appear red for one to two weeks after treatment. **Initial:** \_\_\_\_\_

» After submental (chin) area treatment, a feeling of fullness in the back of the throat may occur. Initial if the submental area is to be treated. If the area under the chin is not being treated, please write N/A. **Initial:** \_\_\_\_\_

» You may feel a dulling of sensation in the treated area that can last for several weeks (e.g. 4-6) after the procedure. Prolonged swelling, itching, tingling, numbness, tenderness to the touch, **pain** in the treated area, cramping, aching, bruising and/or skin sensitivity also have been reported. **Initial:** \_\_\_\_\_

The CoolSculpting® System also labeled as the ZELTIQ® System or the ZELTIQ® Breeze System (system), is licensed in Canada for fat layer reduction through cold-assisted lipolysis, minimizing pain and thermal injury during laser and dermatological treatments and acting as a local anesthetic for procedures that induce minor local discomfort. COOLSCULPTING® and its design are registered trademarks of Zeltiq Aesthetics, Inc., an AbbVie company. © 2021 AbbVie. All rights reserved. CA-CSC-2150110

## Potential Side Effects / Risks

» Paradoxical Hyperplasia -- A small number of patients have experienced gradual development of a firmer enlargement, of varying size and shape, of the treatment area, known as "paradoxical hyperplasia", in the months following the treatment. If such paradoxical hyperplasia occurs, it will be distinguishable from temporary swelling and will probably not resolve on its own. The enlargement/lump can be removed by means of a surgical procedure such as liposuction. **Initial:** \_\_\_\_\_

» Treatment area demarcation -- A small number of patients have experienced excessive fat removal in the treatment area, resulting in an unwanted indentation. The indentation may be improved through corrective procedures. **Initial:** \_\_\_\_\_

» In rare cases, patients have reported the CoolSculpting® treatment area to have darker skin color, hardness, discrete nodules, frostbite (local injury due to cold), hernia or worsening of pre-existing hernia. Surgical intervention may be required to correct hernia formation. **Initial:** \_\_\_\_\_

» Patient experiences may vary. Some patients may experience a delayed onset of the previously mentioned symptoms. Contact your physician immediately if any unusual side effects occur or if symptoms worsen over time. **Initial:** \_\_\_\_\_

» I understand that these and other unknown side effects may also occur. **Initial:** \_\_\_\_\_

## Results

» You may start to see changes in as early as three weeks after your CoolSculpting® procedure, and will experience the most dramatic results after four months. Your body will continue to naturally process the injured fat cells from your body for approximately four months after your procedure. **Initial:** \_\_\_\_\_

» Results vary from person to person. You may decide that additional treatments are necessary to achieve your desired outcome, but generally 2 to 3 sessions are required in total (each 4 weeks apart). Although highly unlikely, it is possible that you will not experience any noticeable result from the procedure. **Initial:** \_\_\_\_\_

## Clinic Policies

- Only cash, debit or credit card is accepted. **7.65% is added to all payments for GST and a Square Reader fee.** Gratuity is not expected, nor accepted. There are no 'hidden' fees, including for necessary medical follow-up.
- We are able to provide a receipt for **Brilliant Distinctions** on request.
- All CoolSculpting® procedures first require a 30 minute **in-clinic medical consultation with a physician.** The cost for this at booking is **\$100** (non-refundable), but will be applied towards future treatment(s).
- An additional, **\$250** (non-refundable) is required at the time of booking the first CoolSculpting® session (also applied towards future treatment costs).
- CoolSculpting® is not covered by the Medical Services Plan, nor by most Extended Benefits. Costs are not typically tax deductible as this is an elective cosmetic procedure. Payment is due at each session treatment. We do not accept "pre-payments."
- A CoolSculpting® session may include one or more CoolSculpting® cycles, depending on the number of locations and size of treatment areas (see our *Price List* sheet). This will be determined and explained during the initial CoolSculpting® consultation along with a treatment price quote(s).
- Additional CoolSculpting® sessions (1-2), spaced 4 weeks apart, are expected for optimized treatment results.
- Before and after photos are required for medical documentation.
- The actual CoolSculpting® procedure itself may be set up and performed by a Registered Nurse or Nurse Practitioner, but remains under the overall supervision of a Medical Doctor.
- **Refunds, discounts, complimentary cycles (etc...) are never given, regardless of cosmetic outcome(s) and/or complication(s) arising from any CoolSculpting® procedure.**

**Initial:** \_\_\_\_\_

Patients Who Might Avoid CoolSculpting®

- Severe neuropathic or chronic pain disorders. Severe anxiety disorders.
- Significant Raynaud's disease, cold induced hives, or Chilblains
- Allergies to fructose, glycerine, isopropyl alcohol or propylene glycol
- Open wounds, recent surgery, or hernia near treatment site(s). Severe eczema, dermatitis, or rashes
- Bleeding disorders or on blood thinners. Pacemakers or defibrillator
- Morbid obesity

Do you currently have or have had any of the following (discuss with the physician if yes)?

- » Cryoglobulinemia (a condition in which an abnormal level of proteins thicken the blood in cold temperatures), or paroxysmal cold hemoglobinuria or cold agglutinin disease (blood disorders in which cold temperatures lead to red blood cell death). ..... **Yes / No**
- » Known sensitivity to cold such as cold urticaria (hives triggered by cold), Raynaud's disease (disorder in which cold leads to reduced blood flow in the fingers, which appear white, red, or blue), pernio or Chilblains (itchy and/or tender red or purple bumps that occur as a reaction to cold). ..... **Yes / No**
- » Poor blood flow in the area to be treated ..... **Yes / No**
- » Neuropathic (nerve) disorders such as post-herpetic neuralgia or diabetic neuropathy ..... **Yes / No**
- » Impaired skin sensation ..... **Yes / No**
- » Open or infected wounds ..... **Yes / No**
- » Bleeding disorders or use of blood thinners ..... **Yes / No**
- » Recent surgery or scar tissue in the area to be treated ..... **Yes / No**
- » A hernia or history of hernia in the area to be treated or adjacent to treatment site ..... **Yes / No**
- » Skin conditions such as eczema, dermatitis, or rashes ..... **Yes / No**
- » Pregnancy or lactation (making breast milk or breast feeding) ..... **Yes / No**
- » Any active implanted devices such as pacemakers and defibrillators ..... **Yes / No**
- » Any major health problems such as liver disease ..... **Yes / No**
- » Any known sensitivity to isopropyl alcohol (rubbing alcohol) or propylene glycol ..... **Yes / No**
- » Under the age of 18 ..... **Yes / No**

Pictures will be obtained for medical records. If pictures are used for education and marketing purposes, all identifying marks will be cropped or removed. **Initial:** \_\_\_\_\_

As with most medical procedures, there are risks and side effects. These have been explained to me in detail here. I have read the above information, and I give my consent to be treated with the CoolSculpting® procedure by the physician(s) in this practice and his/her designated staff.

**Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_



### Patient Intake Form

Full Name: \_\_\_\_\_ Gender Identity: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Health Care Number: \_\_\_\_\_ Family Doctor / NP: \_\_\_\_\_

### Medical History

Allergies: \_\_\_\_\_

Smoking Status: \_\_\_\_\_

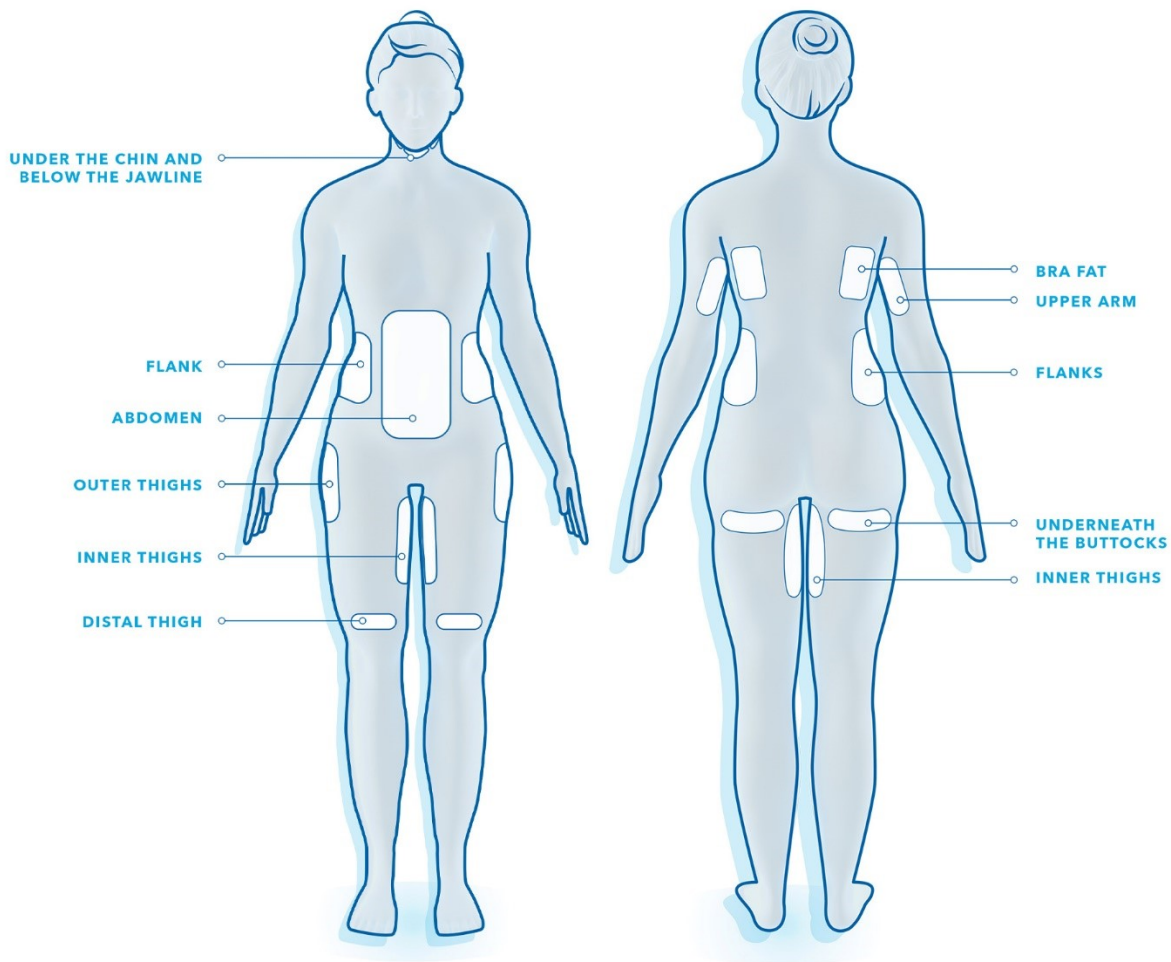
Approximate Height and Weight: \_\_\_\_\_

Medications	Active Medical Problems	Past Surgeries

Select the areas are you interested in for CoolSculpting®:



## CoolSculpting® Treatment Areas



Did you have a budget you wanted us to work with (it is OK if you do not want to answer)?

Do you have any specific goals, questions or concerns you would like addressed at the consultation?

## Price List at Our Clinic

Applicator	1 Cycle Cost	1 Cycle Time
CoolMini	\$699	45 minutes
Advantage Petite	\$599	35 minutes
Advantage	\$599	35 minutes
Advantage Plus	\$1199	45 minutes
Smooth Pro	\$799	75 minutes



Examples of “typical” treatment plans (which could be modified):

Treatment Area	Applicator	Cycles per Session	Repeat Sessions	Time between Sessions	Time to Full Effect	Expected Cost Range
Chin	CoolMini	1 - 2	1 - 2	4 weeks	20 weeks	\$1,398 – 2,796
Abdomen (lower)	*Petite or Advantage	2	1 - 2	4 weeks	20 weeks	\$2,396 – 3,594
Abdomen (classic)	*Petite or Advantage	4	1 - 2	4 weeks	20 weeks	\$4,792 – 7,188
Abdomen (complete)	*Petite or Advantage	6	1 - 2	4 weeks	20 weeks	\$7,188 – 10,782
Modified Lower Abdomen	Advantage Plus	1 - 2	1 - 2	4 weeks	20 weeks	\$2,398 – 4,796
Modified Upper Abdomen	Smooth Pro	1	1 - 2	4 weeks	20 weeks	\$1,598 – 2,397
Upper Arms	*Petite or Advantage	2	1 - 2	4 weeks	20 weeks	\$2,396 – 3,594
Bra Fat	*Petite or Advantage	2	1 - 2	4 weeks	20 weeks	\$2,396 – 3,594
Back Fat	*Petite or Advantage	2	1 - 2	4 weeks	20 weeks	\$2,396 – 3,594
Banana Rolls	*Petite or Advantage	2	1 - 2	4 weeks	20 weeks	\$2,396 – 3,594
Inner Thighs	*Petite or Advantage	2	1 - 2	4 weeks	20 weeks	\$2,396 – 3,594
Outer Thighs	Smooth Pro	2	1 - 2	4 weeks	20 weeks	\$3,196 – 4,794
Distal Thighs	CoolMini	2	1 - 2	4 weeks	20 weeks	\$2,796 – \$4,194
Flanks	*Petite or Advantage	2	1 - 2	4 weeks	20 weeks	\$2,396 – 3,594
Flanks (large)	Advantage Plus	2	1 - 2	4 weeks	20 weeks	\$4,796 – \$7,194

+7.65% for GST and Sq. Reader Fee

\*When 8 cycles or more are needed/expected, consider **Package8**

**Initial:** \_\_\_\_\_

# Package8 with Advantage and Advantage Petite Applicators

Generally speaking, the Advantage and Advantage Petite are the most commonly used applicators in CoolSculpting®.

Package8 allows for eight cycles using any combination of these two applicators, over multiple sessions if needed (all should be used within a 6-month period for optimal CoolSculpting® effect).

The cost of Package8 is \$3200 (+7.65%) which is in keeping with CoolSculpting® Canada's Minimum Advertised Price (MAP) policy.

This is not a time-limited promotion and is a set price at our clinic.

Initial: \_\_\_\_\_

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