

## CoolSculpt Information

Contour Dermatology and Cosmetic Surgery Center is pleased to announce we are now offering CoolSculpting. This procedure targets and freezes fat cells underneath the skin to temperatures that triggers their natural death. This FDA-cleared and has no knives, suction hoses or needles. Fat reduction without going under the knife is finally here!

### WHAT IS COOLSCULPT?

CoolSculpt® is a cool and revolutionary new way to get rid of unpleasant fat bulges without surgery that has arrived on the scene. CoolSculpt® is especially worthy news for those unsatisfied by stubborn fat pockets that linger despite strict adherence to exercise and diet regimes.

### IS THIS THE RIGHT PROCEDURE FOR YOU?

The CoolSculpting fat reduction procedure is specially designed for those who have unwanted fat that resists diet and exercise. Unlike gastric bypass surgery, the CoolSculpting procedure is not a weight loss solution for people who are obese. It is, however, a non-surgical alternative to liposuction.

### HOW DOES IT WORK?

Well-known Harvard University scientists, Dieter Manstein, MD and R. Rox Anderson, MD, observed that some children got dimples due to eating popsicles. The idea that cold can selectively affect and reduce fat cells without injuring the skin or surrounding tissue was the understanding behind Cryolipolysis®, the confirmed science on which the CoolSculpting procedure is based. Many of us have stubborn fat despite diet and exercise. CoolSculpting technology uses controlled cooling (Cryolipolysis) just like the popsicles to target and kill only these fat cells. In the weeks to follow, these fat cells are naturally eliminated from the body.

### HOW LONG IS EACH SESSION? HOW MANY SESSIONS WILL I NEED?

Dr. Timothy Jochen and his consultants will help you create an individualized treatment plan tailored to your specific goals. The length of your CoolSculpting session will vary depending on the number of areas being treated during one visit. You and your provider may schedule additional sessions in order to meet your goals. Many people read, check email, or even take a nap during their sessions. Typically patients should be scheduled two treatments, 8-16 weeks apart.

### HOW LONG DO THE RESULTS LAST?

Typically you'll see a noticeable reduction of fat in the treated area after just one visit. CoolSculpting has been shown to be effective at decreasing fat in the abdomen, thighs and back. Furthermore, results are lasting. All you need to do is maintain your healthy lifestyle and the treated fat cells won't come back. What a thrill to find your clothes fitting as they should without a need to cover-up unappealing bulges!

### WHAT ARE MY OTHER OPTIONS?

CoolSculpting is an excellent alternative to liposuction for those seeking a non-surgical option to eliminate stubborn fat. However the gold standard for fat removal will always be Liposuction. Dr. Jochen may recommend Tumescent Liposuction if you are looking for quicker, more dramatic results. Also, Velashape III can be combined with CoolSculpting to tighten up loose skin after CoolSculpting treatment. We'll be happy to "Contour" your body to perfection.