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**CoolSculpting® Elite**

*CoolSculpting® Elite is a non-surgical treatment that uses cooling technology to freeze stubborn fat cells that have been resistant to diet and exercise. CoolSculpting® Elite is FDA-cleared and works to provide you with noticeable, natural results that are long-lasting.*

What to expect

* The first step is your consultation where your provider will perform an assessment to determine a treatment plan. Your provider will tailor your treatment to the amount of fat, location, and your aesthetic goals.
	+ CoolSculpting® Elite is FDA-cleared for the treatment of visible fat bulges in the submental (under the chin), thighs, stomach and abdomen, upper arms, love handles and flanks, back bulge and bra area, knees, and under the buttocks (banana roll).
* During the CoolSculpting® Elite treatment, the applicators will be placed over the treatment area that you and your provider discussed and mapped out at your consult. Once the applicators are applied and the treatment has started there will be a slight sucking sensation as it adheres to your body, followed by the signature cooling effect.
* During the procedure you 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.
* After the applicator is detached, your provider will do a brief massage on the area to break up the treated fat cells and enhance the fat reduction.
* Each CoolSculpting® Elite treatment is different; therefore, the length of the treatment depends on which areas of the body you are treating and how many applicators you are needing.
* While you will see up to a 20 – 25% fat reduction in the treated area after a single treatment, it depends on the person and the area being treated. Your provider will work with you to determine if additional treatments are necessary to reach your desired goal.
* You’ll start to see changes as soon as 1 – 3 months post-treatment. Final results may take up to six months.
* The CoolSculpting Elite® procedure is non-surgical – thus avoiding the tradeoffs that come with incisions, sutures, and the downtime of surgery – it is still a medical-grade treatment, and as such, it will work best if clients follow the instructions and recommendations provided before and after their treatment.

Pre-Treatment

*Our providers ask that you:*

* Wear loose and comfortable clothing to your appointment
* Are properly hydrated before your treatment session
* Ensure that the skin in the area to be treated is clean and free from any cuts, wounds, or lesions
* Remove all jewelry or piercing from the area to be treated
* Not be pregnant or breast feeding

*In addition to the above instructions, we also recommend for your comfort:*

* Eat a light meal prior to your appointment, as some patients (in rare cases) may feel slightly nauseated at the beginning of the treatment.
* Bring a mobile, tablet, or book to entertain yourself during the treatment session if you would like.

Post-Treatment

* Most clients can return to their day-to-day activities immediately after their CoolSculpting® Elite treatment session.
* You may experience a brief tingling or stinging sensation in the treatment area after the applicator is removed.
* You may experience redness in the treated area, which may persist for a few hours or days.
* You may experience stiffness and/or transient blanching (temporary whitening of the skin) in the treatment area.
* Slight nausea or dizziness may occur for a few minutes as your body readjusts to its natural warmth and sensation.
* Any bruising, petechiae, swelling, numbness, and/or tenderness will resolve within a few weeks.
* It is common for the treated area to feel bloated or swollen in the first few weeks after treatment.
* A temporary numbness/ dullness in sensation could occur for several weeks.
* At some point in the first two weeks after a treatment, you may experience deep itching, tingling, numbness, or tenderness to the touch, pain in the treated area, strong cramping, muscle spasms, diarrhea, aching, and/or soreness. Please contact our office if such symptoms persist or worsen in the following week.
* As your body breaks down and flushes the treated fat cells, a gradual reduction in the thickness of the fat layer in the treated area will take place. You may start to see changes as early as three weeks after your CoolSculpting® Elite treatment, with full results becoming apparent after one to four months. Your body will continue to process and flush out the dead fat cells for several months after your last session.
* We recommend scheduling a follow-up appointment around three months after each treatment session to review your results and determine whether you require further treatments to achieve the best possible fat reduction. We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the clinic for assistance.
* After your treatment package is complete and you have achieved results that you are happy with, it is important to maintain a healthy diet and exercise regimen so your body’s remaining fat cells do not become larger.

Possible Rare Side Effects/ Risks

* Paradoxical hyperplasia
* Late-onset pain
* Severe pain
* Hardness or discrete nodules
* Burns or frostbite
* Nerve pain
* Skin laxity
* Extensive tissue damage or fat tissue death
* Hyperpigmentation
* Subcutaneous induration
* Cold panniculitis
* Demarcations
* Vasovagal symptoms
* Hernia
* Temporary tongue deviation (when treating the submental area)
* Temporary lower lip weakness (when treating the submental area)
* Temporary dry mouth or decreased saliva production (when treating the submental area)

Exclusion Criteria/ Precautions

* Cryoglobulinemia or paroxysmal cold hemoglobinuria or cold agglutinin disease
* Known sensitivity to cold – Cold urticaria, Raynaud’s disease, Pernio or Chilblains
* Poor blood flow to the are being treated
* Neuropathic (nerve) disorders, e.g., post-herpetic neuralgia or diabetic neuropathy
* Impaired skin sensation
* Open or infected wounds
* Bleeding disorders or use of blood thinners or anticoagulants
* Recent surgery or scar tissue in the area to be treated
* A hernia or history of hernia in the area to be treated or adjacent to treatment site
* Skin conditions with active eczema, dermatitis, or rashes
* Pregnancy or breast feeding
* Any active implanted devices such as pacemakers or defibrillators
* Any major health problems, e.g., liver disease
* Any known sensitivity to fructose, glycerin, isopropyl alcohol, or propylene glycol
* Any chronic pain or anxiety disorders