



Save Face

Cryolipolysis Fact Sheet



Patient information

Cryolipolysis (Fat freezing) non-surgical fat reduction

What is Cryolipolysis?

First reported in 2008, so a relatively new technology. The term refers to the destruction of fat cells by freezing. It is ideal for removing limited amounts of body fat particularly on the

stomach, flanks, thighs and back. Cryolipolysis may be used in combination with other treatments to achieve optimum results.

How Does it Work?

A section of the skin is sucked into a 'cup' using vacuum pressure. The walls of the cup have cold plates which maintain contact with the skin for up to 60 minutes, at a temperature maintained at -4 to -7 degrees centigrade. More than one 'cycle' may be required to achieve the desired results. A patient may undergo a number of treatments in a single session on

different body areas, each taking approximately 60 minutes. Results are achieved gradually over a period of 4-6 weeks in most cases.

In some cases more than one treatment on the same area may be required at 3 monthly intervals. Follow up at 3 month intervals or as recommended by the clinician.

Does it hurt?

As the skin is cooling to the desired temperature there may be some discomfort before it becomes numb.

Used to treat

Best for stubborn pockets or rolls of fat, stomach, back, flanks, thighs and arms.
Not for general weight loss.

After treatment

When the device is removed, the treatment area will be solid and have taken on the shape of the treatment 'cup'. This will be massaged by the clinician and returns to normal shape within minutes.

The skin will be pink or red, there may be aching, spasms, tenderness and altered sensation for the first few days, but normal activities can be resumed immediately. Up to 55% fat reduction has been achieved, but 25%-35% is a realistic goal.

How long will it last?

This treatment is not a substitute for a healthy, calorie controlled diet and exercise. Those fat cells destroyed are gone permanently, but

weight gain will occur if calorie intake exceeds needs.

Is it safe?

Fat freezes before the skin does, so there is little risk of damage to the skin (none reported with the FDA approved Coolsculpt™ device).

Side effects include, but may not be limited to;

- ↳ redness
- ↳ pain
- ↳ bruising
- ↳ altered sensitivity/sensation

All the above are temporary and expected to resolve within a few days, may persist for up to 25 days.

- ↘ uneven result, which may be permanent

Am I suitable for treatment?

There are a number of medical conditions and or medicines that may affect the decision to treat or the treatment plan. A full medical history and assessment of your expectations is necessary in advance of any decision to treat.

Not suitable if you;

- ↘ are pregnant or breast feeding
- ↘ have circulation disorders
- ↘ diabetes
- ↘ skin infections or chronic skin conditions
- ↘ suffer from rashes in the cold
- ↘ if you are taking Roacutane (Isotretinoin for acne)
- ↘ undergoing chemotherapy or radiotherapy for cancer
- ↘ are taking steroids
- ↘ have Reynauds disease or peripheral vascular disease

Consumer Check List

Expect

- To be seen by a, doctor, nurse or dentist for your consultation and assessment
- To have sufficient time to consider all the information- avoid making hasty decisions
- To be treated by a doctor, nurse or dentist
- A follow up appointment if necessary or desired

Ask Questions

- | | |
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| What is this treatment/product? | time frame? |
| How does it work? | Are you able to treat complications, should they occur? |
| What are the side effects/risks? | What happens if I am not happy with the result? |
| What are the alternatives I might consider? | Is it painful? How do you minimise pain? |
| What results can I expect? | What aftercare am I expected to perform? |
| What will I look like immediately after? | What will it cost and what are the payment terms? |
| How long will the results last? | |
| How many treatments will I need and in what | |

Check

- | | |
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| You may check the qualifications of a doctor (www.gmc-uk.org), Nurse (www.nmc-uk.org) and dentist(www.gdc-uk.org) | Ask to see the unopened box of product/ medicine to be used and make a note of it for future reference, should you later see another clinician. |
|---|---|

Be Safe

- ↘ Do not proceed with treatment if you do not feel comfortable with the practitioner
- ↘ Do not proceed with treatment if you do not fully understand the information you are given
- ↘ Take the necessary time to make your decisions
- ↘ Ask the practitioner to show you the product in its unopened package prior to treatment.
- ↘ Make a note of the practitioner's name and product used for future reference
- ↘ Ask for copies of before and after photographs for your reference
- ↘ Do not have treatment in your home, at 'parties' or exhibitions or in environments that are clearly not clean or appropriate.