

Coolsculpting® is the most advanced, FDA-approved, non-surgical body contouring treatment. At the UAB Cosmetic Dermatology and Laser Clinic, your treatment plan will be approved by one of our board-certified dermatologist. All of our Coolsculpting® specialists have successfully completed an extensive process of physician and staff training, and our technology is the most current and effective. Men and women from all over the world have successfully reduced unwanted fat with Coolsculpting®, and we are glad to offer this service as part of our Fire & Ice Body Sculpting packages. Coolsculpting® is an ideal non-surgical alternative to liposuction.

## BENEFITS

- Effective nonsurgical reduction of fat trouble spots
- No needles or incisions
- No anesthesia required
- No downtime
- Permanent results, because fat cells don't grow back

## HOW IT WORKS

The Coolsculpting® procedure uses a precisely controlled cooling process known as Cryolipolysis® to freeze unwanted fat deposits almost anywhere on the body. Fat cells are more sensitive to the cold than other surrounding cells. As the fat cells are frozen and destroyed, the skin, nerves and other tissues are unharmed. 22% of the fat in the applicator is permanently destroyed. The skin can also tighten over time following a Coolsculpting® treatment.

## WHAT TO EXPECT

Your visit to the UAB Cosmetic Dermatology and Laser Clinic for this treatment can take up to 1 hour per treated area. Once the Coolsculpt applicator is applied, depending on the area treated, you may relax and watch videos or read a book while we freeze your fat.

Once the Coolsculpt applicator is removed, a special massage technique is used to increase fat cell destruction. Tight clothing on the treated area post-treatment is recommended to minimize any swelling from the cooling process.

## RESULTS

Gradual slimming of the treated area occurs over the weeks following the treatment as the body expels the destroyed fat cells through the natural lymphatic cleansing process.

## RECOMMENDED SESSIONS

Though many patients attain visible results with a single treatment, most return for additional treatments for greater fat reduction. The treatment can be repeated every 2 months as necessary until the patient feels that they have achieved the best possible result.

## POSSIBLE DOWNTIME

- Possible swelling and bruising
- Possible tingling, pins and needles, and/or pain that can last for up to a month
- Possible cramping and itching

## POST-TREATMENT CARE

- It is recommended to wear a compression garment such as Spanx to reduce possible swelling.
- Resume normal activities immediately post-treatment.
- Drink lots of water and stay hydrated; this assists in expelling the destroyed fat cells.