

# cooltech

LET THE COLD TRANSFORM YOUR LIFE



## DoubleHP

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MAIN GUIDE FOR THE TREATMENT WITH  
THE DOUBLE APPLICATOR

 **COCOON**  
MEDICAL

## MAIN GUIDE FOR THE TREATMENT WITH THE DOUBLE APPLICATOR

The following procedure must be read before any treatment that uses the double applicator of the **cooltech** device.

The general conditions of the patient, like age, clinical history, skin conditions (tendency to stretch marks or telangiectasia,...) must be taken into account, as with any other kind of medic aesthetic treatment.

*Please remember to check the contraindications, expectations and side effects with the patient, solving any doubt that may arise.*

*This guide is a supplement, but should not replace, the general guidelines described in the **cooltech**. treatment main protocol.*

### CONSIDERATIONS:

#### 1. Treatment area:

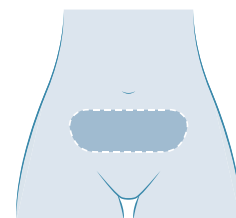
The Double applicator is designed exclusively to be used in the infra-umbilical abdominal area (under belly)

#### 2. Criteria:

The patient must comply with the criteria to be able to be treated with this applicator, according to the volume of the suitable fat tissue (fat fold) and the necessary sucking, temperature and time parameters.

The criteria are:

- Fat folds / caliper measurement equal in the whole treatment area (equal or bigger than 35mm), if there are lesser folds in the area please consider using another applicator.
- Size of the abdomen: no less than 26-27 cms in between the iliac crest (not included). Please try not to apply the treatment on the bone; due to its closeness with the skin, the sucking cannot be enough.
- The fold must be correctly measured - only subcutaneous tissue\*
- If the fold is bigger than 10mm but smaller than 35mm, please use another applicator.



#### 3. Before the treatment:

For a better procedure, you must:

- a. Evaluate the skin (in addition to identify skin lesions, which are a contraindication)
  - Presence, quantity and propensity of stretch marks. Its presence means a skin quality shortage and a tendency to laxity or poor skin pulling.
  - Loose skin presence: must be properly evaluated, and it must be taken into account whether the patient is suitable for the treatment regarding the technique used. (see point **4.a**).

These type of skins' fat folds must be measured even more carefully, retract-

ing the skin folds without pulling excessively. It is intended to bring skin to a basal condition of normality via slight mechanical pull. The fat fold must be measured properly by pinching the subcutaneous tissue, without taking deeper tissue and measuring the real quantity of fat tissue.

By mistake, extremely loose skin (avoid the treatment) may be included in the fat fold measurement. This will bring a wrong assessment of the real subcutaneous tissue to be treated. Often there is no real fat tissue suitable for treatment (it is less than 10mm), so the patient is not suitable.

If the skin is slightly or mildly loose, or the fat fold is not enough according to the treatment, a different applicator must be chosen following the guidelines described in the treatment main protocol, and the treatment must be carried on following the recommended guidelines. (see point **4.a.** of this guideline).

- b.** Subcutaneous tissue assessment: an exhaustive palpation must be carried on to evaluate the fat tissue - if it is perceived as compact, with fibrous septa more adhered to the fascia, oedematous, loose.

The most adhered and compacted the fat tissue is, the greater the pain and the oedema will be. Obviously this depends on the patient and its propensity.

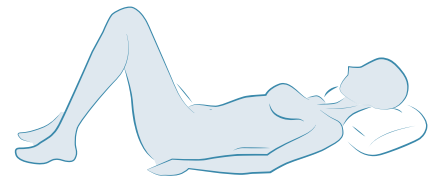
Please check for lipomas, nodes and other lumps in the treatment area.

#### 4. Treatment:

The procedure stated in the cooltech treatment protocol must be followed. Down below, some special considerations for the Double applicator can be found.

For the treatment the patient can be lying down with the lower limbs flexed in 30 - 45° to ease the tension and facilitate the tissue pulling via sucking.

- a. If, even if the skin is loose, it is still suitable for the treatment: Before doing the treatment, slightly pull the loose skin out of the treatment area. This will enable you to better apply the applicator on the exposed subcutaneous tissue.
- b. To begin the treatment, please apply a new Cool Gel Pad following the CGP application instructions.
- c. Please make sure that the Double applicator doesn't move once applied.
- d. Please avoid to include the navel inside the treatment area.
- e. The applicator's frame border can be applied on the navel if there isn't enough space.
- f. Please remember to avoid applying the treatment on scars - depending on its location, size, depth or origin, specially if they are new and / or if the doctor perceives a risk of hernia or looseness in the area.
- g. The applicator cannot be applied on the bone and must properly rest on the skin even on the curved areas.



- k. The recommended parameters for the treatment are: 70 minutes of time with a temperature of  $-8^{\circ}\text{C}$  and a **sucking of 180mb**.
- l. Once the treatment has begun, during the first 10 minutes an intense pain may be perceived by the patient. This is due to the sucking and the beginning of the freezing process of the fat cells. This sensation will fade after some time.

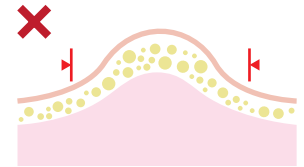
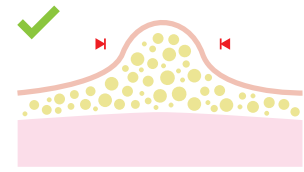
## 5. After the treatment:

- a. It is possible that, after the treatment, the patient will notice a certain degree of pain that will recede in the following 1-4 weeks. There has been cases of greater abdominal pain in men, with a very low incidence.
- b. Sometimes there is a great neuralgic pain that does not recede - its incidence is also low. If this happens, please talk to your doctor about the right medications for you.
- c. The erythema usually is reasonable. It recedes after some minutes and several hours.
- d. The oedema usually is reasonable, due to the great volume of tissue involved in the treatment. It will recede after 1-6 weeks. It is recommended to do a lymph drainage in order to facilitate its receding (it is different of the hand massage applied right after the treatment for 5-10 minutes to facilitate the breaking of the crystals).
- e. Some patients may have bruising of different intensity (specially if they already have tendency to them).
- f. It can display a greater degree of paresthesia and / or dysesthesia for the great volume of tissue involved in the treatment.
- g. Sometimes the cellular emptying (a great fat issue lose) can be perceived as an increase of the skin laxity. This can recede spontaneously after 3 - 4 weeks once the tissue returns to its basal state. If the patient is young or has great skin condition (moisture, elastosis) the pulling will be faster.
- h. Patients that already have loose skin before the treatment, with a poor skin condition, can display more loose skin after the treatment. Additional measures, like a compressive bandage, must be needed. These have to be chosen following the needed pressure according to each patient's condition (belly circumference, achieved degree of cellular emptying, ...). This use must be required for 4, 7 or 15 days including 1 month, depending on each patient's skin condition (age, moisture, elastosis,...).
- i. If there is previous or posterior loose skin, RF treatments must be needed.

**RECOMMENDATIONS TO MEASURE THE FAT FOLD\***

What does it mean to properly measure the fat fold?

- It means to take a pinch of just the subcutaneous tissue without pinching, for instance, the muscular tissue or other deeper tissues.
- It is not correct to include the loose skin and to take it into account during the measurement of the fat fold.





PASSATGE MASOLIVER, 24-28  
08005 BARCELONA, SPAIN.

Customer Service:  
T. +34 934 764 887  
info@cocoonmedical.com



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