

# Cooltech Define

## PATIENT FAQ



### **What is Cooltech Define?**

Cooltech Define is a non-surgical fat reduction procedure that uses controlled cooling to eliminate stubborn fat that resists all efforts through diet and exercise. The technology is invented by Wellman Centre for Photomedicine, Massachusetts General Hospital and Harvard Medical School. The results are proven, noticeable and lasting. The goal of this procedure is to make you look great from every angle and brings your young body and confident back.

### **How does Cooltech Define work?**

Cooltech Define technology that allows for concise, intense cooling of fat cells in the treatment area. Through this process, called cryoadipolysis, the targeted fat cells are destroyed, and the body treats them through natural metabolic processes over time. The final result is a sleeker physique without the need for incisions, scars or even downtime.

### **Am I a candidate?**

The best candidates for Cooltech Define are already at or near their healthy body weight, but find that they have a few problem spots (like the belly, muffin top, bat wing, etc.) that just aren't responding to diet or exercise. Candidates should also be in good overall physical and mental health, and have realistic expectations about their results.

### **Can I combine Cooltech Define with other cosmetic procedures?**

If you are looking for pure fat reduction. Cooltech Define is the right solution for you. But some patients may need additional procedure due to different needs such as fat with laxity problem. In this case, he/ she may benefit from combining Cooltech Define with additional procedures for the best results. Feel free to consult your physician to ensure a customized treatment plan that will help meet your cosmetic goals.

### **What should I expect during treatment?**

The treatment session itself is relatively short, generally lasting a little more than an hour but up to 4 areas. It does not require more time even with larger treatment areas. The operator will apply the selected handpiece(s) to position the target area(s). Once the cells have been sufficiently frozen, the session is completed, and you can return to your normal daily activities without downtime.

### **Will I need multiple sessions?**

Some patients may see improvement after just one session, while some choose additional sessions for further fat reduction. It's all depending of your expectation and need. Your Cooltech Define specialist will work with you on the best treatment plan tailored to achieve your goal.

### **Does Cooltech Define hurt?**

Although you may notice a sensation of pressure and intense cold initially, the Cooltech process overall is gentle enough that most patients use the session time to chat with friends, browsing on their phone, read a book or even take a short nap. Often times, patient return to work and daily activity after their Cooltech Define treatment is over.

### **Where does the fat go? Are the results permanent?**

Once the treated fat cells are crystallized (frozen), your body processes the fat and eliminates these dead cells. Once the treated fat cells are gone, they're gone for good.

### **Is the Cooltech Define procedure safe?**

Cryoadipolysis is a mature technology. With over millions treatments performed worldwide, it is proven to be a safe and effective treatment for non-surgical fat reduction. Unlike other invasive methods, is not a procedure that requires anesthesia or recovery time, since the elimination of this process is natural and physiological.

### **When will I see results?**

The results of your session will appear gradually as the body processes the treated fat cells.

Most patients start to see changes as quickly as three to four weeks after your treatment, and will experience the most dramatic results after two months. while others continue seeing improvements for up to six months.

*\*Disclaimer: Results may vary with each patient.*

### **Are there any side effects to the Cooltech Define procedure?**

During the Cooltech Define procedure you may experience deep pulling, tugging, pinching, numbness or discomfort. Following the procedure, typical side effects include temporary numbness, redness, swelling, bruising, firmness, tingling, stinging and pain. Based on the clinical papers, it will be resolved spontaneously.

However, as with any side effect, if you have questions or concerns about how a procedure may affect you, we encourage you talk to your physician or supervising medical specialist.

### **Can Cooltech Define be used after pregnancy?**

Cooltech Define is the ideal procedure to help with the mommy makeover. It is the right solution for that post-baby belly bump and figure changed. And it will not affect future pregnancies in any way.

### **Can Cooltech Define be used to lose weight?**

Cooltech Define is intended to help treat localized fat on the body. It is not a weight loss solution and patients should not expect this kind of result. Instead of thinking of Cooltech Define as a substitute for a healthy diet and regular exercise, think of it as a complement to your healthy lifestyle choices.

**What happens if I gain weight after my Cooltech Define procedure?**

Most of our patients feel even more motivated to stay close to their ideal weight after seeing their CoolTech Define results. If you do gain weight, you may gain it evenly all over the body, not just in the treated areas. Your Cooltech Define specialist will discuss how fat distribution works and the differences between weight loss and Cooltech Define procedure at your consultation.

**What part(s) of my body can I treat?**

Cooltech Define is uniquely customized to address any area of concern, pending we have the right tool to address it. Cooltech Define targets and sculpts stubborn fat in the areas that are most resistant to change: abdomen, love handles, arms, back and bra fat, inner thighs, saddlebags, double chin, man boobs, knees and more! You can squeeze it, we can freeze it.

**How long is the session?**

The Cooltech Define procedure takes 70 minutes due to the effective fat killing time. You can treat one single area or as many as four areas at the same time in one session, or plan your total transformation in multiple sessions. It is all depending on your expectation, goal and schedule. We encourage you to consult with your Cooltech Define specialist.

**Do I need to take special supplements or follow a strict diet and exercise program?**

No supplements or pills are required. However we encourage patient to stay with healthy diet with exercise to achieve the best goal. Many patients feel more motivated to take care of themselves after their Cooltech Define treatment. It is as if they get a second lease on their body and want to start anew again by taking even better care of themselves.

**How long do I need to wait until the next session?**

It is necessary to leave an interval of 4 to 6 weeks for the same area of treatment. It is suggested to do a maximum of 4 areas per session, however all treatment plans must have previous medical evaluation.

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