

Doctor/Practice Name

Address

Phone



CLIENT INFORMATION DATE:

NAME: D.O.B.

WEIGHT: B.M.I.: Pre-Treatment Photos Taken:  Yes  No

About cooltech

cooltech reduces fat without surgery. It permanently destroys fat cells through a process called “Cryolipolysis,” without causing damage to your skin or other cells. The cooltech procedure uses a vacuum applicator to draw in skin and fat and cool the tissue in the cooling cup for up to 70 minutes. The procedure is for spot reduction of fat. It is not a weight loss solution.

Someone who is overweight can expect to see less visible improvement than someone who has smaller fat deposits. cooltech treatments expect to permanently remove 20 – 30% of the localised fat in the treated area. As with all procedures, visible results may vary from person to person.

What To Expect During cooltech Treatment

* You need to stay in position for one hour once the treatment cycle begins, so it is wise to go to the toilet before treatment starts.
* When the applicator suction is applied, it causes sensations of pulling, tugging and pinching. You may continue to experience this as the treatment begins, but the sensations will slowly fade over the first 10-15 minutes.
* You may feel initial cooling of the area; however, the cold creates numbness, and as you settle into the treatment, this sensation will be less noticeable. Intense cold, tingling, stinging can also be felt, but this again settles as the target area is cooled.
* After the cup is removed, the treated area will look or feel stiff; there could be transient blanching (whiteness) of the skin and intense red to purple colour, as well as bruising, swelling or tenderness. These changes last up to several hours after the applicator is removed.
* Immediately after treatment our therapist will massage the semi frozen area of fat, as this has been shown to improve treatment outcome. This can feel odd, uncomfortable, or painful.

Common Side Effects from cooltech treatment

* In the days following treatment, the area may ache and feel bruised. This aching, as well as redness, bruising, swelling, tenderness, itching, skin sensitivity and tingling can last one to two weeks. The skin may feel numb; this reduction in sensation can last for several weeks, but gradually resolves.
* For 1 in 20 people there is a strong cramping or muscle spasm or a shooting pain that occurs up to 2 weeks after treatment. Generally this is tolerated without pain relief; however, you may use compression garments and cool packs in the evening, if required.
* You may start to see changes as early as three weeks after cooltech treatment, but optimal results are achieved after one to two months. Your body continues to remove the injured fat cells for up to four months after your procedure.
* After 4 weeks you may decide if you require additional treatments to reach your desired outcome.
* Eating healthily is required in the weeks leading up to your cooltech treatment, to optimise the results.

Rare Side Effects

* Late-onset pain several days after a treatment, and resolution within several weeks.
* Vasovagal symptoms: dizziness, light-headedness, nausea, flushing, sweating, or fainting during or immediately after the treatment.
* Subcutaneous induration: generalised hardness and/or discrete nodules within the treatment area, which may develop after the treatment, and may present with pain and/or discomfort.
* Hyperpigmentation may occur after treatment. Typically, it resolves spontaneously.
* Hernia: treatment may cause new hernia formation or exacerbate pre-existing hernia, which may require surgical repair.
* Paradoxical hyperplasia: visibly enlarged volume within the treatment area, which may develop 2 to 5 months after treatment. Surgical intervention may be required.

Consent for cooltech Treatment

I DO NOT HAVE ANY OF THE FOLLOWING CONTRAINDICATIONS TO TREATMENT:

* Cryoglobulinaemia
* Paroxysmal cold haemoglobinuria
* Pregnancy or lactation
* Known sensitivity to cold, such as cold urticaria or Raynaud’s disease
* Impaired peripheral circulation in the area to be treated
* Neuropathic disorders such as post-hepatic neuralgia or diabetic neuropathy
* Impaired skin sensation
* Open or infected wounds
* Bleeding disorders or concomitant use of blood thinners
* Recent surgery or scar tissue in the area to be treated
* Hernia in, or adjacent to the treatment site
* Skin condition such as eczema, dermatitis, or rashes in the area to be treated
* Active implanted devices, such as pacemakers and defibrillators: the effect of performing treatments directly over such devices is not known.

PATIENT SIGNATURE: DATE:

THERAPIST SIGNATURE: DATE:

By providing my signature below, I acknowledge that I have read and understood all of the information written above, as well as that contained within the information sheet. I feel that I have been adequately informed of my alternative treatment options, as well as the risks of cooltech treatment. I hereby freely consent to the cooltech to be performed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and authorise the taking of clinical photographs to document my clinical progress.

I am over the age of 18.

PATIENT SIGNATURE: DATE:

THERAPIST SIGNATURE: DATE: