

# Cooltech DEFINE FAQ

## **What is Cooltech DEFINE and How Does It Work?**

Cooltech body sculpting uses Cryolipolysis, the medical treatment for destroying fat cells. The Cooltech system cools fat cells to temperatures that cause fat cell death. This results in up to 25% of the fat removed in the treated area, each treatment. In the weeks that follow treatment, as the fat cells die, they are safely removed by your body's natural immune system processes. The device suction to draw the target area into an applicator and cooling the area to the desired treatment temperature for maximum fat reduction.

## **What will happen during the Cooltech DEFINE treatment?**

Your practitioner will mark the areas of fat to be treated on your body while you are upright.

Once you are comfortably settled in the treatment position, a Coolpad will be applied on the area to be treated to ensure complete protection for the surface of your skin.

The hand-piece will be placed on the area to be treated and you will feel some tightness caused by the vacuum pressure and some localized cold as the fat pocket is drawn up into the 'cup' of the hand piece. This feeling will reduce over the next ten minutes after the treatment starts as the entire area is numbed by the low temperature.

When the applicator is removed, the treated area will feel cold and firm. A 5-minute after-treatment massage will help restore the frozen fat layer back to normal and will also assist in optimising your results.

The treated area may remain tender and there may be some slight intermittent tingling or numbness for up to 4 weeks or more after the treatment. This is normal and expected part of the treatment process.

## **How does the Cooltech DEFINE treatment feel?**

The treatment is usually very comfortable. The procedure allows the patient to return to daily life immediately since it is not a surgical procedure and a non-invasive treatment. Some patients experience some mild discomfort as the suction starts, or during the massage of the area immediately after the treatment.

## **What areas can be treated?**

Body areas that can be treated include the abdominal area, 'love handles', hips, inner and outer thighs, back, waist, below the buttocks, arms, knees and under the chin. In a single session, two applicators can be applied at the same time, saving you time, and ensuring maximum results in each session.

## **How many treatments will I need?**

Usually 1-2 sessions in the same area, 10 - 12 weeks apart. In your consultation you will be advised how many treatments you need in each area, to obtain optimal results.

## **How long is the treatment?**

Most Cooltech DEFINE treatments take 70 minutes, however smaller treatment areas may be shorter.

**When will the results be visible?**

Maximum results will be visible 90 days after the treatment.

**Is the result permanent?**

Once you have achieved your desired reduction, the results are long-term, providing you continue a healthy lifestyle appropriate for ideal weight maintenance.

**What happens to the skin after the fat has been removed?**

The Cooltech device works in a way that leaves the skin and surrounding tissue unharmed and you can return to your normal daily activities following treatment. Skin is naturally elastic and generally retracts back over the treatment area.

**How much does it cost?**

Cooltech is much more affordable than liposuction and doesn't have the side effects or downtime associated with surgery.

**Are there any side effects?**

Cooltech is a simple, non-invasive "walk-in, walk-out" treatment. Normal and temporary side effects associated with freezing fat cells that you may or may not experience include numbness, tenderness, swelling, itching and red skin at the treatment site. There is no down time, no surgery involved you simply come to your appointment and afterwards resume your normal activities.

**Am I a good candidate for Cooltech DEFINE?**

The majority of people who are generally within, or just a little over, their appropriate weight, but have fat bulges that don't respond to diet and exercise will get the best results from Cooltech.

It is not a treatment for anyone who is obese (BMI of 30+) as it is not a treatment for weight loss. If you are underweight (BMI of 18 or less) or if you have lost a great deal of weight and have loose rolls of skin that are not filled with fatty deposits, generally you are not a candidate for Cooltech treatment.

There are some medical conditions that make fat freezing treatment unsuitable. The best way to find out if you are a suitable candidate is to contact the clinic and book a consultation.

**How is Cooltech DEFINE different from other body sculpting technology?**

Cooltech has six different applicators, which are individually designed to ensure that whatever area of the body is being treated, the maximum effect will be achieved with maximum safety. It is also possible for the operator to use two different applicators simultaneously, so more areas may be treated in less time.