

# cooltech



## PATIENT INFORMATION GUIDE

**cooltech** reduces fat without surgery. It permanently destroys fat cells through a process called “Cryolipolysis”, without causing damage to your skin or other cells. There is no surgery involved: this is a “walk in–walk out” treatment that helps to shape your body, with visible and long-lasting results.

**cooltech** targets areas of body fat that are typically difficult to reduce using only diet and exercise. It reduces fat deposits by eliminating fat cells in the treated area. It is a highly recommended alternative to surgery for stubborn fat deposits.

### HOW DOES **cooltech** WORK?

**cooltech** freezes fat cells to the point where they crystallise and die, and then are gradually eliminated by the body’s natural metabolic processes.

The fat cells that remain will shrink, causing further reduction in the size of the treated area.

**cooltech** destroys fat cells, whereas dieting merely shrinks them, so they can increase in size again. Fat cells that are removed from the body through Cryolipolysis have a very low chance of returning.

### HOW IS **cooltech** DIFFERENT FROM OTHER 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 your treatment time is doubly effective.

### IS **cooltech** TREATMENT RIGHT FOR ME?

You are an ideal candidate for **cooltech** treatment if:

- you are generally within, or just a little over, your appropriate weight, but have fat bulges that don’t respond to diet and exercise;
- you have post-pregnancy fat deposits on your tummy area;
- you have ‘middle-age spread’ — bulges on the sides and front of your abdomen;
- you have ‘love handle’ fat deposits on the sides of your body;
- you have rolls of fat on your back;
- you have upper arm or inner thigh fat deposits.

## WHEN IS **cooltech** TREATMENT NOT APPROPRIATE?

- ✿ If you are generally underweight or highly overweight, you are not a candidate for **cooltech** treatment. **cooltech** is not a recommended treatment for weight loss.
- ✿ If you have lost a great deal of weight and have loose rolls of skin that are not filled with fatty deposits, your practitioner will recommend an alternative treatment.

## WHAT PREPARATION IS REQUIRED FOR **cooltech** TREATMENT?

- ✿ Your practitioner will advise you to cease taking any medications that affect blood circulation (e.g. blood thinners and anticoagulants) 2 days before treatment.
- ✿ You can prepare to optimise your **cooltech** treatment by establishing a lifestyle of a balanced diet and light exercise. We recommend that you continue this program for at least the first 6 weeks post-treatment, in order to achieve the best results.

## WHAT HAPPENS DURING **cooltech** 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 **cooltech** handpieces are placed on the target areas and a vacuum process draws the skin up into the 'cup' of the handpiece.
- ✿ **cooltech** freezes the fat for up to seventy minutes.

## WHAT ARE THE RISKS AND SIDE EFFECTS?

- ✿ When the handpiece is initially activated, there will be a feeling of strong suction as your skin is being drawn up into the cooling cup.
- ✿ For the first 10 minutes of treatment, the cooling process may feel slightly uncomfortable. Then, as the entire area is numbed by the low temperature, sensation will gradually reduce.
- ✿ 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 2 weeks after the treatment.

## IS **cooltech** TREATMENT PERMANENT?

- ✿ The fat cells that die as a result of **cooltech** treatment have a very low chance of returning.
- ✿ You can see some reduction in the treated area as early as three weeks after treatment, but full results will be evident in two to four months.
- ✿ Depending on the thickness of the fat layer in the treatment area, you may need repeat treatments on adjacent fatty areas at 90-day intervals.
- ✿ Once you have achieved your desired reduction (remember that it is neither possible nor desirable to remove 100% of fat cells), the results are long-term, providing you continue a healthy lifestyle appropriate for ideal weight maintenance.