



# Laser Treatment Center

## The CoolSculpting™ Procedure by Zeltiq™

### **The Challenge: Exercise-Resistant Fat**

- You are physically fit and your weight is stable.
- You have a healthy diet and lifestyle.
- But, no matter how much you exercise or diet, you have lumps, bumps, and bulges that you just can't get rid of a "muffin top," post-pregnancy pooch, love handles, back fat. **Now there is a non-surgical solution!**

### **CoolSculpting™ for Fat Reduction**

*A new, non-invasive way to gently and effectively reduce fat in targeted areas of your body, resulting in noticeable, natural-looking fat reduction in the treated areas.*

CoolSculpting™ by ZELTIQ™ was developed by a team of scientists and physicians to address the concerns of people like you. This revolutionary procedure uses a precisely controlled cooling method called Cryolipolysis™ to target, cool and eliminate fat cells without damage to the neighboring tissue. After a one to three hour CoolSculpting procedure here at the Laser Treatment Center, your body goes to work. Over the next two to four months, the crystallized fat cells break down and they are naturally flushed from your body.



Before CoolSculpting Procedure



Back Fat Results 2 Months After One CoolSculpting Procedure



Before CoolSculpting Procedure



Abdomen Results 2 Months After One CoolSculpting Procedure

**coolsculpting**  
by ZELTIQ

### **What will my results be?**

On average, each CoolSculpting™ procedure results in a 20% reduction of fat in the treated area. After the initial treatment cycle is complete, you can attain further reductions with additional procedures. Some patients, though, find that one treatment fully addresses their goals. We will discuss with you and design a plan that suits you best.

## ***Frequently Asked Questions***

### **What is the CoolSculpting™ by Zeltiq™ Procedure?**

The CoolSculpting by Zeltiq Procedure is a new, non-invasive way to gently and effectively reduce fat in targeted areas of your body, resulting in noticeable, natural-looking fat reduction in the treated areas. What makes the CoolSculpting Procedure different is its advanced cooling technology that targets and eliminates fat cells. Unlike traditional invasive surgical procedures, the CoolSculpting Procedure is non-invasive, with no needles and no incisions. There is no need for anesthesia or pain medications and there is no recovery time. The procedure is performed in a medical office, under the supervision of a physician specializing in cosmetic procedures.

#### *You'll see ...*

After your CoolSculpting procedure, your body goes to work. Over the next few months, the crystallized fat cells break down and are naturally eliminated from your body!

### **How does the CoolSculpting Procedure work?**

Early research done by world-renowned dermatologists at Massachusetts General Hospital in Boston, MA, a teaching affiliate of Harvard Medical School, showed that fat cells are naturally more vulnerable to cold than other surrounding tissue. This scientific principle is called "Cryolipolysis™ ." During the procedure, a non-invasive applicator delivers precisely controlled cooling to target and eliminate fat cells in specific areas of your body. When fat cells are exposed to cooling during the CoolSculpting Procedure, it triggers a process of natural removal, which gradually reduces the thickness of the fat layer. The result is a reduction in fat bulges that is visible in most patients in two to four months.

### **What happens to the fat cells?**

The exposure to cooling causes the fat cells to begin a process of natural removal, which gradually reduces the thickness of the fat layer. The fat cells in the treated area are gently eliminated through the body's normal metabolic processes, like fat from food. The result is a gradual reduction in fat bulges that is visible to most patients in two to four months.

### **What clinical evidence shows that the CoolSculpting Procedure really works?**

Clinical studies involving hundreds of patients show that, for properly selected patients, the CoolSculpting Procedure is an effective way to reduce fat without the pain, risk, and recovery time of surgical procedures. The result is noticeable, natural-looking fat reduction in the treated areas.

**How long until I notice results?**

In properly selected patients, the CoolSculpting by Zeltiq Procedure results in a noticeable, measurable reduction in fat bulges in two to four months. At that time, you and your provider can meet to assess your cosmetic improvement and consider additional CoolSculpting Procedures to achieve greater fat reduction.

**How do the results compare with invasive procedures like liposuction?**

The results of the CoolSculpting Procedure are not as rapid or dramatic as invasive procedures such as liposuction. However, if you want to avoid the pain, risk and recovery time associated with surgical procedures, CoolSculpting may be the preferred option for you.

**How long do the results last?**

Patients experiencing fat layer reduction show persistent results at least six months after the CoolSculpting Procedure. Longer term studies have not been completed. The elimination of fat cells as a result of the CoolSculpting Procedure is expected to last about as long as fat cells removed by invasive procedures such as liposuction.

**What are common effects after the procedure?**

The CoolSculpting procedure is completely non-invasive, which allows return to normal activities, such as work or exercise, on the same day as the procedure.

**How long does the procedure take?**

Procedure time can be two hours or more depending on the size of the area to be treated. During your consultation, your provider will discuss how long your procedure will take and how much time you should allow for your office visit.

**Does the CoolSculpting by Zeltiq Procedure hurt?**

The CoolSculpting Procedure is comfortable for most patients. No anesthesia was needed for any patients in clinical trials. Typically patients are comfortable enough to read, work on their laptop computers, listen to music, or just relax during the procedure.

**Is there downtime after the CoolSculpting by Zeltiq Procedure?**

There is no recovery time after the Procedure. You may resume your normal activities on the same day as your procedure, including work and exercise.

**Will I benefit from additional Coolsculpting Procedures?**

A follow-up visit should be scheduled with your provider two to four months after your procedure to assess your cosmetic improvement and consider additional Coolsculpting Procedures to achieve greater fat reduction.

**Am I a good candidate for the Coolsculpting Procedure?**

Ideal candidates for the Coolsculpting Procedure are relatively fit, but have some modest-size fat bulges that are not easily reduced through diet and exercise. They are seeking spot reduction for specific areas of fat, but are not considering a surgical procedure. The Coolsculpting Procedure is not a way to lose weight or treat obesity, and it is not a substitute for invasive methods like liposuction. During a consultation, your provider can talk with you about whether you are a good candidate for the Coolsculpting Procedure.

**How is the Coolsculpting Procedure different from other procedures?**

The controlled cooling of the Coolsculpting Procedure targets and eliminates only fat cells. Other treatment modalities such as lasers, radiofrequency, and focused ultrasound affect fat cells and may affect other adjacent tissue in a way that is not comparable to the Coolsculpting by Zeltiq method of cryolipolysis.

*If you are ready to get rid of the love handles, post-pregnancy pooch, or "muffin top" comfortably, conveniently, and naturally, call the Laser Treatment Center at (425)296-0270 or visit [www.kirklandlaser.com](http://www.kirklandlaser.com) to set up an appointment.*