

THE PEARL

DERMATOLOGY

CoolSculpting

CoolSculpting is a FDA (Food and Drug Administration) approved, non-invasive way for patients to eliminate stubborn and unwanted fat using a patented cooling technology called Cryolipolysis. Cryolipolysis is the process by which fat cells are frozen and broken down. After being broken down, the body will naturally eliminate the dead fat cells. This procedure has been FDA approved to treat stubborn fat under the jawline, under the chin, upper arms, on the back, bra areas, flanks, abdomen, thighs, and under the buttocks. This procedure is ideal for patients that have struggled to lose stubborn fat despite undergoing different diets and exercises. Studies have seen up to a 20-25% reduction in fat in the treated areas. Most patients need two treatments to obtain noticeable results. Results can take up to 2-4 months to show after the last treatment and can vary from patient to patient.

As one of the few practices in Houston with two CoolSculpting machines, patients can now treat two areas at the same time. DualSculpting is the same treatment as CoolSculpting but completed in half the time.

Patients that are NOT a suitable candidate for CoolSculpting are those that:

1. Have a history of surgical procedures or hernias in/near the area of concern.
2. Have a history of cold sensitive disorders such as Cryoglobulinemia, Cryofibrinogenemia, Raynaud's, Pernio, Chilblains, and Cold-Induced Urticaria.

Pre-Treatment Instructions

1. Avoid applying moisturizer to the treatment area on the night before or the day of your treatment.
2. Shaving is required one day prior for men who are treating their jawline or submental area.
3. We recommend avoiding any non-steroidal anti-inflammatory drugs (NSAIDs) two weeks prior to the treatment and one week post treatment as this may slow down the fat elimination process. However, acetaminophen (Tylenol) can be used for any mild discomfort.

Treatment Day

1. For each treatment, arrive 15 minutes prior to your scheduled appointment time, so that there is time for us to take photographs of the treatment area.
2. We recommend that you wear comfortable clothes. We may have you change into a disposable gown or shorts depending on your treatment areas.
3. Listening to music or audio books can help pass the time so feel free to bring your smart phone, tablet, or iPad.
4. No general/topical anesthesia or pain medication is required.
5. After cleaning the treatment area, an applicator will be placed on the treatment area, the cup uses vacuum pressure to draw tissue between the cooling panels. Sensations of pulling, tugging, and mild

pinching in the area are common during your treatment. If using the CoolSmooth applicator, the panels will lie flat against the skin and cool without drawing in the tissue.

6. You will experience intense cold, tingling, stinging, aching, and cramping. These sensations subside as the area becomes numb.
7. You will either sit or lie down during your procedure, depending on the area being treated. Treatment times are dependent on the size of the applicator that is needed for the area. Small and Petite applicators take 35 minutes per cycle, Mini and Large applicators take 45 minutes per cycle, and the Smooth Applicator takes 75 minutes per cycle.

TO KEEP FROM DISLODGING THE DEVICE, IT IS VERY IMPORTANT YOU SIT OR LAY VERY STILL DURING YOUR TREATMENT. IF THE DEVICE LOSES SUCTION/ATTACHMENT DURING THE TREATMENT AND THE CYCLE IS NOT NEARLY COMPLETE, THEN THE CYCLE WILL NEED TO BE RESTARTED.

8. After each cycle, a 2-minute deep-tissue massage is performed to each area. This massage has been clinically proven to enhance CoolSculpting results. This massage can be uncomfortable as your skin starts to re-heat.
9. During the CoolMini treatment for submental fat (double chin), you must be very still and are unable to talk, drink, or eat for the duration of the procedure.

Post-Treatment Expectations and Instructions

1. Treated areas may look firm or feel stiff immediately after the procedure. This is normal and dissipates within hours.
2. The treated area may be red and feel cold for approximately 20 minutes after the applicator is removed.
3. CoolSculpting may cause bruising or swelling in the treated area. This is normal and will resolve within 1-2 weeks after your procedure.
4. CoolSculpting may cause numbness, tingling or tenderness in the treated area. This is normal and will resolve within a few hours but can last up to 12 weeks (about 3 months) after your procedure.
5. You may resume normal activities and exercise regimen immediately following your treatment. It is important to maintain your normal diet and exercise programs.
6. Please bring a compression garment such as Spanx to wear after your procedure if treating the abdomen, flanks, or upper legs. You will want to continue wearing this for 1-2 weeks after your treatment during the daytime. The compression garment is not needed during sleeping hours.
7. We recommend that your 2nd treatment takes place 30 days after your 1st. At your last treatment, a 3-4 month follow up appointment will be scheduled to take after photos and evaluate your results with your provider.

Possible Risks & Complications

Immediately after a procedure, redness and firmness, transient blanching (temporary whitening of the skin), mild bruising around the edges of the treatment area, tingling and stinging are all possible.

One or two weeks after the procedure, redness, bruising, and swelling can occur. Mild to severe tenderness, cramping, muscle spasm, and aching that will typically resolve with over-the-counter pain medication. Itching,

Tracy M. Katz, MD FAAD

Jennifer Deaver, MD FAAD

skin sensitivity, tingling, and numbness can persist up to several months after a procedure. If your symptoms worsen or last longer than two weeks, please call our office.

Rare side effects included Paradoxical hyperplasia. A small number of patients have experienced gradual development of a firmer enlargement, of varying size and shape, of the treatment area, known as "paradoxical hyperplasia," in the months following the treatment. If such paradoxical hyperplasia occurs, it will be distinguishable from temporary swelling and will not resolve on its own. The enlargement/lump can be removed by means of a surgical procedure such as liposuction.

In rare cases, patients have reported the CoolSculpting treatment area to have darker skin color, hardness, discrete nodules, frostbite (local injury due to cold), hernia or worsening of pre-existing hernia. Surgical intervention may be required to correct hernia formation.

Treatment demarcation has occurred in a small number of patients that have experienced excessive fat removal in the treatment area, resulting in an unwanted indentation. The indentation may be improved through corrective procedures.