



0800 SKIN DR (0800 754 637)



## Cooltech Treatment Information

### What is Cooltech?

Cooltech reduces fat without surgery by freezing it. It is suitable for smaller fat deposits and can permanently remove about 20 % of fat in the treated area. A vacuum draws the skin and fat into a cooling plate to chill the tissues for up to 70 minutes. Cooltech is for spot reduction of soft fat only and is not a weight loss solution. As with all procedures, visible results vary from person to person.

### What should I expect during the procedure?

You need to stay in position for 70 minutes during treatment. When the suction is applied, it causes a pinching sensation which usually fades over the first 10 minutes. The treatment area feels intensely cold at first, perhaps with tingling, before numbness occurs and you settle into the treatment. After the plate is removed, the treated area looks and feels stiff. Your skin may appear white, red or purple for 1-2 hours. We massage the area immediately after the treatment to stimulate elimination of fat cells. This can feel odd, uncomfortable or painful.

### Who should not have Cooltech?

Anyone who is pregnant or breastfeeding, has cryoglobulinaemia, paroxysmal cold haemoglobinuria, known sensitivity to cold, a bleeding disorder, or is on blood thinning medication should not be treated. The treatment area must be free from impaired circulation, recent surgery or scar tissue, fragile skin, eczema, dermatitis, rashes, impaired skin sensation, open or infected wounds and hernias. It is not possible to perform treatment over implanted devices such as pacemakers or defibrillators.

### Are there any side effects?

For up to 2 weeks after treatment you may experience aching, bruising, redness, swelling, tenderness, itching, skin sensitivity and tingling. The skin may feel numb, lasting for several weeks but this will be gradually resolving. For 1 in 20 people there is strong cramping or muscle spasm that occurs usually at day 3-5 but up to 2 weeks after treatment. This is generally well tolerated but can be effectively treated with medication if required.

### What are the rare side effects?

Hardening under the skin, nodules or darkening of the skin rarely occur within the treated area and typically resolve over time. Hernia formation is possible. Rarely, significant nerve pain can occur in the treated area 3-5 days after treatment. This usually responds well to special medication and settles over 6 weeks. Paradoxical hyperplasia (visibly enlarged volume of fat in the treated area) may very rarely develop 2-5 months after treatment and may require surgery or liposuction to resolve.

A blister or burn to the skin is possible which could leave a scar.

### How many treatments and how soon can I see results?

You'll need 1-2 treatments on each area, 10-12 weeks apart. You may start to see changes as early as 3 weeks after a Cooltech treatment, but optimal results are achieved after 2-3 months. Your body continues to remove the injured fat cells for up to 4 months after your procedure.

### What should I do after my Cooltech treatment?

If you develop cramps, you can apply cool packs to the area and use compression garments. You can also take paracetamol for any discomfort, if that is not sufficient, please contact the clinic for further treatment.

**If you have further questions, please feel free to contact the clinic on:**

**0800 SKIN DR (0800 754 637)**

**or Emergency After Clinic Hours:** \_\_\_\_\_