

## Coolsculpting To Lose Inches



By Don J. Fontana, MD, PA

Is a two hour office procedure that results in a 20% reduction in the fat of your abdomen, outer thighs or flank areas worth considering? Coolsculpting® is a new technology designed to do just that. The device has been popular in Europe for many years and recently has been FDA approved for use in the U.S. It is safe and effective and does exactly what it is supposed to do. There are no needles, no special diet and no surgery.

The concept behind the device is

that by applying highly regulated precise computer controlled cooling of the skin overlying a fatty area the fat cells are frozen. Different size suction-like panels are applied to the treated according to the size to be treated. The skin and underlying fatty tissue is drawn into the panel and the fat cells beneath the skin are frozen and then crystallized. When the skin and fat tissue warms, the treated area is massaged for a few minutes.

Over the following few weeks, the fat cells are broken down and gradually absorbed by the body. The patient may be asked to wear a compression garment, Spanx or similar garment to hasten healing.

Following the procedure, the treated area exhibits a gradual improvement in contouring because the thickness of the fat is reduced by approximately 20%. In most cases, fat absorption can take up to three months.

The ideal patient for CoolSculpting is an individual who is generally fit but has problem areas of fat deposition. The most

common areas for treatment are the flanks and abdomen.

The treatment is easily tolerated. No pain medication is needed during or following the procedure and there is no down time. CoolSculpting is not a procedure for weight loss although it can be applied to problem areas with as much as a three-inch thickness of subcutaneous fat. Just like liposuction, CoolSculpting does not tighten skin and therefore a patient who exhibits excess sagging skin with a thick layer of subcutaneous fat is not suited for this procedure.

Coolsculpting is an office procedure. Patients often relax, listen to music, text on their cell phone or call their closest friend to talk about this amazing procedure. Patients are weighed at the time of the treatment and examined periodically during the healing process.

Consider a two-hour session and allow CoolSculpting to help you with those pesky areas of body fat. See a Board Certified Plastic Surgeon for treatment.