**Body Contouring with CoolSculpting**

CoolSculpting Questions and Answers

**Kimberley B.C. Goh, M.D.**

**CoolSculpting** is the technique approved by the FDA for fat reduction using cooling. When fat is cooled to a low temperature, the fat droplets inside the fat cells turn solid, like a stick of butter that will turn hard in the refrigerator. It is not cold enough to freeze the cell or to damage muscle tissue, nerves or skin. Many of the fat cells that have been treated will undergo a natural cell death. The original research in this type of fat reduction was done by researchers in affiliation with Harvard University and Mass General Hospital.

There have been many questions about the technique, and here are the more common ones:

**Am I a candidate?** The best candidate has a localized fat location without a lot of excess loose skin. If there is an area that is very large, it may not be possible to treat the area and make a big enough difference.

**What areas have been treated successfully?** We have been performing CoolSculpting since October of 2011, treating areas like the **love handles, tummy or bra fat.**

**What new areas can I treat?** We can now treat the **inner and outer thighs**. Previously, these areas did not fit well enough into the device to allow for cooling, but now there are two new attachments that will treat the saddlebags and inner thigh fat. It is possible to treat the **arms**, but only a few people have arm fat that will respond well to the localized fat reduction.

**How long does it take?** The treatment of each area takes about one hour each, so treating love handles would take a little over two hours. The outer thigh treatments take two hours each, so a total of four hours for both outer thighs.

**What is the “down time?”** There is no down time with CoolSculpting. Normal activities and exercise can be started the same day right after treatment.

**Do I have to wear a girdle?** No girdles.

**What happens after a treatment?** There is a real and distinct permanent loss of fat in the areas treated with one treatment, and its maximal effect is about three months after treatment. The average is a 20-25% fat reduction in the area treated.

**Can an area be treated more than once?** An area can be treated multiple times, and each time the fat should continue to shrink, so treating an area twice, should cause a 40% or more reduction in fat in the area cooled.

**What happens to the fat?** The body absorbs the fat released by the cells that have died, removing it from the area treated.

**What kind of results can I expect?**  Your clothes will fit better, your muffin top, saddlebags or stomach bulge will be smaller. You generally will not change a clothes size with this, if that is your goal liposuction may be a better procedure for you, as it can remove more fat than CoolSculpting.

CoolSculpting is a safe and effective way to remove stubborn bulges that are resistant to diet and exercise. You can check my web site for more information.

Grand Strand Plastic and Reconstructive Surgery Center, P.A. 4610 Oleander Drive, Suite 101, MB, SC 29577, (843)497-2227 or gsprs@sc.twcbc.com, or our web site [www.kimberleygohmd.com](http://www.kimberleygohmd.com)