



# TRYING THIS?



# TRUST THIS TOO



STUBBORN FAT REDUCTION TECHNOLOGY  
OVER 7 MILLION TREATMENTS WORLDWIDE\*

# SCULPT YOUR BODY

Have you tried everything to shift stubborn fat and yet still haven't achieved your desired results?

# TRUST TECHNOLOGY

With 20 years of research and development, CoolSculpting® technology offers a non-surgical treatment which targets stubborn fat, freezing it away for good.

- Available in more than 5,000 medical centres worldwide and administered by medical led clinics only
- Over 7 million CoolSculpting® treatments worldwide\*
- No surgery, no needles and little to no downtime
- Treated fat cells are removed for good
- FDA-cleared
- 159 global patents
- Developed by Harvard scientists

\*Patients may require more than one treatment to reach desired outcome.

# BEFORE & AFTER

See for yourself the difference CoolSculpting® can make.

## ABDOMEN



**BEFORE**



**16 WEEKS AFTER**

Patient received two treatment cycles at each of the three treatment sessions.

## THIGHS



**BEFORE**



**19 WEEKS AFTER**

Patient received six treatment cycles to the inner and outer thigh over two treatment sessions.

## UNDER THE CHIN



**BEFORE**



**12 WEEKS AFTER**

Patient received two treatment cycles at each of the two treatment sessions, which occurred two months apart.

Individual results may vary. CoolSculpting® is not a weight loss procedure and should not replace a healthy diet and active lifestyle. Images unretouched.

Images courtesy of Allergan.

# FREEZE AWAY FAT

CoolSculpting® targets many areas of the body and your treatment plan will be decided during your consultation with the CoolSculpting® practitioner. CoolSculpting® cools fat cells to the precise temperature at which they crystallise and die (a process known as apoptosis).\* The skin and surrounding tissue is unaffected.\* Your body then naturally metabolises these cells, before removing them through an inflammatory clearing process.

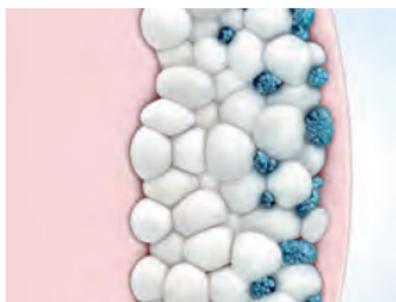
**During treatment your practitioner will place an applicator\*\* on the desired area.**



**Controlled cooling then targets these fat cells, while preserving the skin and surrounding tissues.**



**After treatment, the body naturally processes and removes the fat cells.**



**CoolSculpting® has demonstrated fat layer reductions across multiple treatment areas of up to 27% at 6 months†**



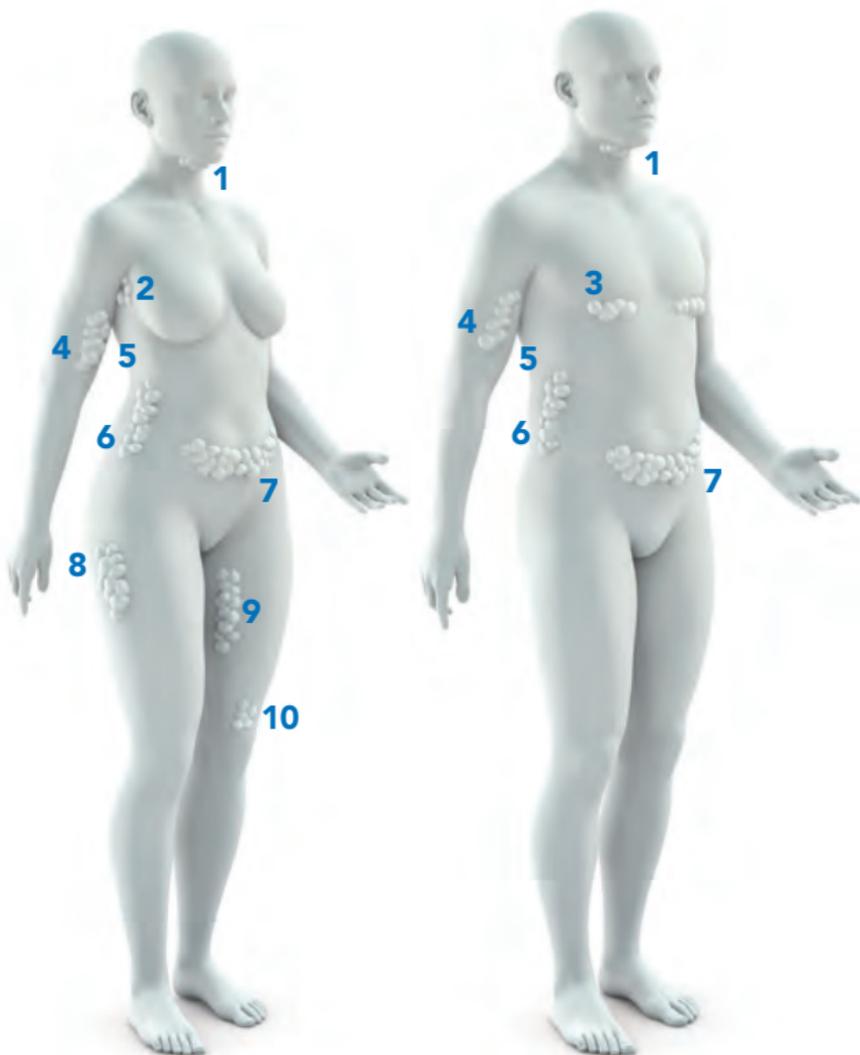
Illustrative purposes only.

\* Data obtained from cryolipolysis investigations using a pig model

\*\* The CoolSculpting® applicators are designed to work on different body areas for a range of body types.

† Study conducted July 2009 – January 2011 on a total of 112 patients, with n=85 patients available for follow-up caliper evaluations. The average fat reduction at follow-up was 21.5%. The 27% reduction refers specifically to the lower abdomen (n=55).

# TARGETED TREATMENT AREAS



**1** Under the chin

**2** Bra fat

**3** Chest

**4** Upper arm

**5** Back fat

**6** Flank

**7** Abdomen

**8** Under the buttock

**9** Thigh

**10** Distal thigh

Illustrative purposes only, individual results may vary.

# YOUR QUESTIONS, ANSWERED

## **Q: Am I a good candidate for the CoolSculpting® procedure?**

**A:** The CoolSculpting® fat-reduction procedure is specially designed for those who have unwanted fat in targeted areas. Unlike weight-loss surgery (e.g. gastric bypass), the CoolSculpting® procedure is not a weight-loss solution for people who are obese. Good candidates for the CoolSculpting® procedure have noticeable bulges in certain areas they'd like to get rid of. Many people want a non-surgical alternative to liposuction.

Your first step should be to speak to a CoolSculpting® physician to see if it is a suitable procedure for you.

## **Q: Can the CoolSculpting® procedure reduce fat anywhere on my body?**

**A:** The CoolSculpting® procedure can treat visible fat bulges in the submental area (under the chin), thigh, abdomen and flank (love handle), along with bra fat, back fat, underneath the buttocks (also known as banana roll), and upper arm. Your physician will create a customised treatment plan that's tailored to your body and your individual goals.

## **Q: Where does the fat go?**

**A:** Once the treated fat cells are crystallised (frozen), they are destroyed and are naturally processed and eliminated from the body. Once the treated fat cells are gone, they're gone for good.

## **Q: Is the CoolSculpting® procedure safe?**

**A:** As a leading non-invasive fat-reduction treatment worldwide, CoolSculpting® has a well-established safety and efficacy profile. CoolSculpting® systems are controlled cooling devices designed with built-in safety measures. If sensors detect that the skin is getting too cold, the system will shut down automatically.

## **Q: What does it feel like?**

**A:** As the cooling begins during the first few minutes you typically feel intense cold. This should soon dissipate. With some applicators, you'll feel some pulling as suction is applied. After the treatment, you may feel some tingling as the area is massaged for approximately 2 minutes. Patients are usually able to return to normal activities following their appointment.

### **Q: How long is each treatment?**

**A:** The length of your CoolSculpting® treatment will vary depending on the number of areas being treated during one visit. The latest technology of CoolSculpting® can treat a patient within 35 minutes. If you have limited time but have several areas of unwanted fat, some practices may even have multiple CoolSculpting® systems. Your physician will explain the process and establish if this is a suitable option for you.

### **Q: When will I see results?**

**A:** Most patients see results between 2 and 6 months following treatment. You will still continue to flush out fat cells for up to 4 to 6 months after treatment.

### **Q: How much does the CoolSculpting® procedure cost?**

**A:** The price for CoolSculpting® procedures varies depending on your areas of concern, the number of treatments needed, and your ultimate goals. Create a customised treatment plan, in person, with your CoolSculpting® physician that's tailored to your body, your goals, and your budget.

### **Q: Are there any side effects?**

**A:** During the procedure you may experience sensations of pulling, tugging, mild pinching, intense cold, tingling, stinging, aching, and cramping at the treatment site. These sensations may subside as the area becomes numb.

Following the procedure, typical side effects include redness, swelling, blanching, bruising, firmness, tingling, stinging, tenderness, cramping, aching, itching, skin sensitivity and numbness. Numbness can persist for up to several weeks. There may be a sensation of fullness in the back of the throat after submental treatment. These effects are temporary and generally resolve within days or weeks.

Though rare, some additional side effects such as paradoxical hyperplasia, late onset pain, freeze burn, vasovagal symptoms, subcutaneous induration, hyperpigmentation and hernia may also occur.

The CoolSculpting® procedure is not for everyone. You should not have the CoolSculpting® procedure if you suffer from cryoglobulinaemia, cold agglutinin disease or paroxysmal cold haemoglobinuria. The CoolSculpting® procedure is not a treatment for obesity.

As with any medical procedure, ask your physician if the CoolSculpting® procedure is right for you.

# FIND OUT MORE

Visit [coolsculpting.co.uk](http://coolsculpting.co.uk)  
to find out if CoolSculpting® is right for you



*CoolSculpting UK*



**STUBBORN FAT REDUCTION TECHNOLOGY  
OVER 7 MILLION TREATMENTS WORLDWIDE\***

**Allergan PLC**  
**Marlow International, The Parkway**  
**Marlow, Buckinghamshire, SL7 1YL**

Images courtesy of Allergan unless otherwise stated. Results and patient experience may vary. Patients shown are within  $\pm 5$  pounds of their original weight unless specified. During the procedure you may experience sensations of pulling, tugging, mild pinching, intense cold, tingling, stinging, aching and cramping at the treatment site. These sensations may subside as the area becomes numb. Following the procedure, typical side effects include redness, swelling, blanching, bruising, firmness, tingling, stinging, tenderness, cramping, aching, itching, skin sensitivity and numbness. Numbness can persist for up to several weeks. A sensation of fullness in the back of the throat may occur after submental treatment. Rare side effects such as paradoxical hyperplasia, late onset pain, freeze burn, vasovagal symptoms, subcutaneous induration, hyperpigmentation and hernia may also occur. The CoolSculpting® procedure is not for everyone. You should not have the CoolSculpting® procedure if you suffer from cryoglobulinaemia, cold agglutinin disease or paroxysmal cold haemoglobinuria. The CoolSculpting® procedure is not a treatment for obesity. As with any medical procedure, ask your physician if the CoolSculpting® procedure is right for you.

CoolSculpting® and its design are registered trademarks of Zeltiq Aesthetics, Inc., an Allergan affiliate. Allergan® and its design are trademarks of Allergan, Inc. © 2019 Allergan. All rights reserved.

Resource developed and provided by Allergan.

**Adverse events should be reported. Reporting forms and information  
can be found at [www.yellowcard.mhra.gov.uk](http://www.yellowcard.mhra.gov.uk)**

**Adverse events should also be reported to Allergan Ltd.  
[UK\\_Medinfo@allergan.com](mailto:UK_Medinfo@allergan.com) or 01628 494026.**

UK/0081/2019a  
Date of preparation: February 2019



\*Patients may require more than one treatment to reach desired outcome.