

CoolSculpting – Treatment Considerations Form (Strimling Dermatology Laser & Vein Institute)

The CoolSculpting procedure is a non-invasive procedure that is intended to change the appearance of the treatment area by delivering controlled cooling at the surface of the skin to break down fat cells that are just beneath the skin.

This procedure is not a treatment for obesity or a weight-loss solution.

The CoolSculpting procedure does not replace traditional methods such as diet, exercise or liposuction.

Clinical studies of a treatment site have shown that the CoolSculpting procedure can break down fat cells to change the appearance of visibly localized bulges of fat that is just beneath the skin of the abdomen, thighs, flanks and submental area. The submental area is the area under the chin. Following the procedure, the treated fat cells are naturally processed by the body. Visible results can vary from person to person.

What You Can Expect

Temporary Sensations / Symptoms:

- The suction pressure of a vacuum applicator may cause sensations of deep pulling, tugging and pinching. A surface applicator may cause sensations of pressure. You may experience intense cold, stinging, tingling, aching or cramping as the treatment begins. These sensations generally subside during treatment as the area becomes numb.
- You may have dizziness, lightheadedness, nausea, flushing, sweating, or fainting during or immediately after the treatment.
- The treated area may look or feel stiff after the procedure and transient blanching (temporary whitening of the skin) may occur. These are all normal reactions that typically resolve within a few minutes.
- Bruising, swelling redness, cramping and pain can occur in the treated area and the treated area may appear red for one to two weeks after treatment.
- After submental area treatment, a feeling of fullness in the back of the throat may occur.
- You may feel a dulling of sensation in the treated area that can last for several weeks after the procedure. Prolonged swelling, itching, tingling, numbness, tenderness to the touch, pain in the treated area, cramping, aching, bruising and/or skin sensitivity also have been reported.

Potential Rare (.01% - .03%) and Very Rare (< .01%) Side Effects / Risks

- 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 probably not resolve on its own. The enlargement/lump can be removed by means of a surgical procedure such as liposuction.
- Treatment area demarcation – A small number of patients have experienced excessive fat removal in the treatment area, resulting in an unwanted indentation. The indentation may be improved through corrective procedures.
- In very 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.
- Patients' experiences may vary. Some patients may experience a delayed onset of the previously mentioned symptoms. Contact your physician immediately if any unusual side effects occur or if symptoms worsen over time.
- I understand that these and other unknown side effects may also occur.

Results

- You may start to see changes in as early as three weeks after your CoolSculpting procedure, and will experience the most dramatic results after one to three months. Your body will continue to naturally process the injured fat cells from your body for approximately four months after your procedure.
- Results vary from person to person. You may decide that additional treatments are necessary to achieve your desired outcome. Although highly unlikely, it is possible that you will not experience any noticeable result from the procedure.

Do you currently have or have you had any of the following?

	Yes	No
<ul style="list-style-type: none">• Cryoglobulinemia (a condition in which an abnormal level of proteins thicken the blood in cold temperatures), or paroxysmal cold hemoglobinemia or cold agglutinin disease (blood disorders in which cold temperatures lead to red blood cell death)		
<ul style="list-style-type: none">• Known sensitivity to cold such as cold urticaria (hives triggered by cold), Raynaud's disease (disorder in which cold leads to reduced blood flow in fingers, which appear white, red, or blue), pernio or Chilblains (itchy and/or tender red or purple bumps that occur as a reaction to cold)		
<ul style="list-style-type: none">• Poor blood flow in the area to be treated		
<ul style="list-style-type: none">• Neuropathic (nerve) disorders such as post-herpetic neuralgia or diabetic neuropathy		
<ul style="list-style-type: none">• Impaired skin sensation		
<ul style="list-style-type: none">• Open or infected wounds		
<ul style="list-style-type: none">• Bleeding disorders or use of blood thinners		
<ul style="list-style-type: none">• Recent surgery or scar tissue in the area to be treated		
<ul style="list-style-type: none">• A hernia or history of hernia in the area to be treated or adjacent to treatment site		
<ul style="list-style-type: none">• Skin conditions such as eczema, dermatitis or rashes		
<ul style="list-style-type: none">• Pregnancy or lactation (making breast milk or breast feeding)		
<ul style="list-style-type: none">• Any active implanted devices such as pacemakers and defibrillators		
<ul style="list-style-type: none">• Any major health problems such as liver disease		
<ul style="list-style-type: none">• Any known sensitivity to isopropyl alcohol (rubbing alcohol) or propylene glycol		

Pictures are usually obtained for medical records. If pictures are used for education and marketing purposes, all identifying marks will be cropped or removed or blurred. Initials: _____

As with most medical procedures, there are risks and side effects. These have been explained to me in detail. I have read the above information, and I give my consent to be treated with the CoolSculpting procedure by the physician(s) in this practice and / or his / her designated staff.

_____	_____	_____
Print Patient Name	Signature	Date
_____	of Strimling Dermatology Laser & Vein Institute	_____
Provider Signature		Date

Strimling Dermatology, Laser & Vein Institute @ 702-243-6400 or info@strimderm.com
www.VegasDermatology.net

By signing below, I hereby authorize my CoolSculpting® physicians, health care professionals, or other health care providers (collectively, my "Health Care Providers") to disclose and transmit my protected health information to Allergan and/or its designated service providers (collectively, "Allergan") in order for Allergan to:

(i) help enable my treatment and provide me with communications about my treatment (ii) operate, administer, register me in and/or provide me with access to Allergan programs and services; (iii) identify products and services that may be of interest to me and to provide me with communications about any such products and services; and (iv) develop, evaluate and improve products, services, materials and programs related to my condition or treatment. I authorize any protected health information disclosed by my Health Care Providers pursuant to this authorization to be transmitted electronically in whatever form and through whatever media, including the internet, as required by the purposes set forth. This authorization is made pursuant to 45 CFR § 164.524.

_____	_____	_____
Print Patient Name	Signature	Date

CoolSculpting – Patient Take-Home Guidelines

What to expect after the CoolSculpting Procedure

- Typically, there is minimal discomfort and recovery time after the CoolSculpting procedure. Most patients are able to return to their daily routine immediately after the procedure.
- The treated area may be red for up to a few hours after the applicator is removed.
- Many patients have minimal discomfort following the procedure; however, you may experience one or more of the following sensations: deep itching, tingling, numbness, tenderness to the touch, pain in the treated area, strong cramping, nausea, bloating, diarrhea, muscle spasms, aching, and/or soreness. Consult your doctor if these conditions persist beyond two weeks or worsen over time.
- Following the procedure, a gradual reduction in the thickness of the fat layer will take place. You may start to see changes as early as three weeks after the CoolSculpting procedure and you will experience the most dramatic results after one to three months. Your body will continue naturally to process the injured fat cells from your body for approximately four months after your procedure.
- In rare cases, patients have reported darker skin color, hardness, discrete nodules, freeze burn, enlargement of the treated area, hernia or worsening of pre-existing hernia following the CoolSculpting procedure. Surgical correction may be required to correct the enlargement or hernia.

Next Steps

- Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this.
- Schedule a follow-up medical assessment to review your clinical results and discuss the option of additional treatments to achieve desired fat reduction.

Please call us at (702) 243-6400 if your symptoms appear to worsen or last longer than two weeks.

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