

Zeltiq (Cool sculpting)

What is the Zeltiq procedure?

The Zeltiq procedure is an innovative, non-invasive procedure that uses advanced cooling technology to gently and effectively target and eliminate fat in specific areas of patient's body without harming the skin or other tissues. This procedure is designed for use in medical offices specializing in cosmetic procedures.

How is the energy delivered to the fat layer?

The Zeltiq system includes a selection of non-invasive, tissue-cooling applicators controlled by a precisely engineered monitoring system. Performing the Zeltiq procedure, the operator attaches an applicator to the targeted area to extract energy (cooling) from the underlying fat tissue.

The specifically designed vacuum applicator draws tissue into the applicator cup and gently holds it between two cooling panels, extracting heat according to the selected procedure profile. Sensors are embedded in the applicator monitor skin during the procedure to ensure a consistent and uniform procedure. The sensors are linked to the control console to continuously monitor and adjust cooling throughout the Zeltiq procedure, thus providing continuous feedback to the operator. A paging system automatically alerts the operator of any device or patient issues that need attention and notifies when the Zeltiq procedure is complete. **The Zeltiq device is also approved by the FDA.**

What are the expected results?

Clinical studies demonstrate that the Zeltiq procedure provides noticeable, measurable (20%-40%) fat reduction in properly selected patients over the course of two to four months after the procedure. Additional Zeltiq procedures may be done two to four months after the initial procedure to achieve greater fat reduction.

How long do the results last?

Patients experiencing fat layer reduction show continual results at least six months after the Zeltiq procedure. Longer term studies have not yet been completed, but it is known that exposure to cooling causes the fat cells to begin a process of natural removal, which gradually reduces the thickness of the fat layer. The fat cells in the treated area are gently eliminated through the body's normal metabolism process similar to fat from food. The elimination of fat cells as a result of the Zeltiq procedure is expected to last about as long as fat cells removed by invasive procedures such as liposuction.

Which patients are the best candidates?

- The ideal candidates for the Zeltiq procedure are relatively fit, but have some modest-size fat bulges that are not easily reduced through diet and exercise.
- Those seeking spot reduction for specific areas of fat, but are not considering a surgical procedure. **The Zeltiq procedure is not intended for weight loss or obesity, and it is not a substitute for invasive methods such as liposuction.**

What to expect during the procedure

- A strong vacuum pressure draws tissue between the cooling panels
- You will feel a cooling sensation
- You will lie down during your procedure
- The procedure time per area treated is one hour, during which time you can read, listen to music or watch a DVD of your choice
- Some clients experience a sharp but brief pain sensation immediately after the applicator is removed
- The area will be massaged for a few minutes thereafter

What to expect immediately after the procedure

- It is normal for the area to be swollen and tender immediately after the procedure.
- The treated area will be reddened for approximately 20 minutes.
- Temporary dulling of sensation, numbness and tenderness in the treated area is normal and will resolve within a few days up until eight weeks after your procedure. Pin point bleeding has been reported in rare cases.
- Gastrointestinal symptoms including nausea, bloating, diarrhea or gas have been reported in a small number of patients following the procedure.

What to expect days and weeks after the procedure

- Bruising and redness is normal. If the bruising lasts longer than four weeks or if reddening appears worse after two weeks, please contact Cosmetic Dermatology Centre on (021) 552 7220
- It is normal to experience the following sensations post treatment:
 - Stiffness / Minor swelling
 - Tenderness / Sensitivity / Discomfort
 - Redness
 - Numbness
 - Tingling – pins & needles
 - Abdominal cramping / soreness
 - A burning sensation

- There have been a few reports of lax skin occurring in the treated area. This is however more common in areas where a large amount of fat loss has occurred
- Temporary dulling sensation or numbness in the treated area is normal and will resolve within a few days up until eight weeks after your procedure. Pin point bleeding has been reported in rare cases.
- Gastrointestinal symptoms including nausea, bloating, diarrhea or gas have been reported in a small number of patients following the procedure.

Contra indications:

You **can not** be treated with the Zeltiq procedure if you have any of the following conditions:

- Raynaud's disease (Raynaud's disease is a rare disorder of the blood vessels, usually in the fingers and toes, where digits show blue discoloration secondary to cold exposure)
- Pregnancy
- Implanted medical device
- Recent surgery in the treatment area
- Umbilical or inguinal hernia
- Cold sensitivities
- Patients with Hepatitis C (cryoglobulins)

Recommendations post procedure:

- Drink a minimum of two liters of water a day as this will assist with the “flushing” out of the crystallized lipids in the fat cells

Zeltiq procedure

Consent form

The Zeltiq procedure has been explained to me and any questions that I have regarding the procedure have been answered to my satisfaction. I understand that the procedure is not intended for weight loss or obesity, and that it is not a substitute for invasive methods such as liposuction.

I understand that the procedure may be accompanied with the following:

- Sharp but brief pain sensation after procedure
- Minor swelling, stiffness, reddening and bruising is normal after procedure
- Temporary dull sensation or numbness in treated area (which will subside within days)
- Tenderness / Sensitivity / Discomfort
- Tingling – pins and needles
- Abdominal cramping / soreness
- Gastrointestinal symptoms e.g nausea, bloating, diarrhea or gas
- Lightheadedness, dizziness or faintness (usually immediately after the procedure)
- Burning sensation
- Pin point bleeding
- In rare cases, lax skin occurring in the treated area (applicable in areas where a large amount of fat loss has occurred)

My signature below constitutes my acknowledgement that I:

- Understand all post-procedure recommendations and agree to adhere to them
- Freely assume any risk of complications or injury known or unknown causes associated with, relating or otherwise arising from this procedure
- **Understand that if treatment has been started, the operational cost of R2000 needs to be paid by the client if the procedure is not to be completed / performed within 10 minutes once the cycle has began.**

I, _____, hereby voluntarily consent to the Zeltiq procedure performed by Cosmetic Dermatology Centre.

PATIENT: _____ DATE: _____

OPERATOR: _____

POST – PROCEDURE RECOMMENDATIONS

- Drink a minimum of two liters of water a day as this will assist with the “flushing” out of the crystallized lipids in the fat cells
- Exercise a minimum of one hour a week
- Regular body brushing (recommended two weeks after the procedure) will also assist in stimulating the lymphatic system to naturally eliminate the fat cells