



Take your weight loss journey to the next level

Nearing or reaching your goal weight is a big achievement. At the same time, many people who have undergone medical weight loss may notice areas of stubborn fat that are unresponsive to diet and exercise. This is where CoolSculpting® can make a difference to help you reach your ultimate body goals.

CoolSculpting® is the #1 nonsurgical fat reduction treatment* that is FDA cleared to sculpt and spot reduce stubborn fat in 9 different body areas.

It's also common to experience muscle loss while on medical weight loss medication. In fact, up to 40% of the weight you lose may come from muscle. We can strengthen, firm, and tone your abdomen, glutes, and thighs with CoolTone®.

Call our practice to book your CoolSculpting® and CoolTone® consultation today!

*CoolSculpting® is the treatment doctors use most for nonsurgical fat reduction.



Donna, 29, received medical weight loss, CoolSculpting®, and CoolTone® treatments.

25 weeks after one CoolSculpting® Elite treatment on her upper arms and back fat, 19 weeks after two treatments on her abdomen, and 14 weeks after three treatments on her flanks, and bra fat. 8 weeks after eight CoolTone® treatments on her abdomen and 4 days after eight CoolTone® treatments on her glutes.

CoolSculpting® is not a weight loss solution. The safety and efficacy of CoolSculpting® and CoolTone® in combination have not been evaluated by the FDA.

Uses

CoolSculpting® and **CoolSculpting® Elite** are FDA-cleared for the treatment of visible fat bulges in the submental (under the chin) and submandibular (under the jawline) areas, thigh, abdomen, and flank, along with bra fat, back fat, underneath the buttocks (also known as banana roll), and upper arm. It is also FDA-cleared to affect the appearance of lax tissue with submental area treatments. **CoolSculpting®** and **CoolSculpting® Elite** are not treatments for weight loss.

Important Safety Information

This procedure is not for everyone. You should not be treated with **CoolSculpting®** or **CoolSculpting® Elite** if you suffer from cryoglobulinemia, cold agglutinin disease, or paroxysmal cold hemoglobinuria.

Tell your doctor if you are pregnant or have any medical conditions including recent surgery, pre-existing hernia, and any known sensitivities or allergies.

During the procedure you may experience sensations of pulling, tugging, mild pinching, intense cold, tingling, stinging, aching, cramping and discomfort at the treatment site. These sensations lessen as the area becomes numb. Following the procedure, typical side effects include temporary redness, swelling, blanching, bruising, firmness, stinging, tenderness, cramping, skin inflammation and aching. Sensory alteration (itching, skin sensitivity, tingling, and numbness) can persist up to several weeks after treatment. You may also experience throat discomfort/soreness and sensation of fullness in the back of the throat after submental or submandibular area treatment.

Rare side effects may happen in 1 to 10 out of 10,000 **CoolSculpting®** and **CoolSculpting® Elite** treatments (between 0.01% to 0.1%). One such rare side effect is a visible enlargement in the treated area, which may develop 2 to 5 months after treatment, will not resolve on its own, and may require surgical intervention for correction.

Uses

The CoolTone® device is FDA-cleared for improvement of abdominal tone, strengthening of the abdominal muscles, and development for firmer abdomen. CoolTone® is also FDA-cleared for strengthening, toning, and firming of buttocks and thighs.

Important Safety Information

The CoolTone® procedure is not for everyone. You should not have the CoolTone® treatment in areas with metal, active, electrical, or electronic implants/devices like cardiac pacemakers, implanted hearing devices, implanted defibrillators, implanted neurostimulators, drug pumps, or hearing aids.

Tell your doctor if you have any medical conditions as CoolTone® should not be used over a menstruating uterus, over areas of the skin that lack normal sensation, in patients with fever, malignant tumor, hemorrhagic conditions, epilepsy, recent surgical procedure, pulmonary insufficiency, or pregnancy.

CoolTone® should be used with caution in patients with Graves' disease (an autoimmune disorder that causes overactive thyroid), women with an intrauterine device (IUD), hernia in or near treatment site, active bleeding disorders, or seizure disorders. Women with an IUD should monitor for symptoms such as severe abdominal pain, cramping, spotting, or heavy bleeding develop during or post-treatment and seek medical advice if these occur.

Women who are close to menstruation may find that it comes sooner, or cramping is increased or intensified with CoolTone® treatments, therefore, it is recommended to not undergo treatment during this time of the month.

CoolTone® should not be used in the heart or head areas, areas of new bone growth, over the carotid sinus nerves, or over the neck or mouth. CoolTone® should not be applied over swollen, infected, inflamed areas or skin eruptions. Caution should be used for patients with suspected or diagnosed heart problems.

Common side effects may include, but may not be limited to, muscular pain, temporary muscle spasm, temporary joint or tendon pain, and redness at or near the treatment site.

Ask your Healthcare Provider if CoolSculpting® or CoolTone® is right for you.

Please see full Important Safety Information for **CoolSculpting®**, **CoolSculpting® Elite**, and **CoolTone®** on [CoolSculpting.com](https://www.coolsculpting.com).