

# Freeze Away Fat With CoolSculpting® at Victoria's

Helping you to look your best.



**WORLD'S #1**  
FAT REDUCTION TECHNOLOGY

Over 7 million treatments  
performed†



Victoria's Cosmetic Medical Clinic is  
a CoolSculpting® Official Clinic.

**victorias.com.au**

**6331 0377**

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# CoolSculpting®: The Easy Way to Reduce Unwanted Fat

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Liposuction, tummy tucks, keto diets, detoxes, and intense daily workouts... all methods of reducing unwanted fat which you may have heard of. But have you heard of CoolSculpting®?

CoolSculpting® is a revolutionary fat-reduction treatment, which works by targeting unwanted, stubborn areas of fat, and freezing fat cells – killing them permanently.

The CoolSculpting® treatment is non-invasive, distinguishing it from more surgical treatments such as liposuction or tummy-tucks. This means that there is no significant recovery period, so, in most cases, you can get back to your busy life soon after your treatment. This is in contrast to liposuction, where recovery usually takes several days up to a few weeks, during which you may need to take up to 10 days off work to fully recover.

CoolSculpting® directly targets stubborn areas of fat, making it useful for any bumps or bulges which have been persistent in the face of dieting and exercise. The best results are seen when CoolSculpting® is used in conjunction with a healthy diet and exercise. While CoolSculpting® is able to remove fat; diet and exercise are the best methods for making it stay away.

Victoria's Cosmetic Medical Clinic is a CoolSculpting® Official Clinic and we can use CoolSculpting® to reduce unwanted fat on your body, helping you to look your best by working with your specific treatment goals.



# So, What Exactly Is CoolSculpting®?

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CoolSculpting® is a non-invasive medical procedure, also known as *cryolipolysis*. While that may sound daunting, the word is derived from the Greek roots: cryo, meaning cold; lipo, meaning fat; and lysis, meaning loosen.

So basically, *cryolipolysis* means ‘to loosen fat with cold’.

We still think CoolSculpting® is the simpler word! While the ‘Cool’ part may be self-explanatory, ‘Sculpting’ comes from the fact that CoolSculpting® is used to sculpt the body by removing areas of fat.

CoolSculpting® works by using controlled cooling to freeze fat which may be difficult to shift, even with diet and exercise. Before any treatment at Victoria’s, you will have a consultation with one of our registered nurses, who all receive specific training in the use

of CoolSculpting® devices. Due to the nature of the CoolSculpting® device, it may not work on all areas of the body. The typical treatments which we have been able to achieve great results with are for the abdomen (tummy), thigh, double chins, flanks/love handles, upper arms and back/bra area fat.



# Who is Suitable for CoolSculpting®?

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CoolSculpting® is optimally suited to reducing the appearance of unwanted bumps and bulges of fat in the body, so the ideal client for a treatment would be someone who is not far from their goal weight, but who has unwanted fat which they would like reduced. The treatment is most effective at reducing minor fat deposits in specific areas of the body, including the abdomen, thighs, under the chin or upper neck, flanks or love handles, under the armpit, the back, and under the buttocks. CoolSculpting® is designed to dissolve stubborn fat cells which would normally shrink through diet and exercise, so it is a perfect addition to a healthy lifestyle, giving you that extra bit of help to accomplish your goals and achieve your desired look.

CoolSculpting® is a fat-loss treatment, not a weight-loss treatment, meaning that it is not appropriate if your goal is to lose a larger amount of weight. However, it can be used to reduce unwanted fat, and if your goal is to lose a larger amount of weight, then it can be used in addition to a healthy diet and exercise to achieve your desired look.



While we love to help all our clients to look their best – CoolSculpting® isn't for everyone. Certain medical conditions inhibit the successful application of CoolSculpting® treatments. Individuals with these medical conditions should not undergo CoolSculpting® treatment, including, but not limited to, cryoglobulinaemia (a blood protein disease), cold agglutinin disease (a rare anaemic autoimmune disease) or paroxysmal cold haemoglobinuria (a rare autoimmune disease).

At Victoria's, we also do not perform CoolSculpting® treatments on pregnant women. During every CoolSculpting® consultation, your registered Victoria's nurse will go through all the necessary details for your individual treatment plan, ensuring that you do not have any medical conditions that affect your treatment. Following your consultation, if you are a suitable candidate, we will work together to create a treatment plan that helps you to look your best.



# How Do I Start?

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At your first consultation, your friendly Victoria's clinician will discuss your treatment goals and the specific areas of fat you wish to target.

The price of your CoolSculpting® treatment depends heavily on which areas you wish to target, how many sessions needed, and other individual treatment factors. If you would like an estimate of price before booking for a consultation, please call us on 6331 0377, or visit our website ([victorias.com.au](http://victorias.com.au)) and send us an enquiry.

During a treatment, your trained clinician uses an applicator, consisting of a vacuum and applicator cup, drawing fatty tissue into the cup.

Once the treatment area is selected, the device is positioned, and controlled cooling is applied. The cooling consists of temperatures between +5 to -11 °C, which is the optimal temperature range to reduce fat deposits with minimal side effects. CoolSculpting® systems are built with sophisticated safety sensors, which monitor the temperature of the skin and shut down automatically if it gets too cold.

While it may sound like CoolSculpting® could be very 'cool', any feelings of intense cold typically subside quickly as the area numbs.

After the device is applied, your treatment will take 35-60 minutes, or more if you are having multiple areas treated during one visit. After the applicator is removed, your clinician will massage the treated areas, which helps to distribute the fat tissue under the skin to deliver even results.



# What Happens After the Treatment?

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After the treatment, there is minimal, and often no downtime. As the treatment is completely non-invasive, many of our clients go straight back to work after their CoolSculpting® session! However, this may vary between people, and your individual treatment factors will be discussed during your initial consultation.

Some people may experience minor side effects in the area of treatment, which may include:

- Redness
- Swelling
- Blanching
- Bruising
- Firmness
- Tingling
- Stinging
- Tenderness
- Cramping
- Aching
- Itching
- Skin Sensitivity
- Numbness



These side effects are caused by the exposure of the skin to cold temperatures, and will normally go away on their own within a few days up to a couple of weeks.



# When Will I See Results?

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Results of your first CoolSculpting® treatment may start to be noticeable within about 3 weeks after the procedure, with results developing for up to 4 – 6 months for the full effect.

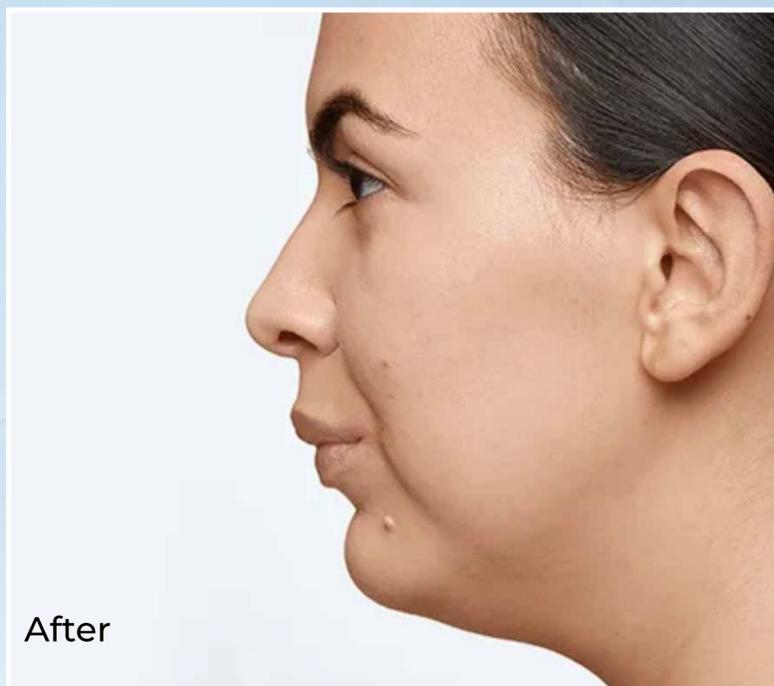
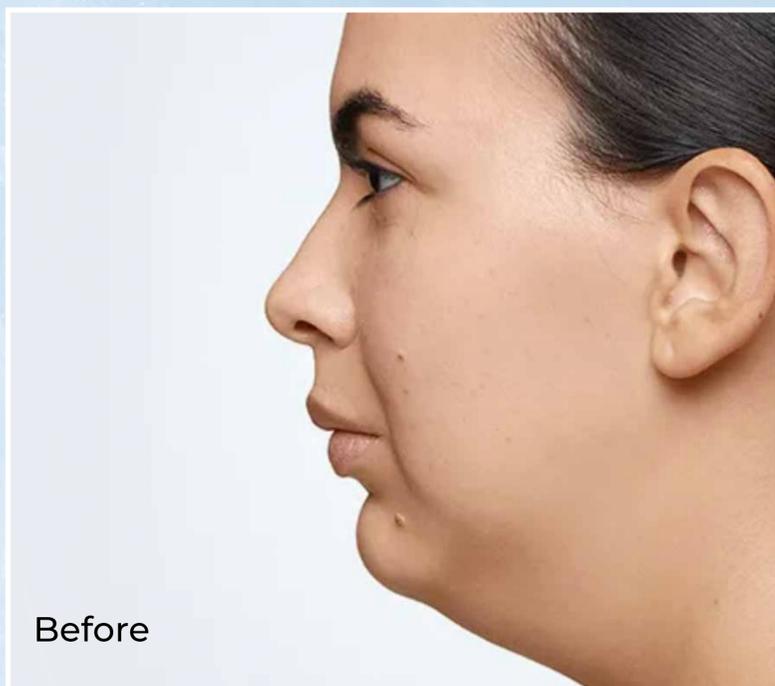
The results take a long time to develop as the frozen fat cells are slowly broken down by the body and absorbed by the immune system. Generally, losing or gaining weight does not increase or decrease the number of fat cells, instead changing the size of existing cells. Contrary to this, CoolSculpting® destroys the fat cells, which then do not grow back. Results of treatment typically show a 20 – 25% reduction in body fat in the areas treated.

CoolSculpting® can help you to look your best by targeting problem areas of unwanted fat on the body and reducing their presence. While it isn't a magical procedure that can completely eliminate all fat, it is definitely helpful to create a slimmer, more sculpted appearance, tailored specifically to your treatment goals.

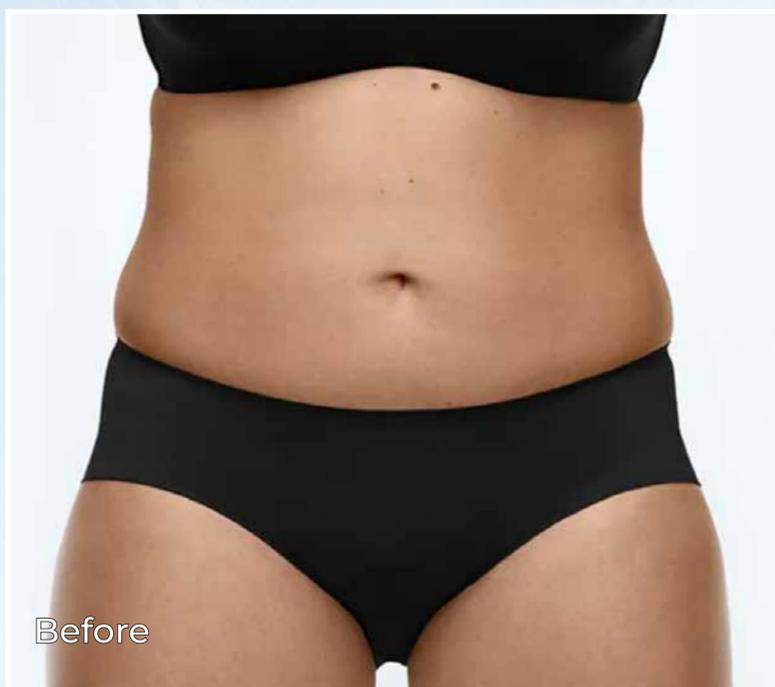
We have found our clients to be very happy with results of CoolSculpting® for the reduction of double chins, abdomen/stomach fat, thigh fat, bra fat, and flanks/love handles. In the interest of our client's privacy, we do not disclose treatment images without permission, but fortunately CoolSculpting® has supplied us with images from treatments around the world which we can show.



# Before and After Photos



## Chin/Neck



## Abdomen/Stomach



## Thigh Fat



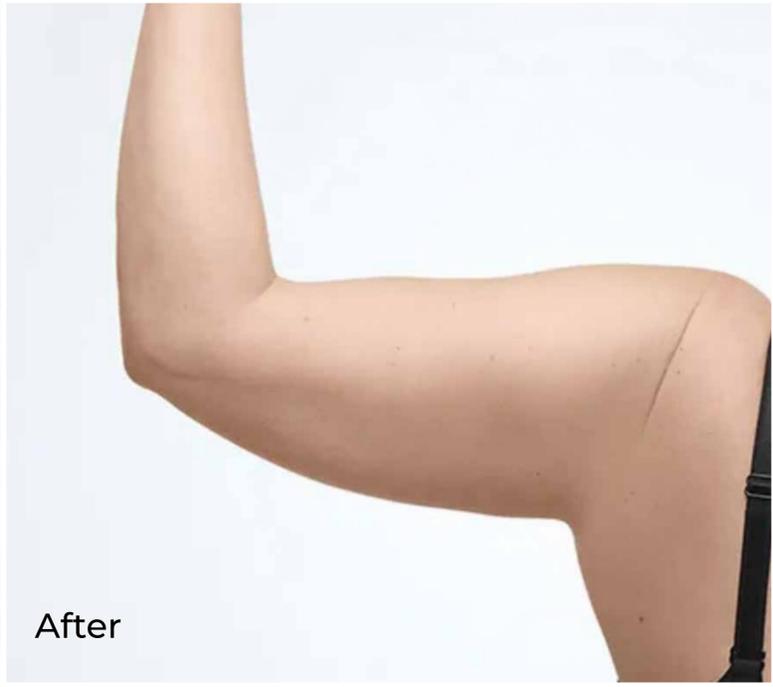
# Before and After Photos



## Bra Fat



## Flanks/Love Handles



## Upper Arms



Book your  
CoolSculpting®  
consultation  
today.

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