

CoolSculpting

CoolSculpting offers an exciting and innovative alternative to conventional cosmetic surgery procedures such as liposuction, tummy tuck or thigh reduction. The CoolSculpting procedure gently and safely eradicates fat, particularly those hard-to-shift pockets of stubborn fat that mar the smooth contours of the body.

CoolSculpting has been cleared by the FDA in the US for removing fat by utilising controlled cooling of the tissue.

How does CoolSculpting achieve significant fat reduction?

Fat cells freeze at a higher temperature than the surrounding tissue so CoolSculpting was developed to safely target just the fat cells. They are frozen in a process called cryolipolysis, are killed off and over time your body will safely eliminate the destroyed fat cells, revealing more sculpted contours.

Am I suitable for the CoolSculpting procedure?

A full assessment will be made to ensure that CoolSculpting will be able to deliver the results you're hoping to achieve. It's best suited to men and women who are near or at their ideal body weight but unhappy with bulges of fat that they just can't shift, even with diet and exercise.

CoolSculpting can be performed on the flanks, abdomen, thighs and can also reduce the appearance of a double chin.

Mr Tariq Ahmad is a leading Cambridge plastic surgeon who offers the full range of cosmetic surgery procedures for the face and body and can advise you whether liposuction or other body reshaping surgical procedures may be more appropriate.

What can I expect from my CoolSculpting treatment?

The CoolSculpting device is placed on the target area that has been identified and the cooling process begins. Initially, there will be a feeling of pressure and intense cold but this will dissipate. Some patients report a pulling or tugging sensation and a feeling of

numbness, but the CoolSculpting treatment is usually well tolerated and most will watch videos, read, work or even have a nap during the procedure.

After your procedure you may have temporary numbness in the treatment area and it may appear red, swollen or bruised, but typically this is a very safe treatment with few side effects. Usually you can return to your normal daily activities immediately after treatment. Over one million CoolSculpting procedures have been performed worldwide and it has been proven to be gentle, safe and effective.

When should I expect to see the results of my CoolSculpting treatment?

Results should be noticeable as soon as a month after your procedure with the most dramatic results after two months. However, your body will continue to eliminate the frozen fat cells for up to six months post procedure.

It is not necessary to adopt a special diet or exercise routine after your CoolSculpting procedure but patients are usually keen to maintain their results by keeping to a stable weight.

An individually tailored treatment programme will be devised in your consultation with Mr Tariq Ahmad and he will advise you on how many sessions you may require to achieve the results you're hoping for.
