

the cool way to blast fat

SYDNEY COSMETIC SURGEON **DR SAMUEL SEIT** EXPLAINS HOW COOLSCULPTING USES ICE-COLD TEMPERATURES TO SCULPT THE BODY. GEMMA GARKUT REPORTS.

As Australians we might find it hard to adjust to almost-freezing temperatures but, according to Dr Seit, it's easy to adjust to the low temperature of the newest trend in body sculpting. 'CoolSculpting is a body sculpting treatment that uses almost-freezing temperatures to target areas of the body which are reluctant to shift fat to create a smoother looking silhouette,' he explains.

The system works by cooling the fat under the skin to kill fat cells without harming surrounding tissues or skin. 'An applicator head is placed on the target area to deliver a low temperature between six to 10 degrees celcius to the underlying fat cells so that they are destroyed evenly across the target area,' explains Dr Seit. 'This results in a very even fat reduction.'

Dr Seit says that CoolSculpting does not replace liposuction or other surgical procedures which remove large amounts of fat. 'CoolSculpting has been developed specifically to contour the shape of the body by targeting areas of fat that cannot be minimised with diet and exercise. The people best suited to this treatment are of average weight with specific areas of fat that can be grasped from the body such as the love handles,' he says.

'The CoolSculpting machine comes with different sized applicator heads which are placed on the body and are suitable for different target areas – namely the tummy, love handles and lateral thigh area,' he continues.

Dr Seit explains that a wet drape is placed onto the target area to protect the skin before the applicator head is placed onto the body. 'A vacuum-like suction is used to suck the area up into the applicator so that the cool temperature is directly delivered to the underlying fat cells,' he says.

'As the cold plates in the applicator cool down the patient feels an initial ice-cold sensation, which subsides and eventually numbs as the body gets used to the change. Patients have reported that any discomfort subsides about 10 minutes into treatment.'

The treatment takes about one hour per area, after which the skin is stiff and cold. 'Patients are often fascinated when they see the treated area post-treatment, as it takes a similar shape to a block of ice after the applicator head is removed. This diminishes about 30 minutes after treatment.'

'Patients also feel numbness in the affected area after the treatment and there is some redness which typically diminishes after a few hours. The great thing about this technology is that patients can usually resume normal activities immediately after the treatment,' he says.

Dr Seit says that associated risks are minimal because the treatment does not require anaesthetic. 'The area becomes numb from the cold, so this acts as enough anaesthesia. Everyone has different pain thresholds, but the procedure is very comfortable for most patients – they can even bring their laptop in and surf the web during the treatment. However, the



BEFORE



Two months AFTER one CoolSculpting treatment by Ivan A Rosales-Berber, MD. Photos courtesy of Zeltiq



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patient may feel slight discomfort if they have poor skin laxity due to the sucking action of the applicator head.'

In terms of results, Dr Seit says that patients should expect the results to appear gradually. 'The results are not immediate; they take around one to two months to appear. This is because the body has to process the change in fat cells,' he says. 'There may be some dull residual pain after the treatment for a day or two but this can be managed with an analgesic such as paracetamol.'

Dr Seit says that CoolSculpting has provided a non-invasive body sculpting option for his cosmetic practice. 'It's a great addition to any physician's repertoire of cosmetic treatments,' he concludes. **acsm**

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