



Coolsculpting – How It Works



Before understanding how coolsculpting works, it's important to first understand the nature and behaviour of fat cells.

How do fat cells work?

The number of fat cells in your body is determined during childhood and adolescence. This number is unique to you and is a result of several factors such as genetics and diet. Through the course of adulthood, the number does not change drastically even when you gain or lose weight.

When you gain weight, your fat cells expand, but do not increase in number. Correspondingly, when you lose weight, your fat cells shrink, but the number remains the same.

What about stubborn fat?

Stubborn fat refers to pockets of fat that are resistant to diet and exercise. The location and amount of stubborn fat varies from each person.

How does coolsculpting remove stubborn fat?

Coolsculpting works to achieve fat loss by using cryolipolysis technology, this is a non-invasive treatment that targets and freezes fat cells with up to 20 – 25% fat reduction.



The fat freezing process gives you targeted long-term results.

What happens to the fat during the process?

Generally, fat cells do not survive cold temperatures and will freeze at a certain temperature. Once they freeze, they will be naturally eliminated by the body and you'll see results in about 1-3 months or more.

How is the treatment process like?

Before the treatment, there will be a clear gel pad that is placed onto your treatment area. This is used as a protective barrier to protect your skin from the cooling panel.

After which, you'll feel a slight suction as the applicator is applied to your body. Some patients report sensations of pulling, tugging, mild pinching, coldness, tingling, stinging, aching and cramping. The sensations will normally subside as the area becomes numb and the fat starts to freeze.

What do I do during the treatment?

Because you'll be lying down for the duration, you'll be able to read, watch a show or check up on your email.