



## TREATMENT CONSENT FORM

The CoolSculpting® procedure may use a non-invasive vacuum applicator to draw in tissue or a non-invasive surface applicator to deliver controlled cooling at the surface of the skin. The procedure is for spot reduction of fat. It is not a weight-loss solution and it does not replace traditional methods such as liposuction. Someone who is overweight can expect to see less visible improvement than someone who has smaller fat deposits. Clinical studies have shown that the CoolSculpting procedure will naturally remove fat cells but, as with most procedures, visible results will vary from person to person. Initial: \_\_\_\_\_

### What you can expect:

- » The suction pressure of a vacuum applicator may cause sensations of deep pulling, tugging and pinching. A surface applicator may cause sensations of pressure. You may experience intense stinging, tingling, aching or cramping as the treatment begins. These sensations generally subside as the area becomes numb. Initial: \_\_\_\_\_
- » The treated area may look or feel stiff after the procedure and transient blanching (temporary whitening of the skin) may occur. You may feel a sense of nausea or dizziness as your body naturally warms and sensation returns to your treatment area. These are all normal reactions that typically resolve within minutes. Initial: \_\_\_\_\_
- » Bruising, swelling, and tenderness can occur in the treated area and it may appear red for a few hours after the applicator is removed. Initial: \_\_\_\_\_
- » You may feel a dulling of sensation in the treated area that can last for several weeks after your procedure. Other changes – including deep itching, tingling, numbness, tenderness to the touch, pain in the treated area, strong cramping, muscle spasms, aching and/or soreness – also have been reported after a CoolSculpting procedure. Initial: \_\_\_\_\_
- » Patient experiences will differ. Some patients may experience a delayed onset of the previously mentioned occurrences. Contact us immediately if any unusual side effects occur or if symptoms worsen over time. Initial: \_\_\_\_\_
- » You may start to see changes as early as three weeks after your CoolSculpting procedure, and you will experience the most dramatic results after one to three months. Your body will continue naturally to process the injured fat cells from your body for approximately four months after your procedure. Initial: \_\_\_\_\_
- » You may decide that additional treatments are needed to reach your desired outcome. Initial: \_\_\_\_\_
- » In rare cases, patients have experienced vasovagal symptoms during the treatment, and reported freeze burn, darker skin color, hardness, discrete nodules or enlargement of the treatment area. Surgical intervention may be required to correct the enlargement. I understand that these and other unknown side effects may also occur. Initial: \_\_\_\_\_



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Do you have any of the following? :

- » Cryoglobulinemia or paroxysmal cold hemoglobinuria ..... Yes / No
- » Known sensitivity to cold such as cold urticaria or Raynaud's disease ..... Yes / No
- » Impaired peripheral circulation in the area to be treated ..... Yes / No
- » Neuropathic disorders such as post-herpetic neuralgia or diabetic neuropathy ..... Yes / No
- » Impaired skin sensation ..... Yes / No
- » Open or infected wounds ..... Yes / No
- » Bleeding disorders or concomitant use of blood thinners ..... Yes / No
- » Recent surgery or scar tissue in the area to be treated ..... Yes / No
- » A hernia or history of hernia in the area to be treated or adjacent to treatment site ..... Yes / No
- » Skin conditions such as eczema, dermatitis, or rashes ..... Yes / No
- » Pregnancy or lactation ..... Yes / No
- » Any active implanted devices such as pacemakers and defibrillators ..... Yes / No

**Pictures** will be obtained for medical records. If pictures are used for education and marketing purposes, all identifying marks will be cropped or removed. Initial: \_\_\_\_\_

As with most medical procedures, there are risks and side effects. These have been explained to me in detail. I have read the above information, and I give my consent to be treated with the CoolSculpting® procedure by Dr. Folk and her designated staff.

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

## PATIENT TAKE-HOME GUIDELINES

### What to expect during CoolSculpting®:

- » CoolSculpting is a non-surgical procedure that may take from one to several hours, depending on your treatment plan.
- » No general/topical anesthesia or pain medication is required.
- » As the procedure is initiated, vacuum pressure draws tissue into an applicator cup between cooling panels. The vacuum pressure may cause sensations of deep pulling, tugging and pinching in the area being treated.
- » You also may experience intense stinging, tingling, aching or cramping. These sensations generally subside as the area becomes numb.

### What to expect immediately after CoolSculpting:

- » Immediately after the procedure, your treated area may look or feel stiff and transient blanching (temporary whitening of the skin) may occur.
- » You may feel a sense of nausea or dizziness as your body naturally warms and sensation returns to your treatment area. These are normal reactions that typically resolve within minutes.
- » The treated area may be red for up to a few hours after the applicator is removed. This is an expected but temporary effect after CoolSculpting.
- » Bruising, swelling and tenderness can occur in the treated area. This typically resolves within a week or two.
- » Nausea and tingling, stinging and cramping in the treatment area are often reported on treatment day.
- » You may feel a temporary dulling of sensation in the treated area. This is normal and typically resolves within a few hours but may last for several weeks after your procedure.
- » There typically is minimal recovery time after CoolSculpting. Most patients are able to return to their daily routine immediately after the procedure.

### What to expect the first few days and weeks after CoolSculpting:

- » It is common for the treated area to feel bloated and look swollen in the first few days and weeks after CoolSculpting.
- » You may experience a temporary dulling of sensation that can last for several weeks.
- » At some point within the first two weeks following the procedure, you may experience one or more of the following sensations: deep itching, tingling, numbness, tenderness to the touch, pain in the treated area, strong cramping, diarrhea, muscle spasms, aching and/or soreness. Consult your doctor if these conditions persist beyond two weeks or worsen over time.
- » Following the procedure, a gradual reduction in the thickness of the fat layer will take place. You may start to see changes as early as three weeks after CoolSculpting and you will experience the most dramatic results after one to three months. Your body will continue naturally to process the injured fat cells from your body for approximately four months after your procedure.

# PATIENT TAKE-HOME GUIDELINES

» In rare cases, patients have experienced vasovagal symptoms during the treatment, and reported freeze burn, darker skin color, hardness, discrete nodules or enlargement of the treated area. Surgical intervention may be required to correct the enlargement.

## Next steps:

» Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this.

» Schedule a follow-up medical assessment to review your clinical results and discuss the option of additional treatments to achieve desired fat reduction.

Please call us at 303-321-6608 if your symptoms appear to worsen or last longer than two weeks.