

CoolSculpting®, CoolSculpting® Elite, and CoolTone® FAQs

CoolSculpting/CoolSculpting Elite

Q: What is CoolSculpting?

A: CoolSculpting is a noninvasive body contouring treatment that reduces areas of stubborn fat and with little to no downtime. CoolSculpting is FDA-cleared for the treatment of visible fat bulges in the submental (under the chin) and submandibular (under the jawline) areas, thigh, abdomen, and flank, along with bra fat, back fat, underneath the buttocks (also known as banana roll), and upper arm. It is also FDA-cleared to affect the appearance of lax tissue with submental area treatments. CoolSculpting is not a treatment for weight loss.

Q: Does CoolSculpting work?

A: Yes, CoolSculpting is clinically proven and effective at reducing unwanted fat. It can reduce the treated fat area by up to 20 to 25%. Based on a recent clinical study, 9 out of 10 patients were satisfied with their treatment, and 9 out of 10 patients would recommend CoolSculpting to a friend or family member.

Q: How does CoolSculpting work?

A1: CoolSculpting delivers controlled cooling to the treated area. Did you know that fat cells are more sensitive to cold? After treatment, the dead fat cells are removed through a natural biological process. Though this process begins within days after your treatment, it can take up to 3-6 months for all the treated fat cells to die and then be cleared away from the treated area. Those fat cells, once eliminated, are gone for good.

A2: CoolSculpting® uses cryolipolysis, which is a technical way to say fat-freezing. When fat cells freeze, they die and are then naturally eliminated through the body's natural processes over the course of weeks to months following treatment.

Q: Is CoolSculpting safe?

A1: CoolSculpting® has been used by doctors since 2009 and is the #1 noninvasive fat reduction treatment used by doctors. It's proven effective and there are over 100 published papers on the safety and efficacy of CoolSculpting in medical publications.

A2: When used as directed, CoolSculpting® is a safe and effective treatment. There are over 100 peer-reviewed articles on the safety and efficacy of CoolSculpting. In addition, based on a recent clinical study, 9 out of 10 patients were satisfied with their treatment, and 9 out of 10 patients would recommend CoolSculpting to a friend or family member. There have been over 11 million CoolSculpting treatments performed worldwide

Who can have CoolSculpting?

Q: Who is CoolSculpting for?

A: CoolSculpting is an option for patients 18 years or older who have stubborn fat bulges in FDA-cleared locations that have not responded to diet and exercise and who do not have any reason not to be treated, including any treatment contraindications.

Q: I have a medical condition; am I a good candidate for CoolSculpting?

A: While we cannot comment on your specific condition, we recommend that you consult with either your personal healthcare provider or have a consultation with a CoolSculpting provider. You can find a CoolSculpting provider by visiting CoolSculpting.com.

Q: What type of body is CoolSculpting best suited for?

A: CoolSculpting may be appropriate for a diverse array of patients—women and men of various age ranges, backgrounds, and ethnicities. CoolSculpting candidates come in all shapes and sizes, who have “pinchable” stubborn fat that can fit into one of the many applicators. CoolSculpting can also be used on firmer fat areas, such as on the outer thigh with certain applicators. CoolSculpting is cleared to treat stubborn fat in patients with a BMI of up to 30.

Q: On which areas of my body can I have CoolSculpting treatments?

A1: CoolSculpting is FDA-cleared to reduce fat in 9 areas on the body. It can eliminate stubborn fat on the double chin or submentum and along the jawline in the submandibular area in patients with a BMI of up to 46.2. Other cleared areas include the upper arm, back fat, bra fat, the flank area, abdomen, on the thigh, and underneath the buttocks (also called banana roll).

A2: CoolSculpting is FDA-cleared to treat stubborn fat in 9 areas: Under the chin and jawline, on the abdomen, flank (sides), upper arm, thigh, underneath the buttocks (known as banana roll), as well as back fat and bra fat.

Q: How does CoolSculpting differ from other noninvasive fat reduction treatments?

A: CoolSculpting is the only noninvasive body contouring treatment that uses cryolipolysis. Other noninvasive body contouring treatments use heat or other energy-based technologies. Discuss your options with your provider to select the one that is right for you.

The CoolSculpting Experience

Q: Does CoolSculpting hurt? Is it painful?

A: Everyone has their own sensitivity to discomfort. CoolSculpting uses light vacuum pressure to attach and hold the applicator to the treated area. The applicators administer therapeutic cooling which will feel very cold in the treated area and has been described as a burning cold sensation for up to 10 minutes before the area typically goes numb. After treatment is finished, the applicators are removed and the treated areas are massaged. Many patients tell us that the 2-minute massage following treatment is the most uncomfortable part of the treatment.

Q: How long is a CoolSculpting treatment?

A: Treatments last 35 minutes for the most part, but some applicators, such as the one used on the double-chin area or outer thigh, involve slightly longer treatment times. Each treatment will be followed by a 2-minute massage. For most patients, 2 or more visits are recommended to achieve best results. In a clinical study, visits were 8 weeks apart.

Q: What is a CoolSculpting treatment experience like?

A: After your private consultation, you will have clinical photos taken; these serve as a baseline to show the progressive changes to your body. The clinician will work with you to map out a customized treatment plan physically on the areas to be treated. Then sitting on a treatment chair, you will have CoolSculpting applicators attached to the areas being treated. First, a gel pad is put on to both protect

the skin and ensure the applicator stays in place. The applicator uses vacuum so you may notice sensations of pulling, tugging, mild pinching, cold, tingling, stinging, aching, and cramping at the treatment site. After the applicator is in place, the therapeutic cooling is started. You will notice intense cold at first but after the first 10 minutes or so, the area being treated typically will become numb. Most patients like to read, catch up on email, watch TV shows, or even take a nap during their treatments. Treatment sessions typically last between 35-45 minutes depending on the size of the applicator. After the treatment ends, the applicator and gel pad are removed, and the treated area is massaged for 2 minutes to help break up the fat cells. The massage is often the most uncomfortable part of the treatment as the treated area is both firm and very cold.

Once all your treatments in that session are done, you will get dressed and get back to your busy day. You can return to work, go to the gym, or do anything you would normally do. There are no restrictions on your activities, diet, sun exposure, etc. Over the following weeks and months, your body will do all the work internally as your treated fat cells die off and are removed by the body's own natural processes.

Q: What is a personalized treatment plan?

A: A personalized treatment plan is your provider's recommendation, based on your consultation and assessment, of how many CoolSculpting treatments and treatment sessions you'll likely need to see your desired results. For example, if you wanted to see an overall slimming and contouring of your midsection, your provider might recommend 4 treatments on your abdomen and 4 treatments on your sides or flanks.

Q: What is the difference between CoolSculpting and CoolSculpting Elite?

A: CoolSculpting® Elite offers two applicators in one machine. This gives providers the ability to treat two areas at the same time—meaning patients can spend less time in the chair as compared to treating with the original CoolSculpting® system which has 1 applicator.

The new CoolSculpting® Elite applicator collection includes 7 different shapes and sizes, which allows providers to treat a wide range of body areas. The innovative C-shaped design complements the body's natural curves for improved fit and comfort as compared to the previous generation CoolSculpting® applicator. Additionally, the innovative new C-shaped design applicators complement the body's natural curves¹ for improved fit and comfort during initial tissue draw and features up to an 18% larger cooling area as compared to the previous generation CoolSculpting applicators.² The clinical significance of these data has not been established.

Q: What is the difference between CoolSculpting and CoolTone?

A: CoolSculpting is a noninvasive fat reduction treatment that uses cryolipolysis to freeze away stubborn fat. CoolTone is a noninvasive muscle stimulation treatment that uses Active Magnetic Pulse™ technology to tone, firm, and strengthen muscles in the treated area.

Q: What is the difference between CoolSculpting and Liposuction?

A: CoolSculpting is a noninvasive fat reduction treatment that uses cryolipolysis to freeze away stubborn fat. CoolSculpting typically has little to no downtime, meaning you can resume your normal activities right away. CoolSculpting results are seen 1-3 months after treatment. Liposuction is an invasive surgical procedure that requires anesthesia and once any post-surgical swelling resolves, results are seen soon after treatment.

Payment and Value Questions

Q: How much can I expect to pay?

A1: The price for an average CoolSculpting treatment plan can range from \$2,000-\$4,000, or more, depending on your needs, goals, which body area(s) you'd like to treat, and your provider's geographic area.

A2: This can vary based on your treatment plan, goals, and the geographic area in which you live. For example, many providers charge approximately \$3,100 or so for a package of 8 CoolSculpting treatments. Many patients may need 2 or more treatment sessions on the desired area, so that will also factor into your personalized treatment plan and total cost.

A3: According to a recent national survey of CoolSculpting providers, a treatment package of 8 CoolSculpting treatments averages \$3,100.

A4: It can vary widely, anywhere from \$2,000 to \$4,000 or more, depending on your needs, goals, and provider. I recommend you schedule a free consultation with a CoolSculpting® provider, who will work with you to find a personalized treatment that fits your body and your budget. Additionally, CoolSculpting® is part of the Allē reward program, where patients earn points that can be used on a variety of Allergan Aesthetics treatments and products.

A5: While treatment packages can vary from \$2,000-\$4,000, you may wish to check with your CoolSculpting provider to see if they offer package discounts or financing options.

Q: Why can't (a practice) quote a price over the phone?

A: Our consultations and assessments involve visually and physically evaluating your treatment areas and determining the number of treatments needed to help achieve your desired results. This physical evaluation cannot be done over the phone.

The number of treatments needed

Q: How many CoolSculpting treatments will I need?

A: While that depends on your unique needs, many patients need two sessions of treatments in an area to achieve their desired results and some patients need more than 2 sessions per area.

Q: What is the difference between a CoolSculpting treatment, session, or visit?

A: A session is the same as a visit or appointment. A treatment is each time a CoolSculpting applicator is applied to your body. Your treatment plan can include multiple treatments within the same session and can include a follow-up session with a second round of treatments approximately 2 months after your first session.

Q: Why is the second session done months after the first session?

A: The delay is to allow your body time to process and eliminate the treated fat cells from your first session. Waiting 8 weeks or more also helps us determine where best to place the applicators during your follow-up session as your treated areas' contours will have changed.

After treatment

Q: Do I need to do anything special after my treatment to ensure I have good results?

A: Just continue your normal healthy lifestyle activities, such as your regular forms of exercise and continuing to follow your normal diet, while your body goes to work triggering the affected fat cells to die off and be cleared away from the treated areas by your body's own natural processes.

Q: What happens to the treated fat cells? Where do they go?

A1: A few days after treatment, the affected fat cells begin to die off. Your body sends a type of white blood cell called macrophages to clear away the dead fat cells. The lipids in the dead fat cells end up in your liver, while the other dead cellular tissue ends up being excreted through your urine. It can take up to 3-6 months for all the treated fat cells to die off and then be cleared away from the treated area. Those fat cells, once eliminated from the treated area, are gone for good.

A2: Your body sends white blood cells to the treated area to clear away the dead fat cells, which are excreted by your body over the weeks and months after treatment.

Q: When can I expect to see results?

A: Some patients start to see results after 1 month, with more dramatic results seen at 3 months.

Q: Will I see results after my first session?

A: Many patients do start to see results after their first session, but more dramatic results are often seen after the second treatment session. Just like with exercise, you don't always see or feel results after one day of exercise but after multiple exercise sessions. It's important to complete all your recommended treatments to see your desired results.

Q: How much weight can I expect to lose?

A: CoolSculpting is NOT a weight loss procedure. It is a noninvasive fat reduction treatment that has little to no downtime. However, you are encouraged to maintain your normal diet and exercise habits as gaining weight could impact your results.

Q: Can a person gain weight after having CoolSculpting® Elite done?

A: CoolSculpting® Elite helps eliminate stubborn pockets of fat in the treated area. But, since CoolSculpting® Elite is not a weight loss treatment, it is possible to gain weight post-treatment if you don't maintain a healthy lifestyle. This kind of weight gain will most likely happen evenly throughout your body, not only in the treated areas.

Q: Will there be any effect on my cholesterol?

A: No, there will not be a change to lipid levels in the blood.

Q: How long should I wait after my first treatment session before I have the second treatment session?

A: We recommend waiting for at least 8 weeks before having a second treatment in the same area.

Side effects and downtime

Q: What are some of the side effects?

A: Typical and common side effects include temporary redness, swelling, blanching, bruising, firmness, tingling, stinging, tenderness, cramping, aching, itching, or skin sensitivity, and a sensation of fullness in the back of the throat after submental or submandibular area treatment. Rare side effects may also occur. CoolSculpting® and CoolSculpting® Elite may cause a visible enlargement in the treated area, called Paradoxical Adipose Hyperplasia (PAH), which may develop 2 to 5 months after treatment and requires surgical intervention for correction.

Q: Will I have any downtime after my session?

A: As CoolSculpting® is noninvasive, you should experience little to no downtime.

Q: What can I expect after my CoolSculpting treatment?

A: You may experience some temporary common side effects such as swelling, bruising, and/or tenderness in the treated area. You will likely experience numbness in the treated area, which could last for a few weeks, but this too will dissipate over time.

Q. How do you ensure patient satisfaction?

A. For me and my patients, results matter. While the number of treatments it takes to see results will depend on the person and the area being treated, we work with each patient to create custom treatment plans to help them reach their body contouring goals. When a patient comes into my practice, my team and I take the time to assess them holistically. We first identify their body contouring goals and then collaborate to determine what we can offer to help our patients achieve those goals, such as treatment using CoolSculpting®. Whenever we recommend CoolSculpting®, we are clear with our patients that it is not a one-and-done treatment and always recommend maintaining a balanced and healthy lifestyle paired with a regular fitness routine.

Q. Is CoolSculpting® covered by insurance?

A. No, noninvasive fat reduction procedures are typically not covered by healthcare insurance.

CoolTone

Q: What is CoolTone®?

A: CoolTone® uses magnetic muscle stimulation to cause involuntary contractions which strengthen the muscle fibers in the treated area, leading to a stronger, firmer, and more toned appearance.

Q: What are the benefits of having CoolTone® treatments?

A: Having stronger, firmer, and more toned muscles after a series of CoolTone® treatments.

Q: What areas can be treated?

A: CoolTone® is FDA-cleared to strengthen, tone, and firm muscles in the abdomen, buttock, and thighs.

Q: How long will the benefits last?

A: We have seen patients continue to display visible benefits up to 12 weeks after their last CoolTone® treatment session.

Q: Will I need a follow-up treatment to extend the results?

A: Muscles will atrophy or lose their strength and tone if they are not maintained so having a follow-up treatment 1-3 months after your original session will help extend the results. We also recommend you continue your normal exercise routines after your CoolTone® treatment sessions.

Q: What are the side effects?

A: CoolTone® side effects include, among other things, muscular pain, temporary muscle spasm, temporary joint or tendon pain, and redness at or near the treatment site.

Q: When can I expect to see results?

A: Results are typically felt and seen after a series of 4 or more CoolTone® treatments.

Q: Will I see or feel results after my first treatment?

A: You may see or feel results after your first CoolTone® treatment, but best results are typically seen after a series of treatments.

Q: What does the treatment feel like?

A: CoolTone® uses magnetic muscle stimulation to cause involuntary contractions in the treated area. After a series of tapping sensations, you will feel these contractions intermittently during the 30-minute treatment. Before your session ends, you will feel more of the tapping sensations which help dissipate any lactic acid buildup in the treated muscles. Your clinician will increase the intensity of the contractions on a sliding scale up to 100% based on your feedback and tolerance level.

Q: How long does the treatment last?

A: CoolTone® treatments are 30 minutes long.

Q: Can I get CoolSculpting® and CoolTone® together?

A: Yes, you can have CoolSculpting® and CoolTone® treatments, however, we typically recommend that patients first reduce stubborn fat in their abdomen with CoolSculpting® prior to having CoolTone® treatments.

Q: What's the difference between CoolSculpting® and CoolTone®?

A: CoolSculpting® uses cryolipolysis technology to freeze away stubborn fat. CoolTone® uses magnetic muscle stimulation to firm, tone, and strengthen muscles. They use very different technologies for different results.

Q: What can I expect to pay for a series of CoolTone® treatments?

A: A series of 4 CoolTone® treatments averages \$2,400 but this may vary by geographic area and provider.

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