



**FREEZE  
AWAY FAT  
TO HELP  
SCULPT YOU™**

YOUR COOLSCULPTING®  
QUESTIONS ANSWERED



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# COOLSCULPTING®: YOUR QUESTIONS ANSWERED

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# WHAT IS COOLSCULPTING® AND HOW DOES IT WORK?

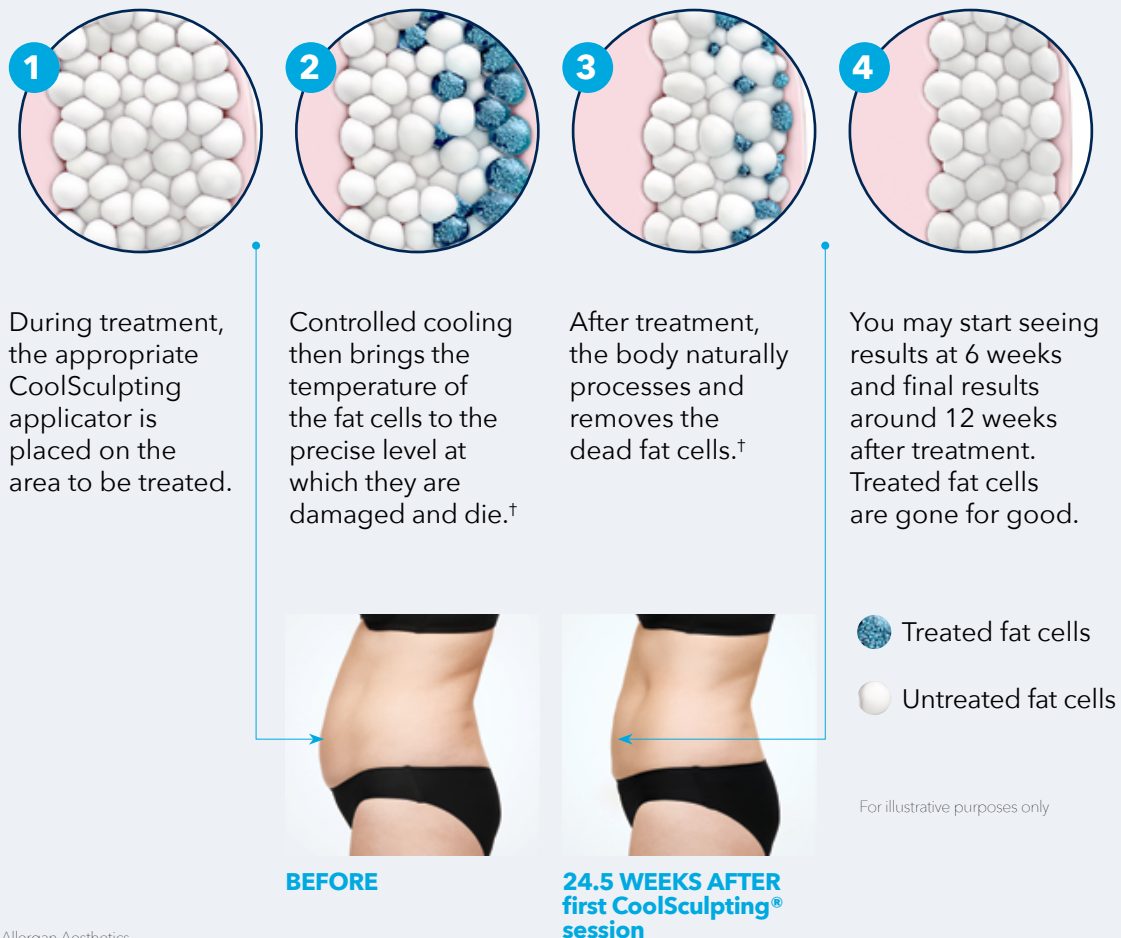
**COOLSCULPTING IS THE WORLD'S #1 NON-SURGICAL BODY CONTOURING SYSTEM.\* OVER 11 MILLION TREATMENTS^ HAVE BEEN ADMINISTERED ACROSS 74 COUNTRIES.#**

It is used to help eliminate areas of stubborn subcutaneous fat (sometimes referred to as pinchable or superficial fat just underneath the skin) that can be difficult to shift, even with diet and exercise.

CoolSculpting uses a process called cryolipolysis that was developed by Harvard scientists. It works by selectively freezing and subsequently damaging the fat cells underneath the skin.†

These fat cells are particularly susceptible to the effects of cold, unlike other types of cells.† While the fat cells freeze, the skin and other cell types are spared from injury.† A proportion of the targeted fat cells are damaged beyond repair and subsequently die.† Over the course of ~12 weeks your body naturally eliminates the dead fat cells.† There are no needles or surgery involved in the CoolSculpting procedure.

Other terms commonly used for this procedure are fat freezing, non-invasive fat reduction treatment, body contouring or shaping technology.



Images courtesy of Allergan Aesthetics.

\* As of September 2020

^ As of May 2021

# As of December 2016

† Data obtained from cryolipolysis investigations using a porcine model.

† Patient received a total of 18 treatment cycles over 3 CoolSculpting® sessions.

# WHAT HAPPENS TO FAT CELLS AFTER COOLSCULPTING®?

AFTER THE COOLSCULPTING TREATMENT, FAT CELLS ARE DAMAGED AND THEN DIE.\* GRADUALLY, OVER THE COURSE OF ABOUT 12 WEEKS, THE DEAD FAT CELLS ARE CLEARED THROUGH THE BODY'S NATURAL ELIMINATION PROCESSES.\* UNTREATED AREAS WILL HAVE NO CHANGE IN THEIR NUMBER OF FAT CELLS.

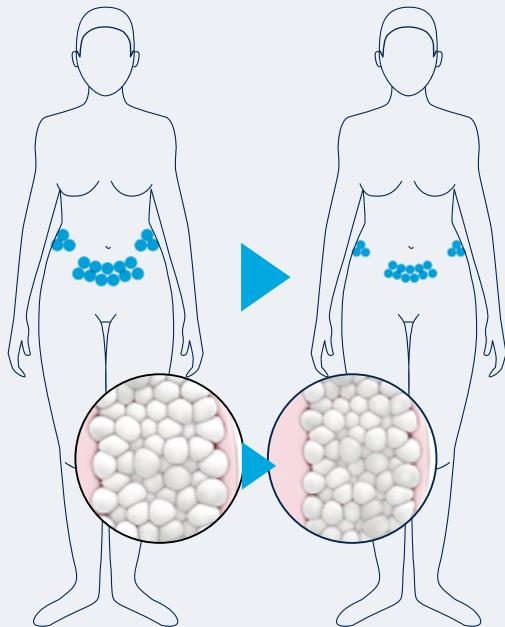
## WHAT HAPPENS WHEN YOU LOSE WEIGHT?

When you lose weight, through diet and exercise, the volume of fat inside your fat cells decreases but the actual number of fat cells stays the same.

Losing or gaining weight generally does not increase or decrease the number of fat cells. Instead, it changes the size of fat cells. When weight is gained, fat cells get bigger. After dieting and weight loss, fat cells get smaller, but the number of fat cells stays the same. Losing weight does not make fat cells go away.

### Weight Loss:

The same number of fat cells, however the **fat cells shrink in volume**



For illustrative purposes only

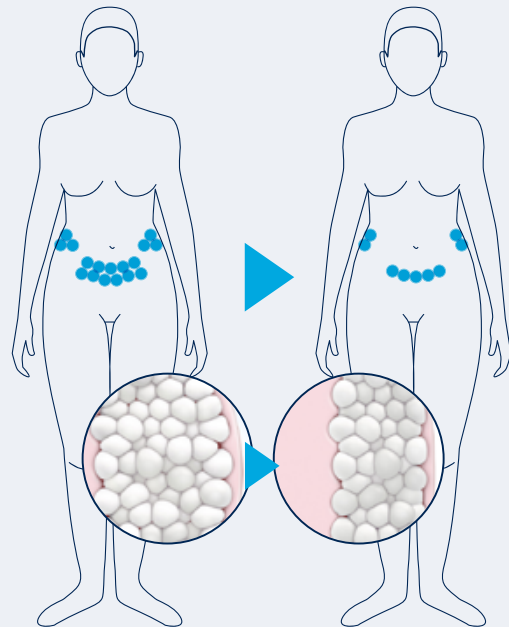
## WHAT HAPPENS AFTER YOUR COOLSCULPTING® TREATMENT?

After a CoolSculpting treatment, the treated fat cells are removed so you will have fewer fat cells in those treated areas.\* Untreated areas will not change.\*

If you gain weight after your CoolSculpting procedure, there will be fewer fat cells to hold excess fat but the untreated remaining fat cells can still enlarge as they absorb excess fat.

### CoolSculpting® (Cryolipolysis):

Reduction in the number of fat cells, as the **treated fat cells are damaged and die\***



CoolSculpting has demonstrated fat layer reductions of up to 27% across multiple treatment areas. You may start to see results at 6 weeks and final results around 12 weeks after treatment.

Results and patient experience may vary.  
Diagrams reflect approximate treatment locations.  
\* Data obtained from cryolipolysis investigations using a porcine model.

# WHY DO PEOPLE CHOOSE TO DO COOLSCULPTING®?

MANY PEOPLE ARE GENETICALLY PREDISPOSED TO STORING FAT IN PARTICULAR AREAS, EVEN WHEN THEY HAVE A HEALTHY DIET AND DO REGULAR EXERCISE.

CoolSculpting provides a non-invasive option to remove stubborn fat from these problem areas. Non-invasive means there are no needles, no surgery, no anaesthetic and no hospital stays.

CoolSculpting takes between 35-75 minutes, depending on the area of the body being treated. Most people have the potential to return to normal activities immediately after the CoolSculpting procedure.

## COOLSCULPTING CAN BE USED TO TREAT A RANGE OF AREAS INCLUDING BUT NOT LIMITED TO:

- Abdomen (tummy)
- Flanks (love handles)
- Submental (double chin)
- Upper arms (bingo wings)
- Brassiere roll (bra puff)
- Back (bra fat)
- Pseudogynaecomastia (man boobs)
- Inner thighs
- Outer thighs (saddle bags)
- Around the knees (distal thighs)
- Under the buttocks (banana rolls)



# IS COOLSCULPTING® SUITABLE FOR ME?

## COOLSCULPTING CAN BE DONE ON THE MAJORITY OF PEOPLE WHO HAVE STUBBORN POCKETS OF FAT DESPITE HAVING A REASONABLY HEALTHY DIET AND REGULAR EXERCISE.

CoolSculpting isn't limited to women. Many men have had the treatment too. Your first step is to contact a CoolSculpting clinic and make an appointment for a 360° body assessment. You will be asked a number of questions during your consultation to see if CoolSculpting is right for you.

The CoolSculpting procedure is not for everyone and you should not have the CoolSculpting procedure if you suffer certain conditions including, but not limited to, cryoglobulinaemia (a blood protein disease), cold agglutinin disease (a rare anaemic autoimmune disease)

or paroxysmal cold haemoglobinuria (a rare autoimmune disease).

It is important to note that CoolSculpting is not a weight-loss procedure. CoolSculpting is a body contouring procedure. People who are classified as obese can undertake weight loss efforts and then book a CoolSculpting consultation after they have lost an appropriate amount of weight.

## CAN I HAVE COOLSCULPTING® AFTER HAVING A BABY?

Every woman is different and recovery times after pregnancy vary, so we recommend that you speak to a healthcare professional at a CoolSculpting consultation prior to undertaking a CoolSculpting treatment, as they will be able to advise you on whether CoolSculpting is appropriate for you at this time.



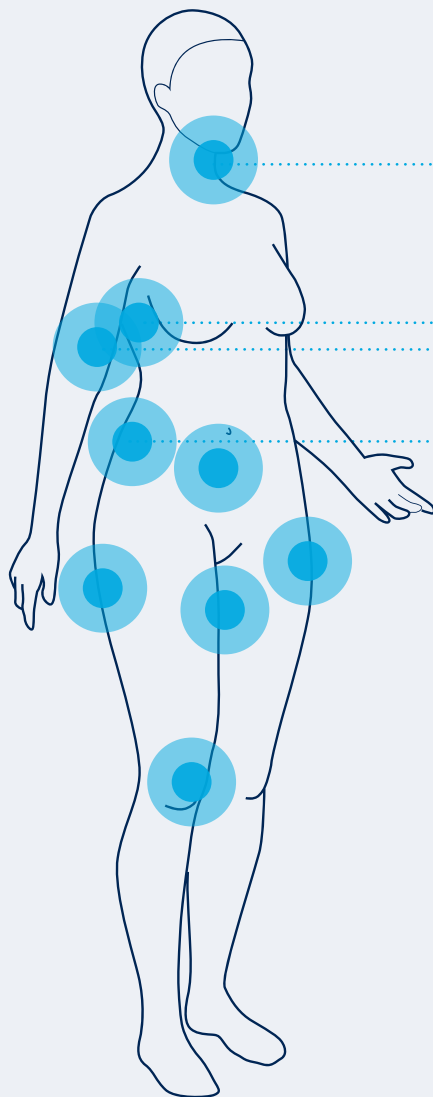
# WHAT AREAS CAN BE TREATED WITH COOLSCULPTING®?

## BOTH WOMEN AND MEN CAN UNDERTAKE COOLSCULPTING.

However, men and women store fat in different areas of the body. Men tend to commonly treat the lower abdomen and flanks, while women tend to receive treatment in a wider range of areas including lower and upper abdomen, flanks, inner and outer thighs, arms and back.

During your personalised consultation, the CoolSculpting technician will evaluate the areas of stubborn fat that bother you and provide you with an individualised treatment plan.

### COMMONLY TREATED AREAS IN WOMEN



For illustrative purposes only.

#### SUBMENTAL AREA (DOUBLE CHIN)

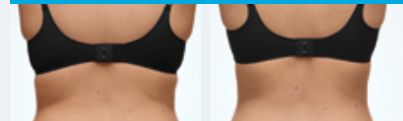


**BEFORE**

**AFTER**  
27.5 weeks after first CoolSculpting® session  
(18.5 weeks after second CoolSculpting® session)

Patient received a total of 4 treatment cycles over 2 CoolSculpting® sessions on the submental area.

#### BRA FAT

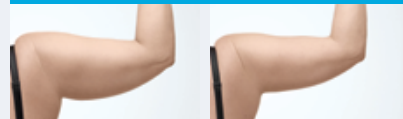


**BEFORE**

**AFTER**  
27.5 weeks after first CoolSculpting® session  
(18.5 weeks after second CoolSculpting® session)

Patient received a total of 7 treatment cycles over 2 CoolSculpting® sessions on the upper flank and lower bra.

#### UPPER ARMS



**BEFORE**

**AFTER**  
27.5 weeks after first CoolSculpting® session  
(14 weeks after second CoolSculpting® session)

Patient received a total of 4 treatment cycles over 2 CoolSculpting® sessions on the upper arms.

#### SIDES (FLANKS)



**BEFORE**

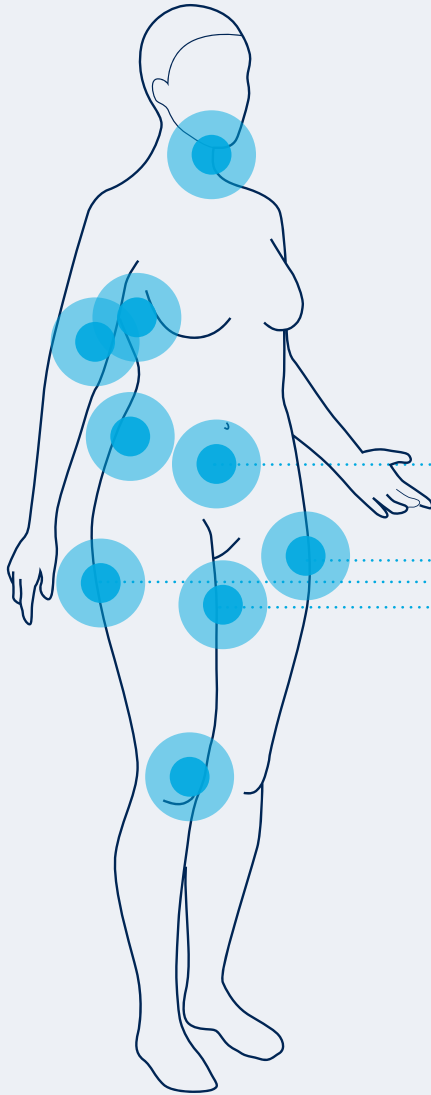
**AFTER**  
27.5 weeks after first CoolSculpting® session  
(18.5 weeks after second CoolSculpting® session)

Patient received a total of 7 treatment cycles over 2 CoolSculpting® sessions on the upper flank and lower bra.

Results and patient experience may vary. Unretouched images courtesy of Allergan Aesthetics unless otherwise stated

# WHAT AREAS CAN BE TREATED WITH COOLSCULPTING®?

## COMMONLY TREATED AREAS IN WOMEN



For illustrative purposes only.

### ABDOMEN



**BEFORE**

**AFTER**  
24.5 weeks after first  
CoolSculpting® session  
(16 weeks after second  
CoolSculpting® session)

Patient received total of 18 treatment cycles over 3 CoolSculpting® sessions on the lower abdomen, mid abdomen, flank, lower bra and mons pubis.

### BANANA ROLL (UNDER THE BUTTOCK)



**BEFORE**

**AFTER**  
27 weeks after first  
CoolSculpting® session  
(18.5 weeks after second  
CoolSculpting® session)

Patient received 4 treatment cycles over 2 CoolSculpting® sessions on the inner thighs and banana rolls. Photo courtesy of Dr Joseph Jensen

### THIGHS (OUTER)



**BEFORE**

**AFTER**  
25 weeks after first  
CoolSculpting® session  
(12 weeks after second  
CoolSculpting® session)

Patient received a total of 6 treatment cycles over 2 CoolSculpting® sessions on the inner and outer thighs.

### THIGHS (INNER)



**BEFORE**

**AFTER**  
26.5 weeks after first  
CoolSculpting® session  
(10 weeks after second  
CoolSculpting® session)

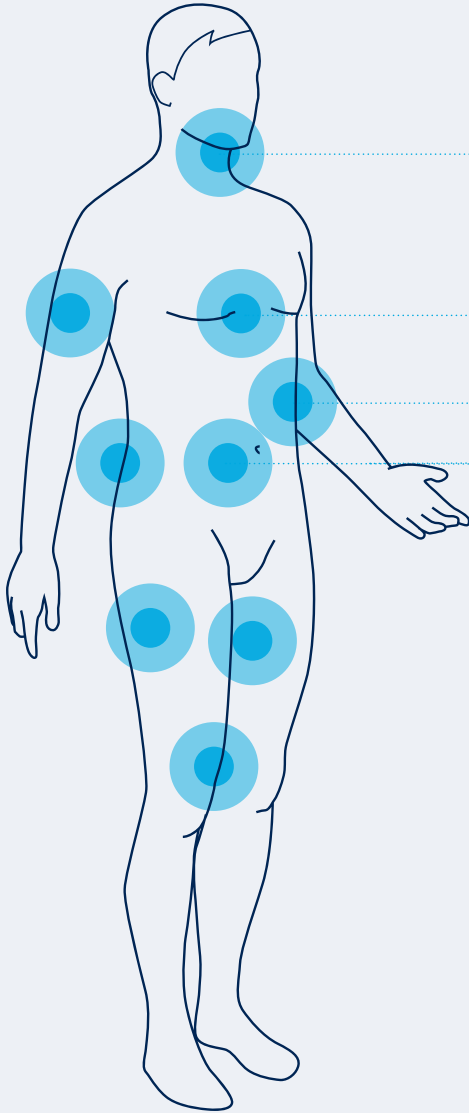
Patient received a total of 4 treatment cycles over 2 CoolSculpting® sessions using CoolAdvantage™ Petite on the inner thighs.

Results and patient experience may vary.  
Unretouched images courtesy of Allergan Aesthetics  
unless otherwise stated



# WHAT AREAS CAN BE TREATED WITH COOLSCULPTING®?

## COMMONLY TREATED AREAS IN MEN



For illustrative purposes only.

MEN ALSO CAN HAVE A RANGE OF OTHER AREAS TREATED WITH COOLSCULPTING INCLUDING THE INNER AND OUTER THIGHS, ARMS AND BACK.

### SUBMENTAL AREA (DOUBLE CHIN)



**BEFORE**

**AFTER**  
19 weeks after first CoolSculpting® session  
(12 weeks after second CoolSculpting® session)

Patient received a total of 4 treatment cycles over 2 CoolSculpting® sessions on the submental area. Photo courtesy of Dr Grant Stevens.

### CHEST



**BEFORE**

**AFTER**  
8.5 weeks after CoolSculpting® session

Patient received a total of 2 treatment cycles over 1 CoolSculpting® session on the chest. Photo courtesy of Dr Grant Stevens.

### SIDES (FLANKS)



**BEFORE**

**AFTER**  
21 weeks after first CoolSculpting® session  
(16 weeks after second CoolSculpting® session)

Patient received a total of 8 cycles over 2 CoolSculpting® sessions on the lower abdomen and flanks. Photo courtesy of Bodify & Steven Sorr, NMD

### ABDOMEN



**BEFORE**

**AFTER**  
27.5 weeks after first CoolSculpting® session  
(13.5 weeks after second CoolSculpting® session)

Patient received a total of 22 treatment cycles over 2 CoolSculpting® sessions on the upper, lower and mid abdomen, chest, and lower and upper flank.

### ABDOMEN



**BEFORE**

**AFTER**  
14 weeks after CoolSculpting® session

Patient received a total of 6 treatment cycles over 1 CoolSculpting® session on the lower abdomen and flanks. Photo courtesy Amy Brenner, MD

Results and patient experience may vary. Unretouched images courtesy of Allergan Aesthetics unless otherwise stated

# WHO WILL DO MY COOLSCULPTING® PROCEDURE?

A TRAINED COOLSCULPTING TECHNICIAN, WILL DO YOUR 360° CONSULTATION, DESIGN A PERSONALISED TREATMENT PLAN AND PERFORM THE PROCEDURE.

The clinic will follow up with you soon after your treatment to see how you are progressing and if you have any questions related to your treatment or your results.

All CoolSculpting technicians have undertaken specialised training and are provided with the opportunity for ongoing training to ensure their skills are maintained at a high level. With this knowledge and training, the CoolSculpting technicians know where to precisely place the applicators to help achieve your desired results.



# DOES COOLSCULPTING® HAVE SIDE EFFECTS?

THE FOLLOWING SIDE EFFECTS CAN OCCUR IN THE TREATMENT AREA DURING AND AFTER A TREATMENT.

These are temporary and generally resolve within days or weeks.

## DURING A TREATMENT:

- Sensations of pulling, tugging and mild pinching.
- Intense cold, tingling, stinging, aching, cramping. These sensations subside as the area becomes numb.

## IMMEDIATELY AFTER TREATMENT:

- Redness and firmness.
- Transient blanching and/or mild bruising around the edges of the treatment area.
- Tingling and stinging.

## ONE TO TWO WEEKS AFTER A TREATMENT:

- Redness, bruising and swelling.
- Tenderness, cramping and aching.
- Itching, skin sensitivity, tingling and numbness. Numbness can persist up to several weeks after a treatment.
- Sensation of fullness in the back of the throat after submental area treatment

## CONTRAINDICATIONS AND RARE SIDE EFFECTS

As with any medical procedure, there are some rare side effects that may occur. During your consultation your CoolSculpting technician and medical practitioner will discuss with you a comprehensive list of possible side effects and contraindications to see if this procedure is right for you.

YOU CAN FEEL CONFIDENT WITH COOLSCULPTING TECHNOLOGY.



### TRAINED TECHNICIANS

CoolSculpting technicians are provided with the opportunity for ongoing training to ensure there is a high standard of knowledge about the consultation process, the CoolSculpting procedure and aftercare support. They will consult with you to understand your needs and medical history and to determine if CoolSculpting is right for you.



### PROCEDURE PRECISION

CoolSculpting technology delivers precisely the right level of controlled cooling to target the fat cells underneath the skin, whilst leaving the skin and other cells undamaged.\* This procedure does not use needles or surgery.



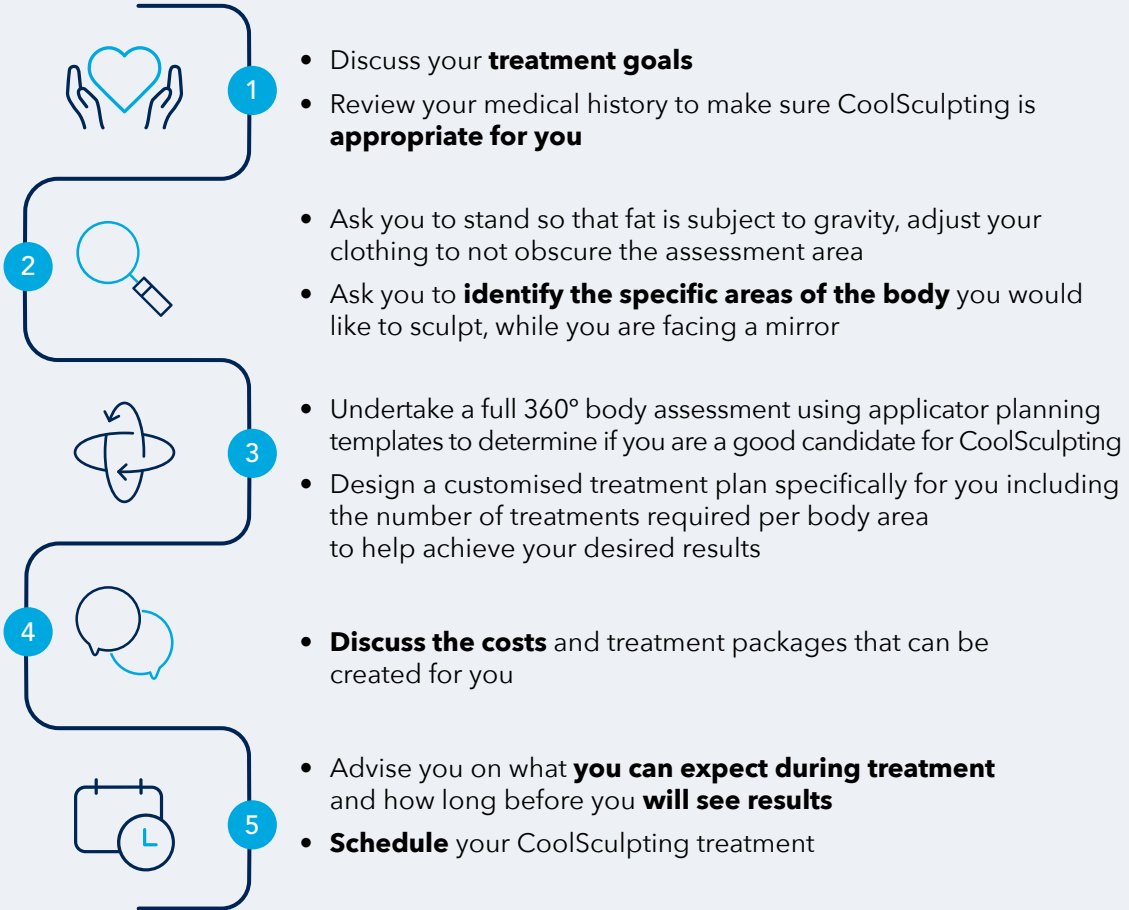
### DEVICE SAFETY

FreezeDetect® is CoolSculpting's inbuilt safety technology, designed to stop treatment if it detects the skin is getting too cold.

\* Data obtained from cryolipolysis investigations using a porcine model.

# WHAT HAPPENS DURING A COOLSCULPTING® CONSULTATION?

## DURING THIS CONSULTATION APPOINTMENT THE COOLSCULPTING TECHNICIAN WILL:



## TREATMENT GOALS: HOW DO I WANT TO FEEL?

DEFINED IN A SUIT	COMFORTABLE IN JEANS	ELEGANT WITH HAIR UP	CONFIDENT ON THE BEACH
SOPHISTICATED IN A DRESS	INSPIRED IN ATHLETIC WEAR	CAREFREE IN SLEEVELESS	HAPPY IN SHORTS/SKIRTS

# WHAT DOES COOLSCULPTING® FEEL LIKE?

AS THE NAME SUGGESTS, THE COOLSCULPTING PROCEDURE CAN BE A LITTLE CHILLY. CONTROLLED COOLING IS DELIVERED VIA AN APPLICATOR, TO FREEZE THE TARGETED SUBCUTANEOUS FAT (FAT FOUND UNDERNEATH THE SKIN).

Most CoolSculpting applicators use a vacuum to draw the fatty tissue into the applicator cup. During this initial part of the procedure, you may feel some pulling, tugging and or mild pinching/stinging.

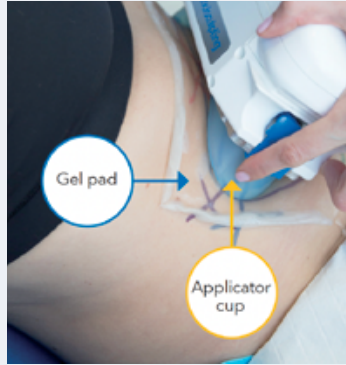
Once the cooling part of the procedure starts you may feel an intense cold sensation, then some tugging, pulling or a stinging sensation, which usually subsides once the area becomes numb.

When the CoolSculpting applicators are removed, the clinician will do a 2 minute massage on the treated area to break up the frozen fat cells. The sensation felt during this part of the process is different for each person; some are not bothered by the sensation, others say it can be slightly uncomfortable for the short period of the massage.



# WHAT CAN I EXPECT ON TREATMENT DAY?

COOLSCULPTING® TECHNICIANS DESIGN A TREATMENT PLAN SPECIFICALLY FOR YOU TO MEET YOUR TREATMENT GOALS.



You'll be given disposable shorts, bra and/or underwear for photos and treatment.

'Before treatment' photos will be taken.

The technician will spend time to precisely mark up the treatment areas. This will determine exactly where the CoolSculpting applicators are placed for optimum results.

During your treatment, a thermal gelpad or gel and applicator are applied to the targeted area for between 35-45 minutes. Some larger areas (e.g. outer thigh) may take 75 minutes.

All applicators deliver controlled cooling at the precise level to cause the treated fat cells to become damaged and die,\* whilst ensuring your skin and surrounding tissue is protected.

Once the cooling treatment has finished and the applicators are removed, it is important to have the treated area massaged for 2 minutes. This helps breakdown the frozen fat cells enabling the body to naturally eliminate them over the next ~12 weeks.

\* Data obtained from cryolipolysis investigations using a porcine model.

# WHAT CAN I EXPECT AFTER THE COOLSCULPTING® TREATMENT?

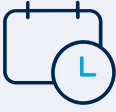
EVERYONE'S EXPERIENCE IS DIFFERENT AND DEPENDS ON THE AREA/S TREATED AND THE NUMBER OF TREATMENT CYCLES PERFORMED ON THE DAY.

For some people, the area treated can feel a little swollen or numb. For others it might be red or bruised and may feel tender to touch. All of these effects are temporary and generally resolve within days or weeks.



## MINIMAL EXPECTED DOWN TIME

As the CoolSculpting procedure is completely non-invasive, most people return to work and their daily activities immediately after the treatment.



## 6 WEEKS POST TREATMENT

At your 6 week follow-up appointment, mid-treatment photos will be taken and compared side-by-side to your before-treatment photos to see your transformation unfold.

6 weeks after your mid-treatment photos, after-treatment photos are taken. This allows you and your CoolSculpting technician to compare the photos at each stage and see the results that have been achieved.



## WHAT RESULTS CAN I EXPECT FROM COOLSCULPTING?

Everybody is different and treatment plans and results will vary for each individual.

You won't see the results of CoolSculpting straight away. You may start to see results as early as at 6 weeks. As more of the dead fat cells are eliminated from the body, you will continue to see results up to 12 weeks after treatment.\* Scientific studies have demonstrated fat layer reductions of up to 27% in multiple treatment areas.

Some treatment plans will require multiple sessions to help achieve the desired results.

Your clinic will schedule a follow-up appointment to evaluate your results, take photos to compare against the 'before treatment' photos and to discuss additional sessions if required.

Follow-up appointments generally take place 6 weeks after the initial treatment.

\* Data obtained from cryolipolysis investigations using a porcine model.

# HOW CAN I GET STARTED WITH COOLSCULPTING®?

## HOW MUCH DOES COOLSCULPTING® COST?

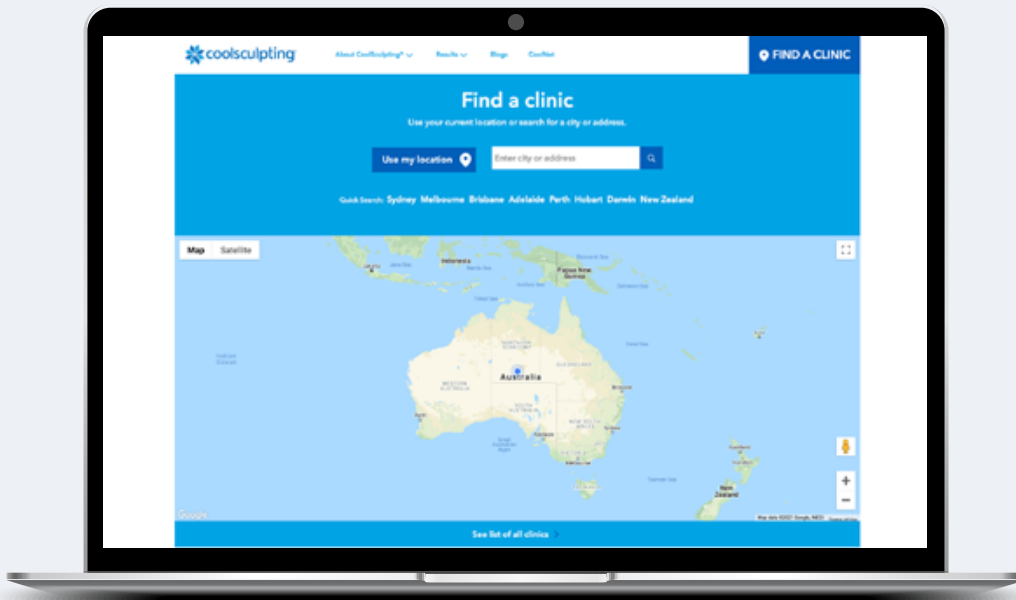
CoolSculpting is a highly customised procedure. During your initial personalised consultation, your technician will put together your treatment plan based on your full body assessment and your personal goals. Most patients will need multiple treatments to achieve their ideal outcome. CoolSculpting clinics often offer package pricing enabling you to save money on multiple treatments.

Your CoolSculpting technician will be able to provide you with the costs of treatment at your consultation.

## WHERE CAN I FIND A COOLSCULPTING® CLINIC?



The website [www.coolsculpting.com.au](http://www.coolsculpting.com.au) has a **"find a clinic"** search menu bar in the top right hand corner of the website. It helps you find a CoolSculpting clinic in Australia or New Zealand that is near you. Book an appointment with the clinic of your choice and ask them for an obligation free personalised consultation to discuss how CoolSculpting may benefit you.

CoolSculpting technicians are provided with the opportunity for ongoing training to ensure there is a high standard of knowledge to help achieve desired results.





## COOLSCULPTING® IS THE WORLD'S #1 FAT REDUCTION TECHNOLOGY FOR GOOD REASONS\*

 <p>CoolSculpting has demonstrated <b>fat layer reductions of up to 27%</b> across multiple treatment areas</p>	 <p>Developed with <b>Harvard scientists</b></p>
 <p>Over <b>11 million CoolSculpting treatments</b> performed<sup>°</sup></p>	 <p>Based on proven <b>cryolipolysis science</b></p>
 <p>Available in over <b>5000<sup>†</sup> clinics across 74 countries<sup>‡</sup></b></p>	 <p>Over <b>20 years of research</b> and development</p>
 <p><b>Minimal expected downtime</b>, most people return to their daily activities immediately after treatment</p>	 <p><b>159 global patents</b></p>
 <p><b>No surgery</b>, no needles</p>	 <p>Studied in over <b>70 peer reviewed publications<sup>◇</sup></b></p>

\* As of September 2020  
 ° As of May 2021  
 † As of September 2018  
 ‡ As of December 2016  
 ◇ As of December 2020

During the procedure you may experience sensations of pulling, tugging, mild pinching, intense cold, tingling, stinging, aching and cramping at the treatment site. These sensations may subside as the area becomes numb. Following the procedure, typical side effects include redness, swelling, blanching, bruising, firmness, tingling, stinging, tenderness, cramping, aching, itching, skin sensitivity and numbness. Numbness can persist for up to several weeks. A sensation of fullness in the back of the throat may occur after submental treatment. Rare side effects such as paradoxical hyperplasia, late-onset pain, freeze burn, vasovagal symptoms, subcutaneous induration, hyperpigmentation and hernia may also occur. The CoolSculpting® procedure is not for everyone. You should not have the CoolSculpting® procedure if you suffer from cryoglobulinaemia, cold agglutinin disease or paroxysmal cold haemoglobinuria. The CoolSculpting® procedure is not a treatment for obesity. Diet and exercise remain the mainstay for weight loss. As with any medical procedure, ask your physician if the CoolSculpting® procedure is right for you.

THIS PRODUCT MAY NOT BE RIGHT FOR YOU. READ THE WARNINGS BEFORE PURCHASE. WARNINGS CAN BE FOUND BY ASKING YOUR HEALTH PROFESSIONAL FOR THE INSTRUCTIONS FOR USE. FOLLOW THE INSTRUCTIONS FOR USE. IF SYMPTOMS PERSIST TALK TO YOUR HEALTH PROFESSIONAL. A HEALTHY DIET AND EXERCISE IS IMPORTANT. COOLSCULPTING® IS NOT A WEIGHT LOSS PROCEDURE AND SHOULD NOT REPLACE A HEALTHY DIET AND ACTIVE LIFESTYLE.

**Adverse events should be reported to: Australia - [AU-CoolSculpting@abbvie.com](mailto:AU-CoolSculpting@abbvie.com) or New Zealand - [NZ-CoolSculpting@abbvie.com](mailto:NZ-CoolSculpting@abbvie.com)**

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HELP SCULPT YOU™**

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