

Coolsculpting: Patient Consent for Treatment

A. Purpose and Background

- CoolSculpting is a procedure intended 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 CoolSculpting® will naturally remove fat cells but, as with most procedures, visible results will vary from person to person.

B. Procedure

- The CoolSculpting® procedure uses vacuum pressure to draw tissue into an applicator cup between cooling panels. The suction pressure may cause sensations of deep pulling, tugging and pinching. You may also experience intense stinging, tingling, aching or cramping as the treatment begins. These sensations generally subside as the area becomes numb.

C. Risks/Discomfort

- 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 or pinching in the area being treated. Immediately after the procedure, the 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 all normal reactions that typically resolve within minutes. Bruising, swelling, and tenderness can occur in the treated area. In addition, the treated area may appear red for a few hours after the applicator is removed. You may feel a dulling of sensation in the treated area that usually resolves within a few hours, but 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® treatment. Patient experiences will differ. Some patients may experience a delayed onset of the previously mentioned occurrences. You should contact your physician immediately if any unusual side effects occur or if symptoms worsen over time.

D. Benefits

- There is typically minimal downtime after Coolsculpting®. Most patients are able to return to work immediately after the procedure; although it is common for the treated areas to feel bloated and look swollen in the first few days after Coolsculpting®. 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.

E. Alternatives

- Coolsculpting® is strictly a voluntary cosmetic procedure; no treatment is necessary or required.

F. Photography

- I understand that clinical photographs are an essential component of my medical record and is required by VanderVeer Center, before, during, and after treatments.

G. Consent Procedure

- Although good results are expected, there cannot be any guarantee or warranty, expressed or implied, on the results that may be obtained. I understand that to achieve maximum results the protocol prescribed by VanderVeer Center should be adhered to. The number of treatments and results of treatment vary per patient and may be affected by the following factors, including but not limited to: degree of skin irregularity, weight gain or loss, age, medical history, medications, and lifestyle choices such as smoking and diet.
- I have provided my past and current medical history and medications.
- Pregnancy is a contraindication for treatment. I am not currently pregnant.
- I understand that more than one treatment may be needed, depending on the size of the treatment area and the desired outcome.
- I understand that weight gain will prevent me from achieving my full results.
- I understand I must remove all metal objects, including jewelry and clothing such as belts, prior to each treatment. I agree to be responsible for all of my personal items removed at treatment.
- I understand that it is important to follow after care instructions carefully to maximize treatment results.
- I release all VanderVeer Center staff from liability associated with this procedure except for any liability that may be imposed by the laws of the state of Oregon.
- I have read and understand this consent to be treated and all my questions have been addressed and answered to my satisfaction. I consent to the terms of this agreement.

I elect to proceed with Coolsculpting® treatment.

Patient Name: _____ **Date:** _____

Patient Signature: _____

Provider Signature: _____