

COOLSCULPTING: IS IT RIGHT FOR ME?



BY DR. W. TOMASZ MAJEWSKI

Many of us have problem areas – those places with a few extra pounds that no matter how much kale we eat or how many steps we get on our FitBit, we just can't seem to shed. Men and women alike struggle with stubborn fat and often look to plastic surgeons for answers.

My patients love CoolSculpting (sometimes referred to as fat freezing) for eliminating fat in problem areas. CoolSculpting is a non-invasive technology designed to decrease the thickness of fat in treated areas. With virtually no recovery time, no incisions and no scars, it's a great option for healthy, active people who want to feel more confident in their skin—without undergoing a major surgical procedure.

I've been treating patients with CoolSculpting for several years and am proud to offer it at Majewski Plastic Surgery and Spa at the Reserve. Read below to learn more about how CoolSculpting works and to determine if it might be right for you.

A Brief History of CoolSculpting Technology:

CoolSculpting technology was invented based on an observation that children who consume ice popsicles sometimes develop dimples in their cheeks. Further studies confirmed that cold temperatures break down fat cells while leaving types of tissues, including skin cells, intact.

This discovery led to the invention of the CoolSculpting device, which delivers cold to tissues in a very precise and controlled manner, permanently removing fat without causing any damage to the surrounding tissues.

How CoolSculpting Works:

The device doesn't actually freeze the fat, but rather, cools it down, which initiates a cascade of events that eventually leads to the natural elimination of the fat cells. This process of freezing and eliminating fat cells is called cryolipolysis.

Because patients eliminate the fat cells naturally over a period of time, there are no detectable changes in blood levels of cholesterol, lipids, etc. The remnants of destroyed fat cells are naturally eliminated by the same types of cells that are normally responsible for removing other dead cells from the body.

Is CoolSculpting Safe?

The CoolSculpting technology has been extensively studied and received a FDA clearance in 2010. Since then, the number of treatments has been growing exponentially around the globe (more than 4 million worldwide).

In the U.S., the procedure is currently approved for the treatment of abdomen, flanks, “bra rolls,” inner and outer thighs and, most recently, arms and neck. Other uses have been found to be effective, as well; for example, in the treatment of gynecomastia (enlarged breasts in men).

Treatment:

The CoolSculpting procedure is very simple: cold is delivered through hand pieces that are connected to a highly sophisticated, computer-controlled generator. The hand pieces vary in size and shape, depending on the body area being treated. The treatments are done one body area at a time. Each treatment typically takes 35 minutes and is repeated in four weeks for best results.

Is CoolSculpting Right for Me?

No procedure can replace what a healthy diet and consistent exercise can do for your body, and it’s important to note that CoolSculpting (and surgical methods of fat removal) are methods for body contouring, not weight loss.

CoolSculpting is not for patients who are significantly overweight or obese. It is, however, a great option for people at or near a healthy body weight who are struggling to lose a few stubborn pounds of localized excess body fat.

CoolSculpting works to break down fat specifically in the areas being treated. If you’re looking to target multiple areas after significant weight loss, or if you have excess skin or loose muscle tissue – such as after childbirth – a surgical procedure might be a better option.

There are two surgical procedures that target fat; liposuction simply eliminates fat, while the more invasive tummy tuck (abdominoplasty) targets not only excess fat, but redundant skin and loose muscle tissue, as well.

Compare your options in the table below:

COOLSCULPTING	LIPOSUCTION	TUMMY TUCK (<i>abdominoplasty</i>)	ALL THREE
<i>Non-surgical, office-based procedure that removes stubborn fat with no recovery time</i>	<i>Surgical procedure that involves removing fat to improve aesthetic appearance</i>	<i>Surgical procedure that targets unwanted fat, excess skin, and problematic muscle tissue</i>	<i>FDA-approved, effective procedures for fat removal</i>
<i>Non-invasive—no needles, no incisions, no scars</i>	<i>Invasive procedure (although done through tiny incisions)</i>	<i>Most invasive of the three options, but also can create the most drastic results</i>	<i>Offered at Majewski Plastic Surgery and Spa at the Reserve ; call 870-333-5737 today</i>
<i>No recovery time; visible results in two to three months</i>	<i>Days to weeks of recovery time, depending on the patient and the extent of the procedure; visible results in weeks</i>	<i>Usually two to four weeks of recovery time; full results visible soon after surgery, although the shape of the abdomen will continue to evolve over a few months</i>	<i>Permanently remove fat cells from body</i>
<i>Patients at a healthy weight who want to eliminate a few stubborn pounds</i>	<i>Patients close to an ideal, healthy weight who want to eliminate a few stubborn pounds; patients who are slightly overweight - but excess weight brings higher risk of complications</i>	<i>Patients ranging from ideal weight to overweight, who struggle with excess skin or loose muscle tissue</i>	<i>Are body contouring procedures, not weight loss procedures</i>
<i>Targets specific body areas (one per session)</i>	<i>More customizable—can target multiple body areas at once</i>	<i>Targets the abdominal area; can be combined with liposuction of other areas</i>	

Editor’s note: Contact Dr. Majewski and his team to help you customize a treatment plan based on your goals. Learn more by visiting MajewskiPlasticSurgery.com or by calling (870) 333-5737 to schedule a consultation.