

# TAYLOR CLINIC

TRUTH. SCIENCE. BEAUTY



## ELIMINATE STUBBORN FAT

NO SURGERY, NO DOWNTIME



# TOP 10 FACTS ABOUT COOLSCULPTING YOU SHOULD KNOW

## 1 MAKE SURE THAT YOU'RE A CANDIDATE

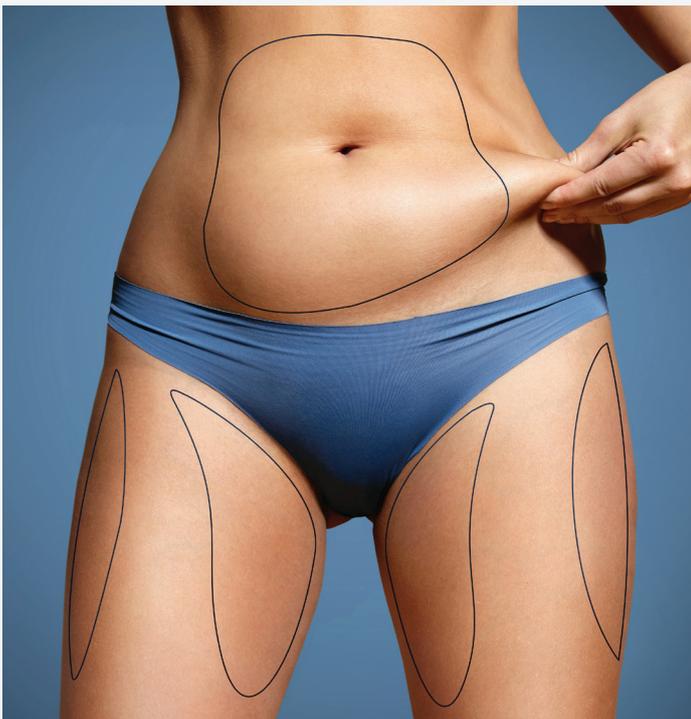
Before you decide whether or not you want to have the CoolSculpting procedure, it's important to know that CoolSculpting is not a way to lose weight. CoolSculpting targets subcutaneous fat, not visceral fat (internal fat around the organs); therefore it is important to lose weight before commencing your CoolSculpting treatment.

At Taylor Clinic, we offer complimentary CoolSculpting consultations and our experts will be able to advise if you are an appropriate candidate for your area of concern. If you need to work on the weight loss before starting CoolSculpting, we can refer you to a consultation with our onsite doctors who will be able to go through options of medically supervised weight loss.

CoolSculpting works best when you've finally reached the desired weight you want; it helps with the contours and fine tunes all of your hard work.

For the procedure to be productive, you also need to have a certain amount of fat so that it can be extracted into the CoolSculpting attachments. If the applicator does not fit onto the fat, suction doesn't work, and the treatment cannot be started.

**Speak to one of our expert staff to find out if you're a candidate for CoolSculpting.**



## 2 HOW MANY SESSIONS WILL I HAVE TO GET?

Most of our patients get a 20%-25% fat reduction in just one treatment, and they're satisfied with the results.

However, every patient is unique and have a different body shape, so each patient will have a tailored treatment plan, some needing only one treatment and some needing up to three.

It's important that you bring up your expectations at the consultation with one of our practitioners so that they can design a plan specifically to meet your needs.

## 3 KNOW WHO IS TREATING YOU

CoolSculpting is a non-invasive procedure, and it is administered by our highly experienced team of technicians, who have attended CoolSculpting university. Some of our technicians have even received training at the San Francisco California CoolSculpting training facilities.



## 4 WRITE EVERYTHING DOWN

We recommend writing a review or a blog as soon as you've done some research and decide that you want to get CoolSculpting. Keeping a record will help you through your treatment process by jotting down measurements, and documenting before and after photos.

If your desire is to look a bit fitter in your bikini or if you're on a path to self-improvement you'll want this experience to be one you can remember!

## 5 BE PREPARED FOR POTENTIAL DISCOMFORT POST-TREATMENT

Side effects are minimal, but you should prepare yourself for the possibility of discomfort.

Approximately 10% of patients report some pain after treatment. In individuals that experience discomfort it can last for up to 3 weeks; however, in most cases the pain will subside within 4-7 days.

Our team will be able to recommend over the counter pain relieve medication if required. In some cases, patients may require prescribed medication to minimise their pain. Some of them also wear compressed clothing in the first two weeks after the CoolSculpting procedure – our team will be able to recommend some options.

Just make sure you check with one of our staff before purchasing compressed garments or medications.





## 6 WATCH OUT FOR THE SIGNS.

Normal side effects from CoolSculpting include itching, swelling, and minimal pain. However, if you do become concerned, don't hesitate to contact our clinic about any problems you're having.

Side effects are different for every patient; it just depends on what area has been treated. The area of the body that has the most side effects is the abdomen. These side effects include; pain, tingling, and numbness after the treatment session. Areas like love handles, the back, and thighs have minimal to zero side effects.

## 7 BE PREPARED FOR PAIN AFTER TREATMENT.

The treatment normally lasts an hour, during this time you'll be lying or sitting down, so we recommend bringing a tablet or book to keep you busy especially if you need multiple sessions.

## 8 PHOTOGRAPH YOUR PROGRESS.

It can be hard to tell if the treatment is actually working because results take time to appear. By taking photos of the treated areas, you can have a visual to compare the changes week by week.

## 9 RELAX, AND WAIT FOR THE RESULTS.

It takes up to 13 weeks for patients to see the full results. However, at around week 7 it usually starts to get visible. At Taylor Clinic we also offer an additional complimentary treatment with the 'Zimmer' technology, which takes 2 minutes on each area, it is performed for the first 6 weeks and helps speeding up the results.

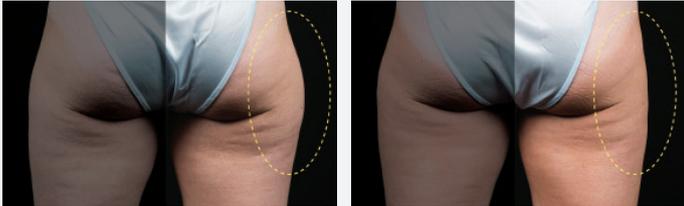
The most important thing to remember is to relax and let your body take the time it needs to get rid of those dead fat cells.

## 10 LONG-LASTING RESULTS RELY ON YOU.

CoolSculpting is a proven technique to sculpt your body, but long-lasting results also rely upon your behaviour. For example, if you don't exercise and develop bad eating habits, the treatment will not stop you from gaining excess weight. Keeping a healthy weight, by doing exercise and eating right are an essential part of maintaining long-term results.



# SEE OUR PATIENTS **COOLSCULPTING** RESULTS



Before

After

Photos courtesy of Eric Bachelor, MD, FACS



Before

After

Photos courtesy of A Jay Burns, MD



Before

After



Before

After



Before

After



Before

After

USE YOUR \$100 VOUCHER BELOW TOWARDS ANY COOLSCULPTING TREATMENT

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\$100 CoolSculpting™ Voucher

*Present this voucher to receive  
\$100 towards any CoolSculpting™ treatments.*

TCCS00261

This voucher is valid until the end of 2017.

Contact Taylor Clinic on **1300 003 223** to claim your voucher, or if you would like to find out more information about CoolSculpting or book a complimentary CoolSculpting consultation.

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