



AGELESS

AESTHETIC & ANTI-AGING MEDICINE



TOP 10 COOLSCULPTING CHECKLIST



Getting rid of stubborn fats may seem like an impossible task, but with CoolSculpting, it doesn't have to be. CoolSculpting is a non-invasive option that freezes fat and is naturally flushed out by your body. This means NO SURGERY and NO DOWNTIME. You can customize your treatment to target specific areas such as your chin, abdomen, arms, thighs, or love handles. You will start to see a difference in your body around four weeks in, and your final result around two months after you start your treatment.

Use our checklist to see if you are a good candidate for CoolSculpting!

You are having trouble getting rid of fat

You want to look more fit

You want to be more confident

Wearing form-fitting clothing has made you self-conscious

You have pieces of clothing in your closet that you wish you could still wear

You want to be comfortable in the beach in a swimsuit

You do not want to undergo surgery

You want to look and feel healthier

You want to be able to buy any piece of clothing and wear it confidently

You want to avoid other complications from being overweight (back, ankle, knee problems)

If you ticked off at least 4 of these items, CoolSculpting might be an excellent option for you. We, at Ageless Pensacola, are a CoolSculpting provider and we want to help make you as comfortable as possible with the process. We can answer any questions you may have and help you understand what your body will go through during the CoolSculpting treatment. We've put together a list of questions you may want to keep in mind during your consultation:

Am I a good candidate?

Good candidates have noticeable bulges in certain areas they'd like to get rid of. The CoolSculpting fat reduction procedure is specifically designed for those who have unwanted fat that resists diet and exercise. Unlike gastric bypass surgery, the CoolSculpting procedure is not





a weight loss solution for people who are obese. It is, however, a non-surgical alternative to liposuction.

What are the side effects?

During the procedure you may experience deep pulling, tugging, pinching, numbness or discomfort. Following the procedure, typical side effects include temporary numbness, redness, swelling, bruising, firmness, tingling, stinging and pain. Rare side effects may also occur. The CoolSculpting procedure is not for everyone. You should not have the CoolSculpting procedure if you suffer from cryoglobulinemia or paroxysmal cold hemoglobinuria.

Where does the fat go? Are the results permanent?

Once the treated fat cells are crystallized (frozen), your body processes the fat and eliminates these dead cells. Once the treated fat cells are gone, they're gone for good.

How much does the CoolSculpting procedure cost?

The price for CoolSculpting procedures varies depending on your areas of concern, the number of sessions needed, and your ultimate goals. We will help create a customized treatment plan, in person, that's tailored to your body, your goals, and your budget.

Can I return to normal activities after my treatment?

Yes, you can. The CoolSculpting procedure is completely non-surgical, so typically you can return to normal activities immediately. Often times, patients return to work after their CoolSculpting session is over.

If you have more questions, we are more than happy to address them all and come up with a suitable treatment plan for you.

Schedule an appointment with Ageless Pensacola and say goodbye to those stubborn fats!

