

FREEZE AWAY FAT  
TO HELP SCULPT YOU



Your  
CoolSculpting®  
Questions  
Answered



Images of REAL  
CoolSculpting®  
patients courtesy  
of Allergan Aesthetics.

# Contents

---

What is CoolSculpting® and how does it work?	3
What happens to fat cells after CoolSculpting®?	5
Why do people choose to do CoolSculpting®?	6
Is CoolSculpting® suitable for me?	7
Can I have CoolSculpting® after having a baby?	7
What areas can be treated with CoolSculpting®?	8
Who will do my CoolSculpting® procedure?	10
Does CoolSculpting® have side effects?	11
What happens during a CoolSculpting® consultation?	13
What does CoolSculpting® feel like?	14
What can I expect on treatment day?	15
What can I expect after the CoolSculpting® treatment?	16
What results can I expect from CoolSculpting®?	17
How much does CoolSculpting® cost?	18
Where can I find a CoolSculpting® Clinic?	19
Summary	21

# What is CoolSculpting® and how does it work?

CoolSculpting is the world's #1 non-surgical body contouring system, with over 8 million treatments\* 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.

**1.** During treatment, the appropriate CoolSculpting applicator is placed on the area to be treated.

**2.** Controlled cooling then brings the temperature of the fat cells to the precise level at which they are damaged and die.†

**3.** After treatment, the body naturally processes and removes the dead fat cells.†

**4.** You may start seeing results at 6 weeks and final results around 12 weeks after treatment. Treated fat cells are gone for good.

BEFORE

24.5 WEEKS AFTER first CoolSculpting session (16 weeks after second CoolSculpting session)

Treated fat cells

Untreated fat cells

*For illustrative purposes only*

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

Images courtesy of Allergan Aesthetics.

\* As of July 2019.

† Data obtained from cryolipolysis investigations using a porcine model.

# 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.

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.

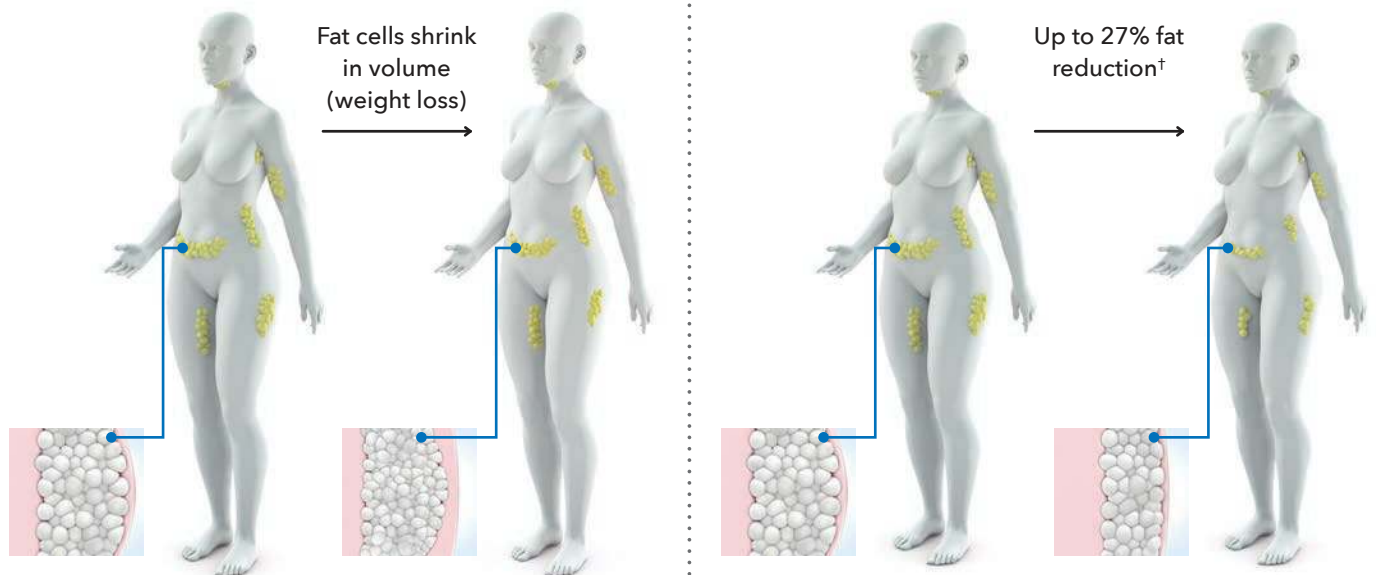
## What happens when you lose weight?

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.

## 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.



*For illustrative purposes only*



CoolSculpting has demonstrated fat layer reductions across multiple treatment areas of up to 27%.† 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.

† Based on caliper measurements taken 6 months post treatment.

# 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. You 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)



*Image of model courtesy of Allergan Aesthetics*

## 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 or prior to undertaking a CoolSculpting treatment, as they will be able to advise you on whether CoolSculpting is appropriate for you at this time.



*Image of models courtesy of Allergan Aesthetics*

# What areas can be treated with CoolSculpting®?

---

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)

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.

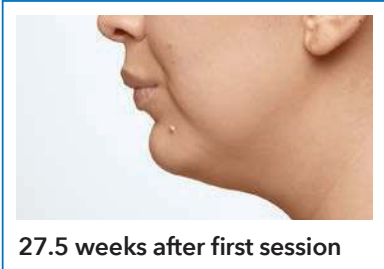
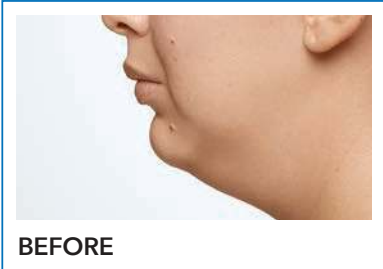
During your personalised consultation, the CoolSculpting technician will evaluate the areas of stubborn fat that bother you and provide you with an individualised treatment plan.



*Images of models courtesy of Allergan Aesthetics*

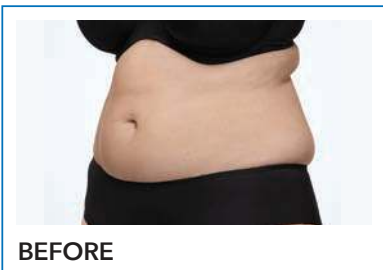
# CoolSculpting® - commonly treated areas in women

## SUBMENTAL AREA (DOUBLE CHIN)



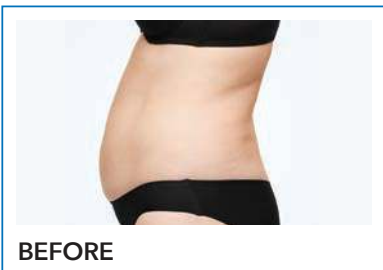
Patient received a total of 4 treatment cycles on the submental area over 2 CoolSculpting® sessions.

## UPPER FLANK / BRA FAT



Patient received a total of 28 treatment cycles over 3 CoolSculpting® sessions on the upper, mid and lower abdomen, flanks and upper and lower bra.

## ABDOMEN

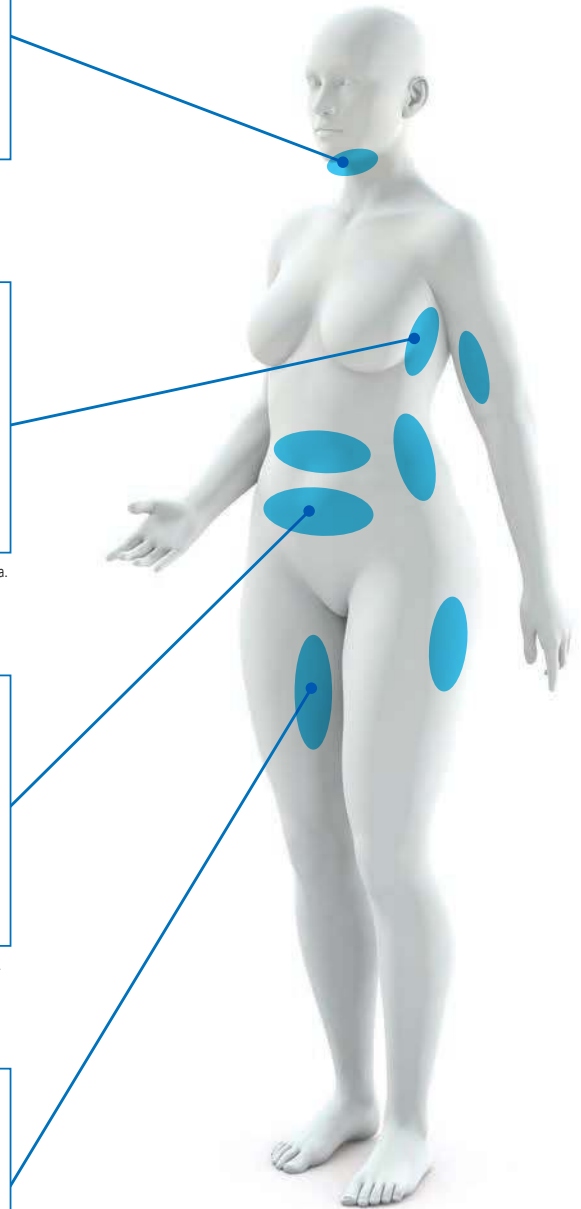


Patient received total of 18 treatment cycles over 3 CoolSculpting® sessions on the lower abdomen, mid abdomen, flank, lower bra and mons pubis.

## THIGH (INNER)



Patient received 6 treatment cycles over 2 CoolSculpting® sessions to the inner and outer thigh.  
Photo courtesy of Premier Plastic Surgery.

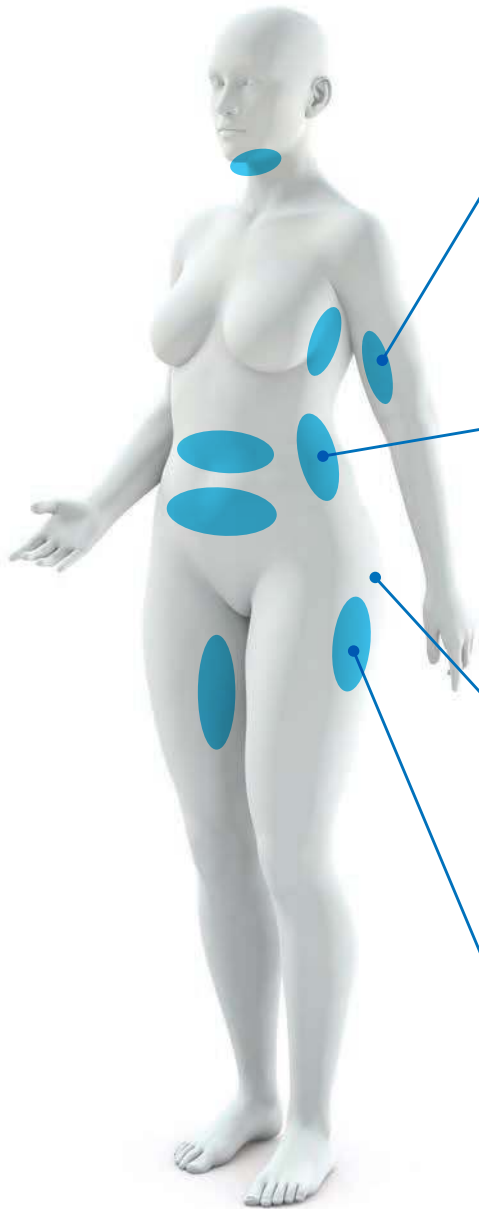


For illustrative purposes only



# CoolSculpting® - commonly treated areas in women

(continued)



*For illustrative purposes only*

## UPPER ARM



**BEFORE**



**27.5 weeks after first session**

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

## FLANK / SIDE



**BEFORE**



**27.5 weeks after first session**

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

## UPPER BUTTOCK (BANANA ROLL)



**BEFORE**



**35 weeks after first session**

Patient received 12 treatment cycles over 2 CoolSculpting® sessions on the banana roll.  
Photo courtesy of Dr Joseph Jensen.

## THIGH (OUTER)



**BEFORE**



**25 weeks after first session**

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

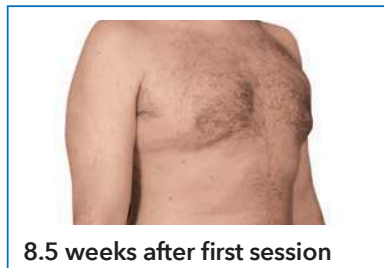
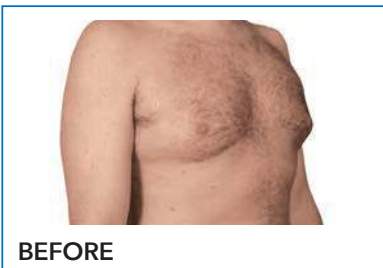
# CoolSculpting® - commonly treated areas in men

## SUBMENTAL AREA (DOUBLE CHIN)



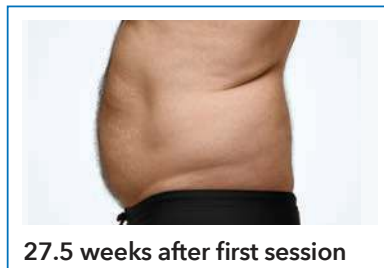
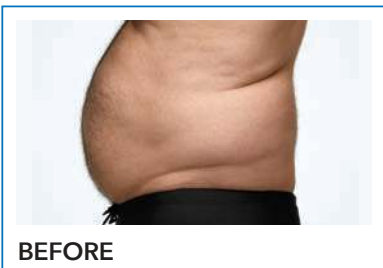
Patient received a total of 4 treatment cycles over 2 CoolSculpting® sessions on the submental area.  
Photo courtesy of Dr Grant Stevens.

## CHEST



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

## ABDOMEN

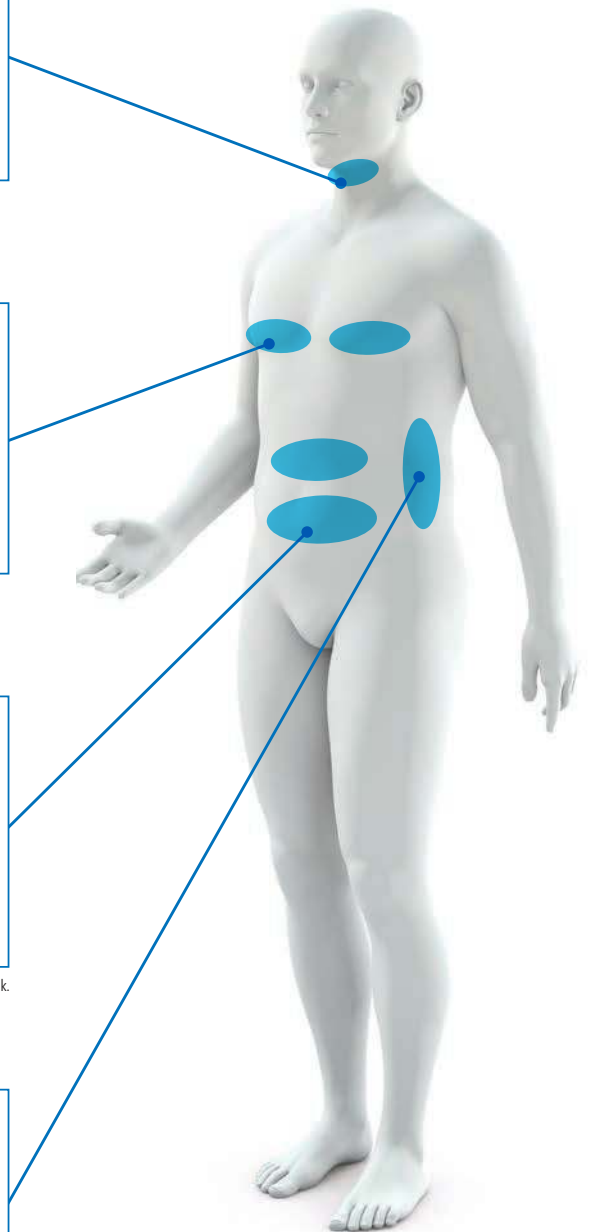


Patient received a total of 22 treatment cycles over two CoolSculpting® sessions on the upper, lower and mid abdomen, chest, and lower and upper flank.

## FLANK / SIDE



Patient received 9 treatment cycles over 2 treatment CoolSculpting® sessions on the lower abdomen and flanks.



*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.

# Who will do my CoolSculpting® procedure?

---

A skilled 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 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.



*Image of models courtesy of Allergan Aesthetics*

# Does CoolSculpting® have side effects?

---

The following effects can occur in the treatment area during and after a treatment. These effects 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.

You can feel **confident** with CoolSculpting technology.



**Trained Technicians** – CoolSculpting technicians are provided with 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** – Freeze Detect® is CoolSculpting's inbuilt safety technology, designed to stop treatment if it detects the skin is getting too cold.

Images of models courtesy of Allergan Aesthetics.

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

# What happens during a CoolSculpting® Consultation?

During this consultation appointment the CoolSculpting technician will:



1

- Discuss your treatment goals
- Discuss your medical history to make sure CoolSculpting is appropriate for you



2

- Ask you to stand so that fat is subject to gravity
- Adjust your clothing to not obscure the assessment area
- Ask you to identify the specific areas of the body you would like to sculpt, while you are facing a mirror



3

- Undertake a full 360° body assessment of you using applicator planning templates
- Determine if you are a good candidate for CoolSculpting
- Design a customised treatment plan specifically for you including the number of treatments required per body area to achieve your desired results



4

- Discuss the costs and treatment packages that can be created for you
- Advise you on what you can expect during treatment and how long before you will see results
- Schedule your CoolSculpting treatment

*Images of models courtesy of Allergan Aesthetics.*

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



## 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.



*Image of models courtesy of Allergan Aesthetics*

# What can I expect on treatment day?

CoolSculpting technicians design a treatment plan specifically for you to meet your treatment goals.



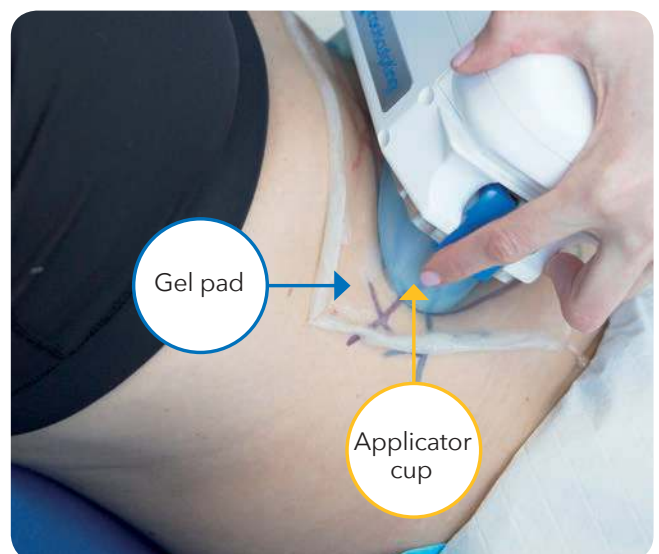
- You'll be given disposable shorts, bra and/or underwear for photos and treatment



- '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 best results
- During your treatment, a thermal gel pad or gel and applicator are applied to the targeted area for between 35-45 minutes. Some larger areas (e.g. outer thigh) taking 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 cells are 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.



*Images of models courtesy of Allergan Aesthetics*

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

# What can I expect after the CoolSculpting® treatment?

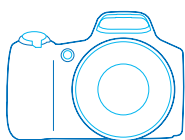
---

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.

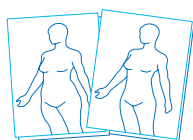


## Minimal expected down time

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



At your 6 week follow up appointment, *mid-treatment* photos will be taken and compared next 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.



## Visible results

You may start to see results at 6 weeks and final results around 12 weeks after treatment. Specialised treatment plans may require multiple sessions to achieve the desired results.

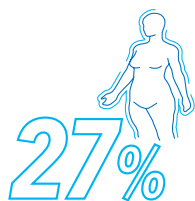


Images of model courtesy of Allergan Aesthetics



# 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 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.

## 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.

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

† Based on caliper measurements taken 6 months post treatment.

# Where can I find a CoolSculpting® Clinic?

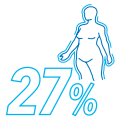
The website [www.coolsculpting.com.au](http://www.coolsculpting.com.au) has a “find a clinic” search menu bar in the top right hand corner of the website. It helps you find a CoolSculpting clinic in Australia or New Zealand that is near you. Book an appointment with the clinic of your choice and ask them for an obligation free personalised consultation to discuss how CoolSculpting may benefit you. CoolSculpting technicians are provided with ongoing training to ensure there is a high standard of knowledge to help achieve desired results.

The screenshot displays the 'Find a clinic' search interface on the CoolSculpting website. At the top left is the CoolSculpting logo, followed by navigation links: 'About CoolSculpting®', 'Results', 'Blogs', and 'CoolNet'. A yellow arrow points to a 'FIND A CLINIC' button in the top right corner. The main heading is 'Find a clinic', with the instruction 'Use your current location or search for a city or address.' Below this is a search bar with a 'Use my location' button and an 'Enter city or address' input field. A 'Quick Search' section lists: Sydney Melbourne Brisbane Adelaide Perth Hobart Darwin. The central part of the page features a map of Australia and New Zealand with various cities marked. At the bottom, there is a 'See list of all clinics >' link and a secondary search bar with the text 'Find a clinic' and 'Enter city or address'.

[www.coolsculpting.com.au](http://www.coolsculpting.com.au)

# Summary

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



CoolSculpting has demonstrated fat layer reductions of up to 27% across multiple treatment areas<sup>‡</sup>



Developed by Harvard scientists



Over 8 million CoolSculpting treatments performed\*



Based on proven cryolipolysis science



Available in over 5000 clinics across 74 countries<sup>†</sup>



Over 20 years of research and development



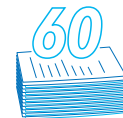
Minimal expected downtime, most people return to their daily activities immediately after treatment



159 global patents



No surgery, no needles



Studied in over 60 peer reviewed publications<sup>‡</sup>

<sup>‡</sup> Based on caliper measurements taken 6 months post treatment.

\* as of July 2019

<sup>†</sup> as of December 2016

<sup>‡</sup> as of June 2019

References: 1. Allergan, CoolSculpting® System User Manual. BRZ-101-TUM-EN6-K 2. Allergan, Data on file. INT/0484/2018 3. Allergan, Data on file. INT-CSC-2050157 4. Avram MM and Harry RS. Lasers Surg Med 2009; 41:703-8 5. Bernstein EF and Bloom JD. JAMA Facial Plast. Surg 2017; 19:350-357 6. Bernstein EF et al. Laser Surg Med 2014; 46: 731-735 7. Boey GE and Wasilenchuck JL. Dermatol Surg 2014; 40:1004-1009 8. Boey GE and Wasilenchuck JL. Laser Surg Med 2014; 46: 20-26 9. Carruthers JD, et al. Dermatol Surg 2017;43:940-9 10. Coleman SR, et al. Aesthet Plast Surg 2009; 33:482-488 11. Diercix CC, et al. Derm Surg 2013;13:1209-16 12. Duncan DI and Chubaty R. Aesthet Surg J 2006; 26:575-585 13. Friedmann DP et al. Am J Cosmet Surg 2013; 30: 152-158 14. Friedmann DP. Dermatol Surg 2019; 00:1-6 15. Garibyan L, et al. Lasers Surg Med 2014;46:75-80 16. Harrington JL and Capizzi PJ. Aesthet Surg J 2017; 37:715-722 17. Honeybrook A, et al. Am J Cosmet Surg 2018;35:135-142 18. Jones IT, et al. Lasers Surg Med 2018; 50:608-612 19. Kilmer SL, et al. Lasers Surg Med 2016; 48:3-13 20. Kilmer SL, et al. Lasers Surg Med 2016;48:3-13 21. Klein KB, et al. Lasers Surg Med 2009; 41:785-90 22. Krueger N, et al. Clin Cosmet Investig Derm 2014; 7:201-25 23. Leal Silva H, et al. J Cosmet Dermatol 2017;00:1-6 24. Lee SJ, et al. J Cosmet Laser Ther 2016 18:126-129 25. Manstein D et al. Lasers Surg Med 2008; 40: 595-604 26. Medical Insight Inc. The Global Aesthetic Market Study: Version XVII. 2019 27. Munavalli GS and Panchaprateep R. Dermatol Surg 2015; 41:1043-1051 28. Rivers JK, et al. Lasers Surg Med 2018; 50:732-737 29. Sasaki GH, et al. Aesthet Surg J 2014; 34:420-31 30. Schlessinger J, et al. SKINmed 2013; 11:27-31 31. Shek SY, et al. Lasers Surg Med. 2012;44:125-130 32. Spalding KL, et al. Nature 2008; 453:783-7 33. Stevens WG and Bachelor EP. Aesthet Surg J 2015;35:66-71 34. Stevens WG, et al. Aesth Surg J 2013; 33:835-46 35. Suh DH, et al. J Cosmet Laser Ther 2018; 20: 24-27 36. Wanitphakdeedecha R, et al. Lasers Med Sci. 2015; 30:2165-2169 37. Zelickson B, et al. Derm Surg 2009; 35:1462-70 38. Zelickson BD, et al. Lasers Surg Med 2015;47:120-7

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. 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@Allergan.com or New Zealand - NZ-CoolSculpting@Allergan.com

CoolSculpting® and its design are registered trademarks of ZELTIQ Aesthetics, Inc., an Allergan affiliate.™ Trademark(s) of Allergan, Inc. © 2020 Allergan. All rights reserved. Allergan Australia Pty Ltd. 810 Pacific Highway, Gordon NSW 2072. ABN 85 000 612 831. Allergan New Zealand Limited, Auckland NZBN 94 290 3212 0141. DA2034CB. AN-CSC-2050100 V1. Date of preparation: October 2020

Allergan Aesthetics  
an AbbVie company