

FAT FREEZING | WHAT TO EXPECT DURING COOLSCULPTING

By Dr. Angela Merlo Posted January 30, 2019 In CoolSculpting

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Fat Freezing is a revolutionary fat reduction technique. Also called CoolSculpting, it utilizes a process known as Cryolipolysis to eliminate fat without surgery or downtime. Advanced cooling technology allows CoolSculpting to reduce fat in targeted areas by freezing fat cells to death. This may sound too good to be true, but the science is sound. Just look at some [CoolSculpting before and after pictures](#), or read some of the amazing reviews people are giving CoolSculpting.

Learn more about fat freezing and what to expect during a CoolSculpting treatment below.

BEGIN WITH A COOLSCULPTING CONSULTATION

The very first thing to do is find a reputable, experienced CoolSculpting NJ provider. The vast majority of them will provide a complimentary consultation. During this consultation, the fat freezing procedure will be explained in detail. They also determine whether you are a proper candidate and discuss [CoolSculpting cost](#). If you decide fat freezing is right for you, your provider will assist in customizing a treatment plan. Every individual's plan is tailored to meet both his or her needs and their budget.

FAT FREEZING: HOW DOES IT WORK?

Fat Freezing is safe, fast, and painless thanks to CoolSculpting's advanced technology. To begin the treatment, your specialist will mark the treatment area. Next, they will position a CoolSculpting applicator on the marked area. Applicators are typically held in place by a gentle vacuum mechanism. The suction mechanism also draws fat cells to the surface of the skin, for better exposure and optimal fat freezing.

When the technician turns the fat freezing machine on, you will begin to feel the cooling process take place. This process penetrates the treatment area, and begins to freeze subcutaneous fat cells. The overlying skin or tissue is completely unharmed during this process. It can be an odd feeling – you may experience a tugging sensation as well as extreme cold in the targeted area. Note that if you do feel these sensations, they will likely dissipate within the first few minutes of your treatment. Very few patients report any pain or discomfort.

CoolSculpting treatments can be performed in 35 minutes, but treatment time may vary based upon the parameters of the patient's treatment plan. When your fat freezing cycle is complete, the targeted area will be massaged for a minute or two. Then you are free to go. CoolSculpting requires zero downtime, so you are free to return to your normal activities.

[Learn more about CoolSculpting and Save 25% off CoolSculpting Cost >>](#)

AFTER YOUR FAT FREEZING TREATMENT

Your body's immune system is utilized to gradually dispose of the frozen fat cells. This means that you should not expect immediate results from fat freezing. Typically, a patient requires 8 to 12 weeks to see the full realization of their treatment.

Immediately after treatment, experiences typically associated with an immune response may be present. This includes tenderness, possible swelling, bruising, and redness. However, these [side effects of CoolSculpting](#) resolve themselves quickly and are typically very mild.

Is fat freezing right for you? Call the CoolSculpting Treatment Center in New Jersey at 609-896-0800 to schedule an appointment today.

SCHEDULE A COMPLIMENTARY CONSULTATION

Schedule by phone (609) 269-4281 or online below

Enter Name...

Email...

Enter phone...

Please tell us which areas you would like to target and the best time to contact you to schedule your free consultation...

SUBMIT

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