

HOW LONG DOES COOLSCULPTING LAST?

By Dr. Angela Merlo Posted June 15, 2019 In CoolSculpting

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HOW LONG DOES COOLSCULPTING LAST?

How long does CoolSculpting last? This is one of the first questions asked when considering the [fat freezing procedure](#). It makes sense to find out if this kind of substantial investment really is worth it in the long term. Having the confidence that this procedure will permanently remove stubborn fat bulges is vital for anyone considering CoolSculpting.

[Learn more about CoolSculpting >>](#)

HOW DOES COOLSCULPTING WORK?

So does CoolSculpting last? Yes. It is a one-time investment for a life-long solution. Nevertheless, to better understand why fat freezing results endure the test of time, it is helpful to understand how CoolSculpting works. The procedure uses a revolutionary technique to completely rupture fat cells and excrete them from the body. Other weight loss techniques can shrink your fat cells, but do not remove them completely. This allows them to expand again if weight is gained back. By completely removing the fat cells, those cells cannot come back, and maintaining a healthy life style will ensure the aesthetic of your results for years to come.

CAN FAT CELLS COME BACK AFTER THEY ARE REMOVED FROM THE BODY?

It is often asked if it is possible for the body to regrow fat cells in the areas treated after CoolSculpting. The main worry being the stubborn fat bulges will come back. This is simply not possible. The body determines the total number of fat cells once the body reaches adulthood. This number is set, which means the body does not destroy or create more of these cells. Once [CoolSculpting or other fat reduction treatments such as Liposuction](#), occurs, the number of fat cells in the treated areas are decreased indefinitely. The body simply will not create more fat cells resulting in a long-term reduction of stubborn fat.

[See CoolSculpting Before and After Images >>](#)

HOW LONG DOES COOLSCULPTING LAST?

Many studies have set out to determine exactly how long CoolSculpting results last. The *Journal of Cosmetic Dermatology* published one such study in 2016: "Long-term efficacy follow-up on two cryolipolysis case studies: 6 and 9 years post-treatment." The study focused on CoolSculpting patients who received a single treatment on their left flank or love handle.

The right flank was left untouched to be used as a control measure for the study. The researchers found that **"despite weight changes over the years, the treated left flank showed a persistent reduction in size and a change in contour."**

THE BEST WAYS TO MAINTAIN RESULTS

To get the best experience, talk thoroughly with Dr. Merlo, your preferred CoolSculpting Lawrenceville provider, about what to expect after the procedure. Following a proper diet plan and healthy workout regimen will be essential to maintaining the aesthetic of your CoolSculpting results.

GET STARTED WITH COOLSCULPTING TODAY

Does CoolSculpting Last? Most definitely. Get started on long-term fat reduction by scheduling a complimentary consultation with Dr. Angela Merlo of the CoolSculpting Treatment Center. Contact Dr. Merlo online or call 609-896-0800 today.

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