

CRYOLIPOLYSIS: THE SCIENCE BEHIND “FAT FREEZING”

By Dr. Angela Merlo Posted May 9, 2019 In CoolSculpting

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CRYOLIPOLYSIS: WHAT IS “FAT FREEZING”?

You may have heard of CoolSculpting, an increasingly popular [fat-freezing procedure](#), and wondered what the process behind. Cryolipolysis is the scientific process behind this popular non-invasive fat reduction treatment. Cryolipolysis is the reduction of fat cells via exposure to precisely controlled temperatures.

Cryolipolysis has been scientifically proven to reduce [resistant fat](#) areas that persist despite exercise and dieting changes. CoolSculpting provides a natural-looking and long-term solution for resistant areas, like [tummy fat](#), love handles, thigh fat, double chins, upper arm fat, and more. Continue reading to learn more about Cryolipolysis and decide if fat-freezing might be right for you.

THE HISTORY OF CRYOLIPOLYSIS

The Cryolipolysis process has its origins at Harvard. Two scientists, Dieter Manstein, MD, and R. Rox Anderson, MD, noticed the phenomenon of popsicle panniculitis: reduced cheek fat among children who sucked on popsicles. Dr. Manstein breaks down the process of CoolSculpting in Allure magazine: “Fat freezes at a higher temperature than water. Think of butter and water in the refrigerator – one is solid, the other remains liquid.”

On that basis, Dr. Manstein was able to figure out that exposing stubborn fat to very cold temperatures would freeze the fat cells but would not harm any of the upper skin cells. Skin tissue consists mostly of water, meaning it freezes at a much lower temperature than the fat cells.

WHAT THE CRYOLIPOLYSIS PROCESS LOOKS LIKE

Cryolipolysis works to effectively reduce stubborn fat deposits in the body. In his scientific paper, “Cryolipolysis For Noninvasive Body Contouring: Clinical Efficacy And Patient Satisfaction”, researcher Nils Krueger the Cryolipolysis: “[fat cells] are more susceptible to cooling than other skin cells...precise application of cold temperatures triggers apoptosis [cell death] of the [fat cells] which invokes an inflammatory response and leads to slow digestion by surrounding macrophages [the white blood cells that rid the body of waste.]”

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

Put simply, during CoolSculpting, an applicator is used to isolate fat deposits and expose them to precisely controlled temperatures. These temperatures are cold enough to freeze subcutaneous fat cells but will not damage any skin cells or tissue. The “frozen” fat cells will then crystallize, which causes the cell membrane to rupture.

Totally destroying the fat cells means they will not grow back and can no longer store fat. It also sends a signal to the body’s lymphatic system to collect the dead cells. This natural process takes place over several weeks and culminates once the fat cells are expelled from the body as waste.

Coolsculpting has some things in common with liposuction, mainly because both procedures remove fat cells from the body. The biggest difference between them is that Coolsculpting utilizes metabolic processes to eliminate dead fat cells from the body. The liposuction uses a tube to suck fat cells out of the body.

The fat freezing process of CoolSculpting results in dramatic fat reduction. Nils Krueger’s showed in his study a 25% fat reduction after just a single session. Because the fat cells are destroyed, excreted from the body, and they will not grow back, Coolsculpting is a long-term solution for fat-reduction.

FREEZE AWAY FAT FROM THE #1 COOLSCULPTING PROVIDER IN NJ

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IS CRYOLIPOLYSIS THE RIGHT PROCEDURE FOR ME?

These dramatic, long-term results sound tempting but it’s important to remember that Cryolipolysis isn’t for everyone. This fat-freezing procedure is a good option for fat reduction in isolated areas on people who live active and healthy lifestyles but still struggle with stubborn fat areas. Cryolipolysis is not a weight-loss procedure and is not recommended as a solution for people who are significantly overweight.

[Learn more about CoolSculpting >>](#)

GET STARTED LEARNING MORE ABOUT CRYOLIPOLYSIS

An excellent way to learn more about whether you are a good candidate for Cryolipolysis, is to book a complimentary consultation with [Dr. Angela Merlo](#), a leading [CoolSculpting provider in New Jersey](#). During your consultation, Dr. Merlo will explain the Cryolipolysis procedure in detail so you can feel confident in your decision about whether CoolSculpting is right for you. To book a free consultation, contact Dr. Merlo at the CoolSculpting Treatment Center online or call (609) 896-0800 today.

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