

LIPOSUCTION V COOLSCULPTING | WHICH FAT REDUCTION TREATMENT IS BEST?

By Dr. Angela Merlo Posted January 18, 2019 in CoolSculpting



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LIPOSUCTION V COOLSCULPTING | WHICH FAT REDUCTION TREATMENT IS BEST?

Liposuction was the only game in town for reducing fat that resists diet and exercise for a long time. It's an effective procedure for eliminating that fat, but its invasiveness puts some people off and comes with all the normal complication risks of any surgery. Some people aren't interested in going under with anesthesia and don't want scalpel anywhere near their skin unless necessary. Even for those who will go to such lengths to take care of stubborn bulges, the lengthy recovery times attached to such a procedure can be a headache and barrier.

Luckily, there are new and non-invasive alternatives to liposuction. The most popular non-invasive fat reduction procedure right now is CoolSculpting.

LIPOSUCTION VERSUS COOLSCULPTING

There are some major differences between CoolSculpting and Liposuction. Many people might be good candidates for both, but others might have qualities that make only one of the procedures suitable. Even those that have a choice will want to weigh which procedure is best for them.

DIFFERENCES BETWEEN THE PROCEDURES

You're probably at least vaguely aware of what goes into liposuction. The treatment begins in an operating room, where an anesthesiologist will put you under anesthesia and a surgeon will perform the procedure. The specifics depend on the site of treatment, but in all cases, liposuction starts with multiple incisions via a scalpel. The cannula, a sharp tube, is snaked through the incision and into the fatty tissue. The cannula is used to both break up the fat and remove it from the body. The surgery takes around two or three hours, but expect to spend at least seven hours on site for pre-op and post-op recovery.

CoolSculpting is sometimes called "lunchtime lipo," since the procedure can be completed in as little as 35 minutes, but the differences do not end there. During CoolSculpting, a handheld applicator is placed over a fatty bulge and activated in order to freeze the fat under the skin. No skin or tissue is frozen during this procedure. Frozen fat cells die and are slowly, naturally removed from the body as waste over the course of some weeks, resulting in long-lasting fat reduction and the appearance of natural weight loss.^{1*}

LIPOSUCTION COST VERSUS COOLSCULPTING COST

Liposuction cost tends to be about double that of CoolSculpting cost. The cost for liposuction needs to be able to cover the procedure, the anesthesia, and the use of a medical facility. CoolSculpting costs are impacted by the site of treatment, the specific applicators used, and the total number of fat freezing treatments necessary for achieving optimal results.

[Learn more about CoolSculpting Cost >>](#)

COOLSCULPTING RECOVERY VERSUS LIPOSUCTION RECOVERY

CoolSculpting is non-invasive and requires no additional time devoted to bed-rest or recovery. Liposuction is more involved. Patients must restrict activities and wear a compression garment for at least 6 weeks after the procedure. It often takes months for the bruising and swelling following liposuction treatment to subside before the results are visible.

COOLSCULPTING RESULTS VERSUS LIPOSUCTION RESULTS

Because of its invasive nature, the fat reduction results of liposuction tend to be more dramatic than those of CoolSculpting. Still, CoolSculpting has received positive reviews. [These CoolSculpting before and after pictures show impressive results.](#) Scientific research has shown that CoolSculpting is capable of reducing subcutaneous fat at the treated site by up to 25% in a single procedure. Results can vary, but "improvements were seen in 86% of treated subjects."^{2*}

COOLSCULPTING NEAR ME

Scheduling a free consultation with a fat reduction specialist is the best way to find out whether either of these procedures can help you meet your body goals. The CoolSculpting Treatment Center is the preferred [CoolSculpting Lawrenceville provider](#) and can help you decide which body contouring treatment, liposuction or CoolSculpting, is best for you.

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FAT FREEZING | WHAT TO EXPECT DURING COOLSCULPTING

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

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FAT FREEZING | WHAT TO EXPECT DURING COOLSCULPTING

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.

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HOW TO LOSE WEIGHT FAST | FAT REDUCTION WITH COOLSCULPTING

By Dr. Angela Merlo Posted March 4, 2019 In CoolSculpting



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HOW TO LOSE WEIGHT FAST | FAT REDUCTION WITH COOLSCULPTING

We are all guilty of it: searching for how to lose weight fast, even though we know the only truly effective way to shed the pounds, and keep them off is through a long-term commitment to an active and healthy lifestyle. Still, certain situations, like beach body season, or an upcoming event, make us wish for an exception to this rule of weight loss.

HOW TO LOSE WEIGHT FAST? IS IT POSSIBLE?

The weight loss industry capitalizes on the desire that most people have to lose weight fast. Whether it is a craze diet, a belly fat workout, or some diet pill, there are scores of options that promise miracles, but come up short. Even if you do lose weight fast, it is probably not fat you are losing. Moreover, it will not give you the maintainable change in physique that you are hoping for. So if you are still wondering how to lose weight fast, stop. You can't. It doesn't work that way.

While there is no great answer for how to lose weight fast, there are options for reducing fat, quickly, efficiently, and for good. These options are different from weight loss treatments and are backed by FDA approval and scientific studies.

HOW WEIGHT LOSS WORKS

If you really want to understand how to lose weight fast, it is helpful to understand the anatomy of a fat cell. The number of fat cells you have in your body, once you reach adulthood, is fixed. After adolescence, the body does not create or destroy fat cells.

Like the name suggest, fat cells store fat. Think of a fat cell like a balloon and the fat it stores as the air that goes into a balloon. When you gain weight, your body does not create more fat cells, it just expands existing fat cells to store more fat, much like blowing air into a balloon. When the body loses weight, it does not get rid of fat cells, it simply burns off some of the fat that was stored in the fat cell, much like letting some air out of a balloon. This is why it is so easy to gain back weight. The fat cells are still there in the body, just waiting to expand again with more fat.

HOW TO REDUCE FAT, FAST!

While commonly conflated with one another, weight loss is not the same as fat reduction. It is important to know the difference between the two to clearly understand the benefits of fat reduction over weight loss. Weight loss simply shrinks fat cells. This preserves the fat cell's ability to re-expand upon future weight gain. Fat reduction, on the other hand, literally removes a portion of fat cells from the body. Once removed from the body, fat cells do not grow back, leading to long-term results.

FAT REDUCTION TREATMENTS

Liposuction is the most popular way to reduce fat fast. While effective, many men and women want a non-surgical alternative to liposuction. Fortunately, advancements in cosmetic technologies have led to the development of non-invasive fat reduction treatments. These treatments safely and effectively tackle stubborn bulges, without surgery, scalpels, anesthesia, or lengthy recovery times. Best of all, the results are natural looking and long lasting, providing an effective and permanent way to reduce fat fast.

COOLSCULPTING

CoolSculpting is a great solution for non-invasive fat reduction. Millions of treatments have been performed worldwide, and raving [CoolSculpting reviews](#) and [CoolSculpting before and after images](#) prove that this non-surgical alternative really works. [CoolSculpting uses advanced cooling technology](#) to eliminate fat cells from the body by freezing them to death. Once frozen, the fat cells are excreted out of the body in the form of waste. It takes 12 to 16 weeks for the lymphatic system to collect and remove all the fat cells. However, once fat cells are excreted from the body they cannot return, leading to long-term fat reduction.*

[Learn more about CoolSculpting >>](#)

FAT REDUCTION TREATMENTS NEAR ME

Fat Reduction Treatments are not intended to replace healthy living but are ideal for men and women who struggle with stubborn bulges, such as belly fat, that resist diet and exercise. The best way to find out if you are a candidate for fat reduction, such as CoolSculpting is to contact Dr. Angela Merlo, the premier [CoolSculpting Lawrenceville provider](#) by filling out the online form below or calling 609-896-0800 to sign up for a complimentary consultation.

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#1 COOL SCULPTING LAWRENCEVILLE PROVIDER | PHYSICIAN SPECIALIZING IN FAT FREEZING

By Dr. Angela Merlo Posted March 14, 2019 In CoolSculpting



The best CoolSculpting Lawrenceville providers are physicians, who offer the skill and expertise that an aesthetician lacks when performing this technique sensitive procedure.

#1 COOL SCULPTING LAWRENCEVILLE PROVIDER | PHYSICIAN SPECIALIZING IN FAT FREEZING

CoolSculpting is the #1 non-invasive fat reduction treatment in the world, and its popularity just continues to grow. With the growing demand, more and more medical spas are buying machines and becoming CoolSculpting Lawrenceville providers to cash in on the fat freezing trend. However, not all CoolSculpting providers are created equal. Similar to cosmetic surgeries, CoolSculpting is a technique sensitive procedure. This means the skill and experience of the person performing the treatment greatly affect the experience of the patient and the overall results. Discerning patients know to shop around for the most qualified provider, rather than risk their safety and increase their risk of receiving shoddy results by choosing the medical spa with the lowest **CoolSculpting cost**. They know that finding a CoolSculpting provider should be approached in the same manner as a judicious person would take to select a cosmetic surgeon to perform a procedure such as **liposuction** or breast augmentation. These patients ensure their investment by finding the best provider, not the cheapest.

[Related article: Tips for Finding the Best CoolSculpting Lawrenceville Provider >>](#)

INSIST ON THE SKILL & EXPERIENCE OF A MEDICAL PROFESSIONAL

CoolSculpting is a medical procedure that must be performed under the direction of a physician. Unfortunately, this means that most CoolSculpting Lawrenceville providers delegate this sensitive procedure to their aestheticians, who have undergone a weekend of training to become CoolSculpting certified. These physicians do not perform the treatment, and very few are even on location when the treatment is being performed.

Fortunately, there are a few physicians, such as [Dr. Angela Merlo of the CoolSculpting Treatment Center](#) who value their patient's well-being and satisfaction more than making an easy buck. They refuse to delegate the CoolSculpting procedure to lesser-trained individuals. Instead, these physicians perform the CoolSculpting treatment themselves, providing their patients with invaluable experience, professional skill set, and the knowledge & expertise of a medical professional.

FINDING THE BEST COOL SCULPTING LAWRENCEVILLE PROVIDER

Dr. Angela Merlo, of the [CoolSculpting Treatment Center](#), is one of Lawrenceville's most experienced CoolSculpting physicians. Her skill and dedication towards her patients have earned Dr. Merlo numerous awards including "Women of Distinction, America's Best Physicians" and "Top Doctor in New Jersey".

CoolSculpting is not a weight loss treatment and not everyone is a good candidate for this procedure. Physicians have the experience and expertise necessary to know, beforehand, if CoolSculpting is able to achieve the desired aesthetic for a potential patient. Most aestheticians cannot tell or do not care if their potential patient will respond positively to the fat freezing treatment. Dr. Angela Merlo is different. Unlike most other medical spas in NJ who irresponsibly perform the fat freezing procedure on anyone who walks into the door, Dr. Merlo conducts every CoolSculpting consultation from the CoolSculpting Treatment Center to ensure her patient is a suitable candidate for CoolSculpting. If non-invasive fat reduction is an ideal option for the body type and desires of her patient, Dr. Merlo will customize a treatment plan that is expertly optimized to meet the patient's needs.

[Check out these CoolSculpting Before and After Images >>](#)

CHOOSE DR. ANGELA MERLO AS YOUR PREFERRED COOL SCULPTING LAWRENCEVILLE PROVIDER

If you are serious about reducing fat without surgery or downtime, then insist on the expertise of a physician when selecting a CoolSculpting Lawrenceville provider. When choosing the CoolSculpting Treatment Center in New Jersey, you not only get Dr. Angela Merlo, a certified CoolSculpting physician with over 20 years of experience working with non-invasive solutions for weight loss and digestive health, you'll receive treatment in a state-of-the-art medical facility, equipped with the latest fat freezing technology. So invest in experience and expertise by scheduling a complimentary consultation with Dr. Angela Merlo. Contact the CoolSculpting Treatment Center online or call 609-896-0800 today.

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STUBBORN FAT: HOW TO GET RID OF BULGES THAT RESIST DIET AND EXERCISE

By Dr. Angela Merlo Posted April 5, 2019 In CoolSculpting



Getting rid of stubborn fat is much more complicated than the weight loss industry would have us believe. The popular adage of "calories in, calories out" is debunked as modern discoveries show us, that when it comes to fat, our body is a chemistry lab, not a bank account. There are numerous factors that affect a person's ability to lose weight, many of which are beyond the individual's control. These factors include genetics, gender, your microbiome, and more.

Find out why some individuals struggle with stubborn fat – bulges that cling to your body despite your best efforts. Learn the physiology of diet and exercise resistant fat. And discover proven solutions for reducing bulges that refuse to budge.

WHAT IS STUBBORN FAT?

Stubborn fat refers to localized fat deposits that do not respond to diet and exercise. Most people have a few problem areas with diet and exercise resistant fat, no matter their lifestyle or activity level. This is because not all fat is the same.

After puberty, the number of fat cells within our body, and their distribution throughout our body remains fixed. Hormones, genetics and gender influence how many fat cells you end up with, and where the body stores those fat cells. Women's bodies typically distribute more fat cells to the lower body (hips, thighs, buttocks.) Men's bodies are more likely to store excess fat cells in the belly, flanks, chin, and chest area.

WHY DO STUBBORN FAT DEPOSITS RESIST DIET AND EXERCISE

Fat cells have two types of receptors: Alpha-2 and Beta-2. Certain fat cells have more Alpha-2 receptors than other fat cells and vice versa. Alpha-2 receptors tell cells to store fat for future use. Beta-2 receptors tell cells to release fat into the bloodstream for immediate energy. When you diet and work out, fat cells with more Beta-2 receptors respond, breaking down and releasing the fat. Fat cells with more Alpha-2 receptors resist diet and exercise, telling the cells to keep hold of the fat.

Areas of the body with greater fat cell distributions also have cells with more Alpha-2 receptors. Biologically, it makes sense. With women, the body distributes more fat cells with Alpha-2 receptors to the hips, thighs, and buttocks, to create an energy reserve in preparation for pregnancy.

[Related Article: CoolSculpting Results: Real Patient Before and Afters >>](#)

WHAT STUBBORN FAT MEANS FOR YOU

Because stubborn fat deposits are composed of cells with more Alpha-2 receptors, it may be impossible to get rid of those bulges, no matter how much you diet or work out. Furthermore, spot reduction or exercises that claim to target a specific area of the body is a common myth that is perpetuated by the weight loss industry. Crunches do not target belly fat. This, unfortunately, means that for many people with stubborn fat deposits, those bulges will be with them their entire lives.

HOW TO REDUCE STUBBORN FAT

Fortunately, with modern advancements in [body contouring](#), there is finally an effective solution for getting rid of diet and exercise resistant fat. Treatments such as [liposuction](#) and [CoolSculpting](#) effectively reduce localized fat deposits by actually reducing the number of fat cells in the problem area. [These fat reduction treatments are not weight loss solutions.](#) They do not entice fat cells to release fat. Instead, they reshape the body by removing fat cells from the body completely. And because the number of fat cells within our body remains fixed after adolescence, once fat cells are removed from the body they cannot grow back. This results in a long-lasting reduction of stubborn fat deposits, such as belly fat, love handles, double chins and more.

[Learn how CoolSculpting works >>](#)

Learn more about CoolSculpting and how to reduce stubborn fat deposits that resist diet and exercise by scheduling a complimentary consultation with Dr. Angela Merlo of the CoolSculpting Treatment Center of New Jersey. Contact Dr. Merlo online or by calling 609-896-0800.

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BARIATRIC SURGERY: COOLSCULPTING STUBBORN FAT DEPOSITS REMAINING AFTER WEIGHT LOSS

By Dr. Angela Merlo Posted May 7, 2019 in CoolSculpting

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BARIATRIC SURGERY: COOLSCULPTING STUBBORN FAT DEPOSITS REMAINING AFTER WEIGHT LOSS

Bariatric Surgery and other surgical options for reducing fat can be an effective solution for individuals suffering from obesity. Some people can even lose an impressive amount of weight through diet and exercise. However, no matter how successful the weight loss surgery or diet, unsightly fat pads can remain. Fortunately CoolSculpting, a non-invasive fat reduction treatment is especially suited to reduce those stubborn bulges of fat that persist, despite losing a significant amount of weight.

Overweight or obese people who accomplish significant weight loss are healthier and feel better. With CoolSculpting, those people can now look the way they want to look.

DIFFERENT TYPES OF WEIGHT LOSS SURGERY (BARIATRIC SURGERY)

The most popular weight loss surgeries are considered "Restrictive/Malabsorptive surgeries." They work by restricting the amount of food a person can eat by shrinking the size of the stomach and slowing down the digestion process to reduce the amount of calories the body can absorb.

[Related Article: How to Lose Weight Fast >>](#)

GASTRIC BYPASS

Technically known as Roux-en-Y Gastric Bypass, or RYGB for short, this type of bariatric surgery is the most popular weight loss procedure in America. Gastric Bypass works by decreasing the size of the stomach. The surgeon divides the stomach, sealing a small pouch at the top that is sealed off from the rest of the stomach. The surgeon then cuts the small intestine, connecting a portion of the intestine to the pouch. The pouch is much smaller than the rest of the stomach and can only hold a little bit of food. The food that is eaten goes into the pouch and then directly into the small intestine, bypassing the majority of the stomach and the first part of the small intestine.

SOME STUBBORN FAT MAY REMAIN AFTER WEIGHT LOSS SURGERY

Not all fat is created equal. Fat that has more Alpha 2 receptors is programmed to withstand diet and exercise in case the body needs an emergency energy supply. This means that despite the amount of weight you lose, through surgery or diet and exercise, some bulges refuse to budge and cling to the body in small deposits.

[Learn more about the science of stubborn fat >>](#)

COOLSCULPTING FAT REDUCTION

CoolSculpting is the most popular, non-surgical fat reduction treatment. Unlike weight loss treatments, which cause fat cells to shrink, CoolSculpting reduces fat by actually destroying fat cells and eliminating them from the body. Also known as fat freezing, CoolSculpting is especially suited to target the isolated fat deposits that are unresponsive to exercise or restrictions in caloric intake.

[Related Article: How to Reduce Stubborn Belly Fat >>](#)

Fat reduction treatments, such as [CoolSculpting or Liposuction](#), are popular solutions to reduce the remaining pads of fat that persist after weight loss surgery. With CoolSculpting, individuals who lose a lot of weight can contour their remaining "problem areas" for the slim, sculpted appearance they are hoping for.

[Learn more about CoolSculpting >>](#)

COOLSCULPTING NEAR ME

If you have lost a lot of weight through diet and exercise or bariatric surgery, but still struggle from stubborn fat deposits that cling to the body, CoolSculpting may be right for you. Learn more by scheduling a complimentary consultation with [Dr. Angela Merlo](#) of the CoolSculpting Treatment Center in New Jersey. Dr. Merlo has built a career on helping individuals improve their health through gastro-intestinal health and weight loss and can help you find a solution to deliver the physique you have worked so hard for. Contact Dr. Merlo online or by calling (609) 896-0800.

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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

NEW PATIENTS SAVE UP TO 25% OFF COOLSCULPTING COST

[Learn more about CoolSculpting](#)

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) 894-0800 today.

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HOW LONG DOES COOLSCULPTING LAST?

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



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.

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...

IS COOLSCULPTING RIGHT FOR ME? DISCOVER IF YOU ARE A GOOD CANDIDATE FOR FAT FREEZING

By Dr. Angela Merlo Posted June 26, 2019 In CoolSculpting



IS COOLSCULPTING RIGHT FOR ME? DISCOVER IF YOU ARE A GOOD CANDIDATE FOR FAT FREEZING

After learning about the revolutionary fat freezing procedure, many people ask themselves "Is CoolSculpting right for me?" This is an important question because this technique sensitive procedure requires the right candidate to produce the results you often see in [CoolSculpting before and after images](#).

Dr. Angela Merlo, the premier provider of [CoolSculpting in New Jersey](#), often asks her patients a series of questions to determine if freezing away fat will deliver the results her patients are looking for.

ARE YOU ASKING YOURSELF "IS COOLSCULPTING RIGHT FOR ME?"

- Do you avoid looking at yourself in the mirror?
- Do you not like the way you look in clingy clothes? Do you not wear them?
- Do you have tight jeans in your closet that you want to fit into?
- Do you not like your body changes compared to a younger you in photos?
- Are you frustrated over-paying the high costs of a personal trainer and health club member-fees and still have fat pads?
- Does your not liking your looks affect your self-esteem?
- Do you want to reduce your fat without the side effects of surgery?

If you answered yes to any of the following questions, Dr. Merlo believes CoolSculpting may be able to reduce the bulges that are keeping you from feeling confident about your body.

[Learn more about Freezing Away Fat >>](#)

DO YOU QUALIFY FOR THE FAT FREEZING TREATMENT?

Besides regaining the confidence that comes from a slim, sculpted physique, the ideal candidates for CoolSculpting should also fulfill the following requirements:

DO YOU LIVE A HEALTHY, ACTIVE LIFESTYLE?

CoolSculpting is intended for healthy adults. It is ideal for men and women who live active lifestyles and maintain nutritious eating habits but still struggle with **stubborn fat deposits** that resist diet and exercise. While **CoolSculpting results are long lasting**, the transformation can be obscured with weight gain in surrounding areas. Therefore, to maintain your CoolSculpting results, it is important to regularly exercise and maintain a healthy diet to avoid excessive weight gain in the areas surrounding your treatment area.

DO YOU HAVE ISOLATED POCKETS OF FAT?

CoolSculpting is not a weight loss treatment, nor is it intended for individuals who are very overweight. The fat freezing procedure is intended for isolated bulges of fat that cling to notorious problem areas. Popular treatment areas include:

- Belly fat
- Love handles
- Saddle bags
- Inner thigh fat
- Banana Rolls (or fat below the buttocks)
- Bra bulge
- Double chins
- Moobs (or chest fat on men)
- Upper arm fat
- And other stubborn bulges that refuse to budge.

IS COOLSCULPTING RIGHT FOR ME? HERE'S THE BEST WAY TO FIND OUT

If you are still wondering "is CoolSculpting right for me," the best way to find out is to schedule a complimentary consultation with fat reduction specialist, [Dr. Angela Merlo](#) of the CoolSculpting Treatment Center in Lawrenceville, NJ. Dr. Merlo can teach you more about the fat freezing procedure and help you ascertain if you are a good candidate for CoolSculpting and if this non-invasive fat reduction treatment is likely to deliver the results you are looking for. Schedule a consultation by contacting Dr. Merlo online or by calling 609-896-0800.

SCHEDULE A COMPLIMENTARY CONSULTATION

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

Enter Name...

Email...

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