

Eden MediSpa
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INFORMATION AND CONSENT FORM
Use of ZELTIQ COOLSCULPTING PROCEDURE for Fat Reduction

I authorize the personnel at Eden Medispa to perform Zeltiq Procedure(s) on me for the purpose of non-invasive fat reduction. I understand that the procedure is purely elective, that the results may vary with each individual, and multiple treatments may be necessary. (This consent form may contain words that you do not understand. Please ask the staff to explain any words or information that you do not clearly understand.)

Explanation of Procedure

The Zeltiq Procedure utilizes highly controlled cooling technology to safely and effectively reduce and eliminate fat cells from specific areas of the body. Unlike traditional invasive surgical procedures, the Zeltiq Procedure is non-invasive. It delivers significant fat layer reduction in targeted areas to help contour the body and reclaim its natural shape.

The Zeltiq Procedure is performed in a doctor's office, typically under the supervision of a dermatologist or plastic surgeon. The procedure requires no anesthesia or recovery time. During the procedure, tissue is drawn into a cup with mild vacuum pressure that may initially cause some discomfort or an unfamiliar sensation. Patients may also experience a mildly uncomfortable cold sensation that usually subsides within 10 minutes after the procedure begins. If an excessively painful sensation is felt anytime during the procedure, please alert the physician. Once the procedure is complete, patients can immediately return to their normal activities including work and exercise.

Patient expectations for efficacy:

In the first few days following the Zeltiq Procedure, the cooled fat cells undergo irreversible apoptosis and are no longer viable. The damaged fat cells release cytokines that summon inflammatory cells to slowly digest the affected adipose tissue during the months following the procedure. The lipids are gradually released over time and naturally processed through the lymphatic system and then processed by the liver. While not providing the same degree of change as invasive surgical procedures, the non-invasive Zeltiq Procedure provides consistent, noticeable, measurable results in properly selected patients.

Patients who should be excluded from treatment:

Generally, patients who have a potential sensitivity to localized heating or cooling should be excluded from treatment. Contraindications for use of the Zeltiq Procedure include:

- Cryoglobulinemia
- Paroxysmal cold hemoglobinuria

The effects of performing localized cooling or heating on patients who have other clinical conditions that may be sensitive to dermal heating or cooling have not been studied. Therefore, caution should be used when performing the Zeltiq Procedure on a patient who has such conditions, including but not limited to:

- Cold urticaria
- Areas of impaired peripheral circulation
- Raynaud's disease

- Pregnancy
- Scar tissue or extensive skin conditions such as eczema or dermatitis at the area of intended treatment
- Impaired skin sensation
- Open or infected wounds
- Areas of recent bleeding or hemorrhage

Risk and Discomforts

The following represent known potential side effects and expected time of resolution.

- The treated tissue may look or feel stiff immediately after the procedure. This is normal and disappears within 10 minutes.
- Mild redness in the treated area lasting for a few minutes to a few hours is an expected but temporary effect of the Zeltiq Procedure. Some patients may experience more severe or persistent redness that gradually improves after a few days. Call your doctor if you have pain, swelling or redness that is worsening over time or that lasts more than two weeks.
- It is not uncommon for the treated area to bruise, which may last for a few weeks after your procedure. Contact your doctor if the bruising lasts longer than one month or if the bruise appears to be worsening after two weeks.
- Within the first two weeks following your procedure you may experience one or more of the following sensations – tingling, tenderness, cramping and/or soreness. Consult your doctor if these conditions persist beyond two weeks or are worsening over time.
- You may feel a temporary dulling of sensation in the treated area for up to eight weeks after your procedure.

Consent

I, the undersigned, have read and I understand the information contained within this consent form as evidenced by my signature below. Further, my signature below indicates my consent to the treatment described and my agreement to comply with the requirements placed on me by this consent form.

I have been provided with “What to Expect After Your Zeltiq Procedure”, had opportunity to discuss these with Eden staff, and will followup these instructions. The procedure as well as potential benefits and risks have been explained to my satisfaction. I have had all my questions answered. I freely consent to the proposed treatment.

I consent to photographs being taken to evaluate treatment effectiveness, for medical education, or training. No photographs revealing my identity will be used without my written consent.

Patient’s Signature: _____ Date: _____

Print Name: _____

Witness Signature: _____ Date: _____