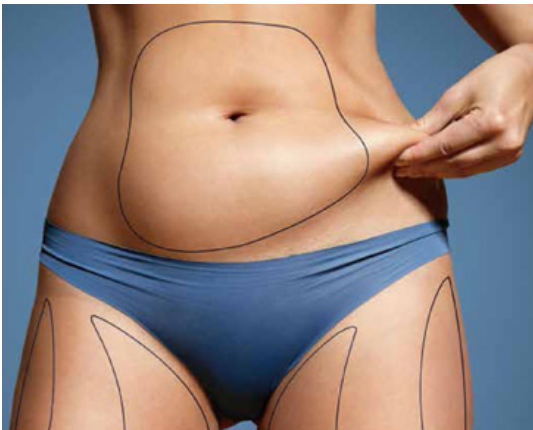


Fat Freezing Clatuu

The CLATUU procedure uses a vacuum applicator to draw in skin and fat and cool the tissue in the cooling cup at temperatures of up to -9°C . The procedure is for spot reduction of fat. It is not a weight loss solution. Someone who is overweight can expect to see less visible improvement than someone who has smaller fat deposits. CLATUU treatments expect to permanently remove 20-30% of the localised fat in the treated area. As with all procedures, visible results vary from person to person.



WHAT TO EXPECT DURING YOUR CLATUU TREATMENT

You need to stay in position for one hour once the treatment cycle begins, so it is wise to go to the toilet before treatment starts.

When the applicator suction is applied, it causes sensations of deep pulling, tugging and pinching. You may experience intense stinging, tingling, aching, or cramping as the treatment begins. These sensations fade over the first couple of minutes.

You may feel initial cooling of the area; however, the cold creates numbness, and as you settle into the treatment, all sensation will cease. Intense cold, tingling, stinging can also be felt, but this again settles as your body tissues are cooled.

After the cup is removed, the treated area will look or feel stiff; there could be transient blanching (whiteness) of the skin and intense red to purple colour, as well as bruising, swelling or tenderness. There is also risk of central blister. These changes last up to several hours after the applicator is removed.

Immediately after treatment our therapist will massage the semi frozen area of fat, as this has been shown to improve treatment outcome. This can feel odd, uncomfortable, or painful.

COMMON SIDE EFFECTS FROM CLATUU TREATMENT

In the days following treatment, the area may ache and feel bruised. This aching, as well as redness, bruising, swelling, tenderness, aching, itching, skin sensitivity and tingling can last 1-2 weeks. The skin may feel numb; this decrease in sensation can last for several weeks but resolves slowly.

For 1 in 20 people there is a strong cramping or muscle spasm or a shooting pain that occurs up to 2 weeks after treatment. Generally this is tolerated without pain relief, however, you may take Panadol if required. If the pain is more severe, please contact us on 02 9553 0700.

COMMON SIDE EFFECTS FROM CLATUU TREATMENT (cont'd)

You may start to see changes as early as 3 weeks after CLATUU treatment, but optimal results are achieved after 1 - 2 months. Your body continues to remove the injured fat cells for up to 4 months after your procedure.

After 4 weeks you may decide if you require additional treatments to reach your desired outcome.

Eating healthily is required in the weeks leading up to your CLATUU treatment, to optimise the results.

After low level LED treatments such as CLATUU, it's important that within 24-48 hours you exercise lightly for at least 30 minutes by taking a walk or riding an exercise bike.

RARE SIDE EFFECTS FROM

Paradoxical hyperplasia: visibly enlarged volume within the treatment area, which may develop 2-5 months after treatment. Surgical intervention may be required.

Late-onset pain several days after a treatment, and resolution within several weeks.

Darker skin colour may be seen and freeze burn.

Vasovagal symptoms: dizziness, light-headedness, nausea, flushing, sweating, or fainting during or immediately after the treatment.

Subcutaneous induration: generalised hardness and/or discrete nodules within the treatment area, which may develop after the treatment, and may present with pain and/or discomfort.

Hyperpigmentation may occur after treatment. Typically, it resolves spontaneously.

Hernia: treatment may cause new hernia formation or exacerbate pre-existing hernia, which may require surgical repair.