

Healthy Lifestyles in Washington State Benefit from CoolSculpting®

You're exercising and eating healthy — and you've made great progress. Congratulations! But in the middle of celebrating the positive results of your healthy lifestyle changes, are you plagued by stubborn fat deposits? You can be in your normal weight range and still struggle with those problem areas under your chin, around your tummy, and those not-so-cute "love handles" on the side, just to name a few. If this description is screaming at you, then revolutionary CoolSculpting could be for you.

The How and What of CoolSculpting

In the past, getting rid of problem areas would require invasive surgical procedures. Now, similar results can be achieved with CoolSculpting — an innovative, FDA-approved procedure. CoolSculpting is exactly what the name implies: Using cold temperatures delivered through a special wand or pouch placed outside the body, CoolSculpting literally crystallizes subcutaneous fat cells (the fat cells just under the skin) causing them to die off and become eliminated naturally from the body. Treatments usually take place on a schedule for a specified amount of times with virtually zero downtime. That gives you the flexibility to continue your normal routine while you're receiving CoolSculpting treatments. If you are considering CoolSculpting, you should talk with your doctor to determine if it's the right treatment for you.

What Side Effects Can Be Expected with CoolSculpting?

Aside from CoolSculpting being non-invasive, another fantastic benefit are the reduced side effects which typically go away within a few weeks and are not as debilitating as side effects of traditional surgery. Common side effects include numbness in the area, bruising, swelling, tingling, and itching. If you're considering CoolSculpting, ask your doctor about the details so you know what to expect through all steps of treatment.

What to Look for in a Provider

If you're looking for a **CoolSculpting center in the Bellevue, Washington** area, here are some questions to help you find the right doctor:

- Is the doctor board certified?
- What conditions and treatments does the doctor specialize in?
- Is the doctor specifically trained in the CoolSculpting method?
- How much experience has the doctor had performing the CoolSculpting procedure?
- What is the success rate of the patients that have been treated by this doctor?
- Do you feel comfortable with the doctor?
- Does the doctor answer all your questions?
- Is the CoolSculpting method covered by your insurance?
- Is the doctor covered by your insurance?

CoolSculpting Can Help You Look and Feel Better

Using innovative technology, CoolSculpting providers can help you overcome those last stubborn fat hurdles of your lifestyle change in your continuing journey toward health and wellness.