

COOLTONE TREATMENT

CoolTone™ is a noninvasive body contouring treatment that uses Magnetic Muscle Stimulation (MMS) technology to strengthen and firm the muscles of the abdomen, buttocks or thighs creating a more well-defined and toned appearance.

WHAT TO EXPECT

- CoolTone™ treatments are not painful and can be done over thin clothing that does not contain metal — we recommend wearing workout clothes, t-shirts, or thin blouses and shirts.
- During each CoolTone™ treatment, the applicator(s) are placed gently and securely over the area you are treating. You will feel a series of strong muscle contractions and tapping sensations. The energy of your treatment is adjusted, with your feedback, to help you achieve your best results.
- Treatments last for 30 minutes, and are initially done in a series of 6 treatments: 2x per week for 3 weeks.
- Some patients see results immediately after their final treatment. In clinical studies, patients experienced a 16% increase in muscle mass in the treated area 2 months after the final treatment.

IMPORTANT INFORMATION

- The ideal candidate for CoolTone™ is someone who desires more definition and toning of their abdomen, buttocks, and/or thighs and does not have significant fat overlying the desired treatment area(s).
- Many patients benefit from CoolSculpting™ treatments prior to their CoolTone™ treatment series to reduce existing fat in the treatment area. If you would benefit from that, we will discuss it with you during your consultation.
- You should not have CoolTone™ if you have metal, electrical, or electronic implants/devices like cardiac pacemakers, hearing aids or implants, implanted defibrillators, implanted neurostimulators, copper IUDs, or drug pumps.
- CoolTone™ should not be used in patients with fever, malignant tumor, hemorrhagic conditions, Graves disease, epilepsy, recent surgical procedure, pulmonary insufficiency, heart problems, recent surgical procedures, or who are pregnant or nursing.
- All electronic and/or magnetic devices (phones, credit/debit cards, USB drives, etc.) must remain at least 3 feet away from the treatment applicators.
- Women who are close to menstruation may find that cramping is increased or intensified with CoolTone™ treatments or notice their period starts sooner. We recommend not undergoing treatment during this time of the month.

AFTER YOUR TREATMENT

- The treated area may feel sore, similar to after a strength-training workout, and could last for the next few days.
- You may temporarily notice mild soreness in muscles, joints or tendons, muscle spasms, and/or redness at or near the treatment site.
- After your initial series of CoolTone™ treatments, you will need regular treatments in order to maintain your results. The number and frequency of these treatments will depend on your individual goals, genetics, and lifestyle, but are typically performed every 4-8 weeks.

DERMATOLOGY
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