

Medical history and informed consent for CLATUU 360 Freeze

Name of patient
D.O.B
Weight
BMI
Before photos taken: Yes No
Measurements

The CLATUU procedure uses a vacuum applicator to draw in skin and fat and cool the tissue in the cooling cup 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 and common side effects.

1. 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 after the first few minutes.
2. You may initially feel cooling of the area progressing to numbness as you settle into the treatment. Intense cold, tingling, stinging can also be felt, but this again settles as your body tissues are cooled.
3. You need to stay in position for one hour once the treatment cycle begins, so if you need to go to the toilet please do so before treatment starts.
4. After the cup is removed the treated area will look or feel stiff, there could be transient blanching (whiteness) of the skin and/ or intense red to purple colour as well as bruising, swelling or tenderness. There is also risk of a small suction blister. These changes last up to several hours after the applicator is removed.
5. Immediately after treatment your therapist will massage the semi frozen area of fat as this has been shown to improve treatment outcome. This is mostly very tolerable but at times may feel uncomfortable, painful or odd.

6. In the days following treatment you may feel like the area is bruised and aching. This aching as well as redness, bruising, swelling, tenderness, aching, itching, skin sensitivity and tingling can last one to two weeks. The skin may feel numb; this decrease in sensation can last for several weeks but resolves slowly.
7. 1 in 20 individuals may experience strong cramping or muscle spasm or a shooting pain that occurs up to 2 weeks after treatment. Generally no pain relief is required, but analgesia such as Panadol/ Panadeine can be taken. If pain persists please contact us on 02 9262 7774 or email nurses@urepublic.com.au
8. 8. You may start to see changes as early as three weeks after CLATUU but the optimum results occur after 2–3 months. Your body continues to remove the injured fat cells from your body for up to four months after your procedure.
9. 9. After 1–2 months, you may decide if you require additional treatments to reach your desired outcome.
10. 10. Maintain a healthy diet in in the coming weeks to maximize your Cryosculpting results. It's important to resume some form of exercise within 24–48 hours. For example, walking or riding an exercise bike, for approximately 30 minutes a day.

I do not have any of the following contra-indications to treatment

- Unusual reactions to cold such cryoglobulinaemia or paroxysmal cold haemoglobinuria
- Known sensitivity to cold such as cold urticaria or Raynaud's disease
- Pregnancy or lactation
- Impaired peripheral circulation in the area to be treated
- Neuropathic disorders such as post-hepatic neuralgia or diabetic neuropathy
- Impaired skin sensation
- Open or infected wounds
- Bleeding disorders or concomitant use of blood thinners
- Recent surgery or scar tissue in area to be treated
- Hernia in or adjacent to the treatment site
- Skin condition such as eczema, dermatitis, or rashes in the area to be treated
- The effect of performing treatments to directly over active implanted devices, such as pacemakers and defibrillators, is not known.

Signature of patient

Date

RN/Therapist signature

Date

Rare side effects

- Paradoxical hyperplasia: Fat increases (instead of decreasing) over the treatment area, which may develop two to five months after treatment. Surgical intervention (liposuction) may be required. The risk is 0.005% or 1 in 20,000 cases.
- Late-onset pain several days after a treatment and resolution within several weeks
- Freeze burn: First and second-degree freeze burn may occur during treatment. It typically resolves without complications with proper care.
- 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 also develop after the treatment and may present with inflammation (redness), pain and/or discomfort.
- Hyperpigmentation: 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.

By providing my signature below, I acknowledge that I have read and understood all of the information written above as well as that contained within the information sheet. I feel that I have been adequately informed of my alternative treatment options, the risks of CRYOSCULPTING treatment. I hereby freely consent to the CRYOSCULPTING procedure and authorize the taking of clinical photographs to document my clinical progress.

I am over the age of 18.

Signature of patient

Date

Nurse/Therapist signature

Date