



Cool Sculpting Offers Advantage Of Having No Recovery Time

September 26, 2019

September 26, 2019 - PRESSADVANTAGE -

NJ Center for CoolSculpting, based in Summit, New Jersey, has announced that CoolSculpting is a method of getting rid of body fat that offers the benefit of having no recovery time. While other methods will usually require 2 to 4 weeks for the patients to be able to return to their normal activities, those who undergo CoolSculpting can immediately go back to their usual activities right after the procedure. Those who want to know more about the CoolSculpting recovery time may want to visit the center's website.

CoolSculpting is a revolutionary method that eliminates unwanted body fat. After the procedure it is common to experience slight stiffness, which will usually go away in about 10 to 20 minutes. The treated area of the body will likely remain red for about 15 minutes once the physician removes the applicator," says Hardik Soni from NJ Center for CoolSculpting.

He continues, "The procedure involves applying vacuum pressure, so immediately afterward, you may notice slight tenderness or bruising to that area; however, that should go away in one to two weeks. Because there is no recovery time and only slight side effects, this treatment has become the number one way to get rid of unsightly fat."

NJ Center for CoolSculpting is a division of Ethos Spa in Summit, New Jersey. Their staff is composed of board-certified physicians, licensed physician assistants and certified aestheticians who are experts in body contouring. CoolSculpting is one such method of body contouring that they can provide at the center. It makes use of a controlled cooling treatment, called cryolipolysis, that is approved by the FDA.

CoolSculpting is basically used for eliminating stubborn fat, which is the fat that people find difficult to get rid of despite exercising and following a diet. The major reason that it does not have a recovery time is that it does not involve surgery. And neither does it require the use of needles. For more information regarding this procedure, people can check out the Facebook page of the center at <https://www.facebook.com/NJCenterForCoolSculpting/>. It should also be noted that they are offering \$1000 off a patient's first treatment.

With regards to side effects, patients may notice a slight stiffness right after the procedure but this will be gone after 10 to 20 minutes. The treated part of the body will usually remain red for approximately 15 minutes after the applicator is removed. Since the procedure requires the application of vacuum pressure, patients may notice some slight tenderness or bruising on the target area but this will usually be gone after one to two weeks.

And because CoolSculpting uses controlled cold to freeze and kill fat cells in the target area, patients may notice a dulling sensation afterwards. This feeling of numbness will usually go away after a few hours, although it may take six to eight weeks for the patient to fully regain sensation in the area. It should be noted that the destroyed fat cells will be disposed of naturally by the body.

While undergoing the procedure, patients will usually experience certain sensations like cramping, pinching, and tingling. These sensations may continue to be felt after the treatment but just like the other ?side effects,? these will go away within one to two weeks.

The target area for CoolSculpting is usually the stomach but it can also be applied to other areas like the arms, thighs, buttocks, breasts, and the chin area. It is usually able to get rid of approximately 20 percent of the body fat on the target area.

For people who have excessive skin on their stomach, the tummy tuck may be more appropriate because CoolSculpting cannot be used to get rid of excessive skin. But they should be aware that unlike CoolSculpting, this is an invasive procedure, many times more expensive, and has a long recovery time, which is usually two weeks to one month.

https://www.youtube.com/watch?time_continue=18&v=dH14Gv_X-Wo

People who want to learn more about the CoolSculpting services provided at NJ Center for CoolSculpting can take a look at their website at <https://sites.google.com/site/coolsculptingnewjersey/>, or contact them on the phone or through email.

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NJ Center for CoolSculpting is a division of Ethos Spa in Summit, New Jersey. Our staff consists of board-certified doctors, certified aestheticians, and licensed physician assistants regarded as national leaders in body contouring.

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