

Information And Consent For Cristal

What is Cristal?

The Cristal procedure uses specialised non-invasive vacuum applicators in carefully selected sizes to draw in tissue where there are focused deposits of fat and deliver controlled cooling to these fatty deposits at the surface of the skin to selectively crystallise and destroy the fat cells.

Does it hurt?

The suction pressure of the vacuum applicator may cause sensations of deep pulling, tugging and pinching. Pressure can be increased slowly to make this more comfortable. You may experience stinging, tingling, aching or cramping as the treatment begins to gently freeze the deeper fat cells. These sensations generally subside as the area becomes numb over 5 minutes. Post treatment the frozen 'butter stick' of fat cells is slowly warmed and massaged to restore normal skin temperature and breakdown the crystallised fat cells, which can be slightly uncomfortable as sensation returns to the frozen area.

Is it safe?

As a medical device this treatment must be carried out by a fully qualified professional and a full patient history is essential to ensure suitability for treatment.

How does the treatment work?

The fat cells are frozen and the crystallised cells are slowly broken down by the body's own natural processes and excreted over a period of 6 - 12 weeks.

How is the treatment carried out?

Detailed patient measurements and photographs will be taken along with a full discussion on which treatment areas will provide the best aesthetic response.

Skin marking will enable accurate placement of the specialised hand piece.

The patient will be made comfortable and a gel pad applied over the treatment area. The vacuum hand piece will be carefully positioned and the vacuum activated. Pressure and cold will be felt as the area to be treated is drawn into the suction cup. This will be left insitu for 60 minutes. The hand piece will be removed and the treated area will be warmed and massaged

Post treatment instructions will be given and follow up appointments made

What can I expect following treatment?

The treated area may look and feel stiff after the procedure and transient blanching (temporary whitening of the skin) may occur.

You may feel a sense of dizziness as your body naturally warms and sensation returns to your treatment area. These are all normal reactions that typically resolve within minutes.

Bruising, swelling, and tenderness can occur in the treated area and it may appear red for a few hours after the applicator is removed.

You may feel a dulling of sensation in the treated area that can last for several weeks after your procedure. Other changes including deep itching, tingling, numbness, tenderness to the touch, pain in the treated area, strong cramping, muscle spasms, aching and/or soreness have been reported after a CRISTAL procedure. Prolonged

side effects are uncommon and Usually tenderness subsides within 5 – 7 days.

Patient experiences will differ. Some patients may experience a delayed onset of the previously mentioned occurrences. Contact us immediately if any unusual side effects occur or if symptoms worsen over time.

When will I see results?

You may start to see changes as early as three weeks after your CRISTAL procedure, and you will experience the most dramatic results after one to three months. Your body will continue naturally to process the injured fat cells from your body for approximately four months after your procedure.

You may decide that additional treatments are needed to reach your desired outcome.

Possible Side Effects

Treatment selectively only treats fat cells so has excellent results and safety profile. In rare cases, patients have experienced vasovagal symptoms during the treatment, and reported darker skin colour, hardness, discrete nodules or enlargement of the treatment area. Surgical intervention may be required to correct the enlargement, which is very rare.

Treatment may cause new hernia formation or exacerbate pre-existing hernia, which may require surgical repair. It is important to inform your practitioner if you have had a hernia in the past.

I understand that these and other unknown side effects may also occur.

Signed

