

Cryotherapy Body Contouring



SKIN LAB MEDICAL
— ACADEMY —

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Your Name:

Welcome to your course!

Aim:

The aim of this manual is to teach you the theory related to fat freeze treatment, this manual also covers the background, benefits, treatments, consultations, contra-indications, contra-actions, aftercare, equipment and products needed. You will be taught the theory and practical element of the course.

Objective:

The objective of this course is that by the end of it you are able to perform a professional treatment in a safe and hygienic manner in a commercially acceptable time, along with gaining experience of carrying out a consultation with the knowledge of the background, benefits, contra-indications, contra-actions, aftercare, equipment and products needed.

Introduction

Cryolipolysis is a new noninvasive treatment for targeting subcutaneous fat cells. It is a safe and effective treatment with no downtime for the client. It can be used to treat the flanks, upper and lower abdomen, back fat pads, inner or outer thighs, upper arms and the chest area on male clients. The treatment creates a lipolytic action in the fat cells and can reduce overall fat by up to 40%. Results are not instant and can take up to 3 months to be fully visible. Client selection is important as good diet and regular exercise and has an overall low body mass index (BMI). This means that cryolipolysis is more suited to the clients that are struggling with certain areas of fat that are still present even after diet and exercise.

When deciding if cryolipolysis is suitable for your client it is important to understand the reasons why they have decided to book in for the treatment. A client we may deem as overweight may be happy with her overall size but struggling with achieving a flatter stomach or fat loss on the thigh area. What is important is that the client is looking to maintain or lose further weight thus allowing them to see the difference from the treatment over the three months. If the client is targeting a smoother contour on their tummy but then increase their intake of calories, they will unlikely see the results they have paid for.

The term 'Cryolipolysis' is derived from two merged words. "Cryogenic" which means to freeze and "Lipolysis" which means the breakdown of lipids, which involves hydrolysis of triglycerides into glycerol and free fatty acids. In simple terms this means the breakdown and removal of the fat cells. This is why this treatment is often called "Fat Freezing".

Cryolipolysis offers a viable alternative to liposuction. It triggers a process called apoptosis to cause a natural cell death providing the targeted destruction of unwanted fat cells. It is a safe and effective treatment with no 'down time' for the client.

Cryolipolysis has been scientifically proven to be a safe and effective method of body contouring. The treatment has minimal discomfort and a high client satisfaction rate. Clinical trials have shown that cryolipolysis treatments to be effective on between 20%-40% of the fat cells in the treated area in just one session. Fat cells are also permanently destroyed.

The treatment uses targeted cold exposure to produce selective fat reduction without causing harm to overlying skin or surrounding tissue.

Fat cells are preferentially more sensitive to cold exposure. Studies from horse riders who wore tight pants in cold weather conditions and infants that sucked on cold popsicles for long periods of time were noted to have a significant reduction in fat cells.

Studies have shown that histologic sections of skin immediately post treatment saw normal sized adipocytes and no inflammatory cells. By day 2 adipocytes still appeared normal but localized inflammation was present in subcutaneous tissue. By day 14 there is evidence of a reduction in adipocyte size as well as a significant increase in inflammation. Finally, by day 30 there is a greater reduction in adipocyte size and increased density of macrophages.

The treatment comprises of a control unit and a cup shaped applicator that uses vacuum suction to draw the excess adipose tissue between the two cooling plates. The plates are cooled by a thermoelectric cooling element that extracts energy from the underlying adipose tissue without causing damage to the skin. Sensors in the cooling plates control the temperature. The pressure of the device is designed to apply sufficient pressure to eliminate cutaneous blood flow in the area being treated. The cooling applicator and its 'folded' design will result in the selective cooling of fat while extracting energy and causing apoptosis of adipocytes. A gradual inflammatory response leads to even more adipocyte damage and eventual phagocytosis of the apoptotic debris.

Products & Equipment Required:

- Couch roll
- Towels and Blankets
- Cryolipolysis machine
- Anti-freeze membrane
- Measuring tape

Hygiene, health & safety

Maintaining a high standard of hygiene as a therapist is essential. Not only from a health and safety perspective, but clients will not return if the salon, treatment area, or equipment are not clean. It is vital therefore to ensure that we provide a safe environment for clients.

The Health and Safety at Work Act 1974 places a duty on employers and the self-employed to protect the health and safety of themselves and others they employ, this also includes our clients.

A hazard is anything that can cause harm.

Hazards therapist need to be aware of: RIDDOR (Reporting of Injuries Diseases & Dangerous Occurrences Regulations) 1995

First aid training.

Ensure PPE (Personal Protective Clothing) is available and utilised where necessary using hazardous substances, materials or chemicals, especially those which can affect the skin.

For further information check out www.hse.gov.uk

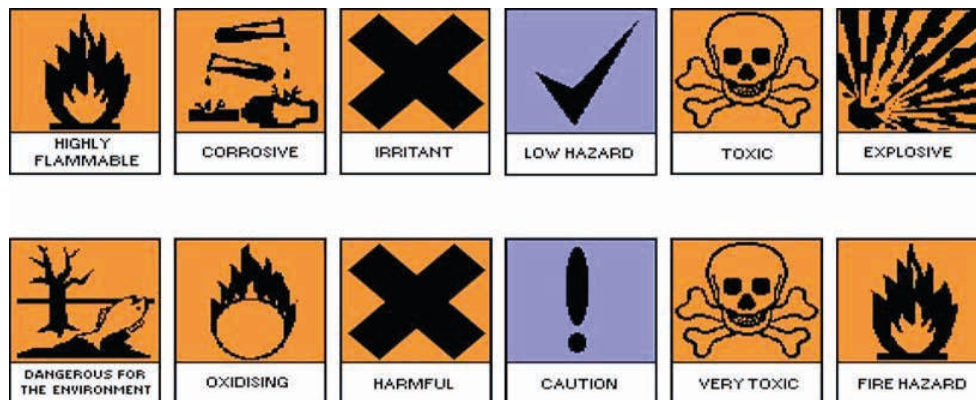
Control of Substances Hazardous to Health Regulations 2002 (COSHH)

COSHH stands for the Control of Substances Hazardous to Health and includes many chemicals, fumes, dust and biological agents. Under the Control of Substances Hazardous to Health Regulations there is a requirement for employers to control the exposure to these substances in order to prevent ill health in employees and others who may be exposed.

COSHH Assessment

Attention is drawn to the risks which are insurable under a treatment liability policy. To provide treatments or to advise without such insurance cover may result in the therapist whether employed or not suffering heavy financial penalties. Employees who do not have their own insurance must ensure that they are covered by their employer's policy. Anything contaminated with human tissues (blood, bodily fluids, excretions, swabs) should be designated as a group A clinical waster under the Environmental Protection Act 1990.

Examples of some COSHH symbols to inform the user of the potential hazards:



The Fire Precautions Act 1997 – the laws requires all premises to undertake a fire risk assessment and that all staff must be trained in fire and emergency evacuation procedure and the premises must have adequate fire escapes.

All fire fighting equipment should be regularly checked to ensure its in good working order and that there is adequate amount available

Fire exit doors should be clearly marked and should remain unlocked and must not be obstructed.

Smoke alarms must be installed and regularly tested.

All staff must be trained in fire drill procedures and this information should be displayed at the workplace.

Reporting Accidents and Incidents

The reporting of all accidents/incidents should be recorded in the accident book, which should be kept with a first aid kit on the premises.

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The HEE Report is the Health Education England Annual Report commissioned by the Department of Health to develop standards of training and improve the quality of care given to patients. It is advised to read this document in full to enhance your understanding of legislation surrounding aesthetic treatments.

You can find the full report by visiting: www.gov.uk

www.hee.nhs.co.uk

www.jccp.org.uk