



**truSculpt iD** **VS** **CoolSculpting**

**Technology**

Monopolar RF Focused Hyperthermia

Cryo Focused Hypothermia

**Treatment Time**

6 handpieces = 15 minutes

3 applicators x 35 mins<sup>1</sup> = 105 minutes

**Comfort**

Comfortable like a hot stone massage

Pulling, tugging, mild pinching, intense cold, tingling, stinging, aching, and cramping<sup>2</sup>

**Effectiveness**

~24% permanent fat reduction

20-25% permanent fat reduction<sup>3</sup>

**Common Side Effects**

Warm & flush for <1 hr, mild sensitivity to the touch

Temporary redness, swelling, blanching, bruising, firmness, tingling, stinging, tenderness, cramping, aching, itching, or skin sensitivity<sup>2</sup>

**Treat Non-Pinchable Fat**

Yes

No

**Treat Skin With Laxity**

Yes

No

**Treat BMI Over 30**

Yes

No<sup>4</sup>

<sup>1</sup> <https://www.coolsculpting.com/what-is-coolsculpting/faqs/>

<sup>2</sup> <https://www.coolsculpting.com/what-is-coolsculpting/what-to-expect/>

<sup>3</sup> <https://www.coolsculpting.com/what-is-coolsculpting/fat-reduction-vs-weight-loss/>

<sup>4</sup> [https://www.accessdata.fda.gov/cdrh\\_docs/pdf12/K120023.pdf](https://www.accessdata.fda.gov/cdrh_docs/pdf12/K120023.pdf)