



CoolSculpting® Non-Surgical Fat Reduction Now at San Jose-Area Clinics

Dr. Daryl K. Hoffman, whose Palo Alto and Los Gatos plastic surgery offices serve the San Jose-area, now offers CoolSculpting as an alternative to liposuction.

PALO ALTO, CA, USA, June 1, 2014 /EINPresswire.com/ -- Patients at Dr. Daryl K. Hoffman's www.dkhoffmanmd.com plastic surgery practice in the San Jose area can now get [CoolSculpting](#), a non-surgical body contouring procedure cleared by the FDA that uses low temperatures to destroy fat cells by freezing them.

"CoolSculpting is one of the most exciting innovations in body contouring technology to come along in the past few decades," Dr. Hoffman says. "It's clinically proven to be safe and effective, and our patients simply love the results, not to mention that treatments require virtually no downtime."

Developed by Harvard University researchers, CoolSculpting takes advantage of fat cells' vulnerability to low temperatures that don't harm the skin or other tissues. No incisions are needed, and the outpatient procedure can be completed during a patient's lunch hour. After a treatment, results develop gradually as fat cells die off over the course of 2 to 3 months, and a fat reduction of about 20% is typical. Originally cleared by the FDA to treat the abdomen and flanks, CoolSculpting also received FDA clearance in April for treating thigh fat.

Dr. Hoffman says CoolSculpting, made by ZELTIQ®, is an excellent liposuction alternative for busy patients who are in good overall health and want to get rid of stubborn pockets of fat that resist exercise and dieting. During a CoolSculpting treatment, the targeted area is squeezed between 2 panels, which then begin cooling the area without damaging the skin.

"Patients usually relax during the treatment; it's very comfortable," says the board-certified plastic surgeon, who completed a 6-year plastic and reconstructive surgery residency at Stanford University Medical Center before establishing a private practice serving Santa Clara County.

CoolSculpting is just one of the non-surgical body contouring procedures Dr. Hoffman offers at his Palo Alto and Los Gatos [plastic surgery clinics](#). He also provides treatments with Zerona®, which targets fat using laser energy.

"I believe our patients appreciate having choices when it comes to cosmetic procedures," Dr.

Hoffman says. "For example, I also offer 4 different types of liposuction. Everyone's body is unique and it doesn't make sense to pretend that one treatment will be effective for all patients."

He says the non-surgical body contouring options represent a major shift in the industry.

"They've brought fat reduction to a whole new demographic of people who otherwise would have never benefited because they weren't interested in surgery," he says. "Now, everyone's got an appropriate option."

Dr. Daryl Hoffman (www.dkhoffmanmd.com) is a board-certified plastic surgeon serving the San Jose area. In private practice since 1991, Dr. Hoffman completed his medical education at University of New Mexico School of Medicine, his residency at Stanford University, a fellowship in cosmetic surgery at Mt. Sinai Medical Center in Miami Beach and a fellowship in hand surgery and microsurgery at San Jose Medical Center. He performs surgical and non-surgical procedures for the face, breasts and body. Men and women choose his practice because of his warm and understanding manner, his knowledge and experience, his commitment to safety and the outstanding results he achieves.

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