

COOLSCULPTING® POST-CARE

- Typically, there is minimal discomfort and recovery time after the CoolSculpting procedure. Most patients can return to their daily routine immediately after the procedure.
- When the applicator is removed, you may feel a mild to strong sense of nausea or dizziness as your body naturally warms and sensation returns to the treated area. These are normal reactions that typically resolve within minutes.
- The treated area may be red for a few hours to a few days after the applicator is removed.
- Many patients have minimal discomfort following the procedure; however, you may experience one or more of the following sensations: deep itching, tingling, numbness, tenderness to the touch, pain in the treated area, strong cramping, nausea, bloating, diarrhea, muscle spasms, aching and/or soreness. If these symptoms last longer than two weeks, contact Elevé MedSpa.

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We work hard to perfect the patient experience at Elevé MedSpa and would love to hear your feedback.





- In rare cases, patients have reported darker skin color, hardness, discrete nodules, freeze burn, enlargement of the treated area, hernia or worsening of existing hernia following the CoolSculpting procedure. Surgical intervention may be required to correct the enlargement or hernia.
- Patients may see results as early as three weeks following treatment, but the most dramatic results are seen after one to three months. Your body will continue to excrete the injured fat cells through your lymphatic system for approximately four months after the procedure.

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MEASURES THAT CAN BE TAKEN TO ALLEVIATE DISCOMFORT POST-TREATMENT:

- Apply compression garments to the treatment area.
- Apply heating pads and/or ice to the treatment area (20 minutes on then 20-40 minutes off).
- Stretch
- Take Tylenol for pain and Benadryl at night for itching per dosage and directions on medication label.
- Avoid Ibuprofen as it is an anti-inflammatory. (The inflammation process helps break down the fat cells.)
- Drink plenty of water to help flush out your lymphatic system.
- Massage the treatment area twice daily for 5 weeks. (5 min. AM & 5 min. PM)

NEXT STEPS:

- Weight gain will prevent you from seeing your full results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this.
- Schedule a follow-up assessment in 6 weeks to review your clinical results and discuss the options of additional treatments to achieve desired fat reductions.
- Please call us at 715-847-0000 with any questions or concerns or if your symptoms appear to worsen or last longer than two weeks.



Elevé MedSpa & Vitality

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