



COOLSCULPT PRE AND POST INSTRUCTIONS

PRE-TREATMENT:

Please remember to stay hydrated prior to your treatment. No other preparation is needed prior to your procedure.

WHAT TO EXPECT AFTER THE COOLSCULPTING PROCEDURE:

- Typically there is minimal to no discomfort or recovery time after the Coolsculpting procedure. Most patients are able to return to their daily routine immediately after the procedure.
- Many patients experience redness in the treated area for up to a few hours after the applicator is removed. In rare cases, it may persist for up to two weeks.
- Many patients have minimal discomfort following the procedure, however, you may experience one or more of the following sensations: swelling, itching, tingling, numbness, tenderness to the touch, pain in the treated area, cramping, aching, bruising and/or skin sensitivity. Consult your doctor if these conditions persist beyond two weeks or worsen over time.
- Following the procedure, a gradual reduction in the thickness of the fat layer will take place. You may start to see changes as early as three weeks after the Coolsculpting procedure, and you will experience the most dramatic results after one to three months with maximum results at 6 months.
- In rare cases, patients have reported darker skin color, hardness, discrete nodules, freeze burn, enlargement of the treated area, hernia, or worsening of the existing hernia following the Coolsculpting procedure. Surgical intervention may be required to correct the enlargement or hernia.

NEXT STEPS:

- Coolsculpting is NOT a weight loss procedure, but weight gain will prevent you from appreciating your full results. Maintain a healthy diet and exercise routine after your procedure to continue appreciating your full results.
- Coolsculpting is a gradual process and although you may experience skin retraction, Coolsculpting is not a skin tightening procedure.
- Schedule a 3 month follow up assessment to review your clinical results and discuss the option of additional treatments to achieve your desired outcomes.

TIPS FROM OUR PRACTICE AND PAST TREATMENTS:

- Your markings should diminish during the treatment and after wiping. Should you have any problems removing the markings; makeup remover wipes, hairspray, hair conditioner, and alcohol wipes are very helpful.
- If itching occurs an antihistamine such as Benedryl can help subside it.
- Acetaminophen such as Tylenol can be taken as needed for discomfort.
- Compression garments such as Spanx and a heating pad can also be helpful for any discomfort.

