

CoolSculpting Aftercare Instructions

Thank you for choosing us for your CoolSculpting treatment. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

What to Expect:

- Redness, swelling, firmness, tingling, or numbness in the treated area
- Mild bruising or tenderness for several days to a couple of weeks
- Temporary itching or a deep itching sensation as nerves wake up
- Treated fat cells will continue to break down over the next 1–3 months
- Gradual changes — full results appear within 8–12 weeks

Immediately After Treatment:

- Treated area may feel cold, firm, swollen, or tingly
- Some mild discomfort, cramping, or itching is common
- You can return to normal daily activities immediately, including work and exercise
- Drink plenty of water to support your body's natural elimination process

First 24 Hours:

- Avoid excessive heat (hot tubs, saunas) or deep tissue massage on the treated area
- Wear loose, comfortable clothing to avoid friction
- Light activity is encouraged — movement helps with circulation and discomfort
- Take Tylenol or apply a cold compress if needed for soreness (avoid anti-inflammatories unless advised)

Ongoing Care (Days 2-14):

- Swelling, tenderness, and numbness may persist — this is normal
- Gentle massage of the area 1–2 times daily may support lymphatic drainage and comfort
- Stay well-hydrated and maintain a healthy diet to assist your body's fat elimination process
- Avoid ice packs directly on the skin, as treated areas may be sensitive
- Numbness may last several weeks — this is expected and temporary

ShimChing MD

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When to Contact Us:

Please reach out immediately if you experience:

- Severe or worsening pain
- Skin that becomes very hard, discolored, or blistered
- Signs of infection (heat, pus, or foul-smelling discharge)
- Concerns about irregular swelling, discomfort, or unusual sensations

Additional Tips:

- Be patient — CoolSculpting is a gradual process
- Continue a balanced lifestyle for long-lasting body contouring results
- Follow your treatment plan, including multiple sessions if advised
- Avoid applying heat, friction, or pressure on the treated areas while healing

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!