



CoolSculpting

Pre and Post Care Instructions

1. **Maintain a Stable Weight** – CoolSculpting is not a weight-loss procedure; it's best for those near their ideal weight looking to target stubborn fat.
 2. **Stay Hydrated** – Drink plenty of water before the treatment to help with lymphatic drainage.
 3. **Avoid Blood Thinners**—To reduce the risk of bruising, avoid aspirin, ibuprofen, fish oil, and other blood-thinning supplements for at least a week before the procedure.
 4. **Wear Comfortable Clothing** – Loose, comfortable clothing is recommended for the appointment.
 5. **Eat a Light Meal** – Have a small meal before treatment or bring snacks to help prevent nausea.
 6. **Avoid Alcohol & Caffeine** – Reducing alcohol and caffeine intake before treatment can help minimize swelling.
 7. **Plan for Downtime (if needed)** – While most people return to normal activities immediately, some experience mild soreness, swelling, or bruising.
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Post-care instructions

1. **Expect Temporary Side Effects** – Common reactions include redness, swelling, tenderness, tingling, or numbness. These usually resolve within a few days to weeks.
2. **Stay Hydrated** – Drink plenty of water to help your body flush out the treated fat cells through the lymphatic system.
3. **Avoid NSAIDs if Possible** – Tylenol can manage mild discomfort, but avoiding NSAIDs like ibuprofen can help minimize inflammation.
4. **Wear Compression Garments (Optional)** but not necessary – Some patients find wearing Spanx or compression garments helps with swelling and comfort.
5. **Avoid Intense Exercise for 24-48 Hours** – Light activity is fine, but strenuous exercise should be postponed if discomfort is present.
6. **Be Patient** – Results are not immediate. The body gradually eliminates fat cells over 4-12 weeks post-treatment.
7. **Follow Up as Recommended** – Your provider may suggest additional treatments for optimal results.