

Coolsculpting Instructions

What to expect before Coolsculpting

- A complementary consultation is necessary to discuss all options, pricing, and paperwork.
- Please wear comfortable clothing on the day of your treatment or bring comfortable clothing with you that you can change into prior to treatment.
- Bring a compression garment with you to use immediately after your treatment if asked to do so during your consultation.

What to expect during Coolsculpting:

- Coolsculpting is a non-surgical procedure that may take from one to several hours, depending on your treatment plan.
- No general/topical anesthesia or pain medication is required.
- As the procedure is initiated, vacuum pressure draws tissue into an applicator cup between cooling panels. The vacuum pressure may cause sensations of deep pulling, tugging, and pinching in the area being treated. You also may experience intense stinging, tingling, aching or cramping. These sensations generally subside as the area becomes numb.

What to expect immediately after Coolsculpting:

- Immediately after the procedure, your treated area may look or feel stiff. Transient blanching (temporary whitening of the skin) may also occur. Both are normal.
- You may feel a sense of nausea or dizziness as your body naturally warms and sensation returns to the treatment area. These are normal reactions that typically resolve within minutes.
- The treated area may be red for several hours after the applicator is removed. This is an expected but temporary effect after Coolsculpting.
- Bruising, swelling, and tenderness can occur. This typically resolves within a week.
- Nausea, as well as tingling, stinging, and cramping in the treatment area are often reported after Coolsculpting.
- You may feel a temporary dulling of sensation in the treated area. This is normal and typically resolves within a few hours but may last for several weeks after your procedure.
- Minimal recovery time is required after Coolsculpting. Most patients are able to return to their daily routine immediately after the procedure.

What to expect the first few days and weeks after Coolsculpting:

- It is common for the treated area to feel bloated and appear swollen for the first few days after Coolsculpting.
- You may experience a temporary dulling of sensation that can last for several weeks.
- You may experience one or more of the following sensations following treatment: deep itching, tingling, numbness, tenderness to the touch, pain in the treated area, strong cramping, diarrhea, muscle spasms, aching and/or soreness. 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 Coolsculpting. However, you will see the most dramatic results after one to three months. Your body will continue to naturally process and remove the injured fat cells from your body for approximately four months after your procedure.

Next steps:

- Weight gain will prevent you from obtaining your optimal results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this.
- Schedule a follow-up appointment to review your clinical results and discuss additional treatments to achieve desired fat reduction.

