

## **CoolSculpting Pre/Post Instructions**

### **CoolSculpting Pre-Treatment Instructions:**

Comfortable clothing is recommended.

You are able to read, work on a laptop in most cases and use your phone. Bring anything with you that would make you comfortable.

### **CoolSculpting What To expect:**

Minimal discomfort and recovery time after the Cool Sculpting procedure.

The treated area may be red for up to a few hours 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 treatment area, bloating, aching and/or soreness.

Patients may see results as early as three weeks following the 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.

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 Cool Sculpting procedure.

### **CoolSculpting Post Instructions:**

Stretching and/or massage.

Apply compression garments to the treatment area.

Apply heating pads and/ or ice to the treatment area (20 minutes on/ 40 minutes off)

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.