

## Coolsculpting Care Instructions

### Before Your Treatment

- Don't arrive at your appointment on an empty stomach – eat a light meal or snack prior to the session.
- Avoid taking any medications or supplements that thin your blood, such as aspirin or fish oil for 5 days prior to treatment. These all have blood thinning properties that can make you more susceptible to bruising.
- Make sure to bring along a book, iPad, headphones or other items to keep you occupied during your session.
- Wear loose and comfortable clothing.

### After Your Treatment

Immediately after Coolsculpting:

You may resume your normal activities on the same day as your procedure, including work and exercise. The treated tissue may look or feel stiff immediately after the procedure. This is normal and disappears within 10 minutes. You may see redness for approximately 20 minutes after the applicator is removed.

Days and weeks after Coolsculpting:

- Mild redness in the treated area lasting for a few minutes to a few hours is an expected but temporary effect of the Coolsculpting procedure. Some patients may experience more severe or persistent redness that gradually improves after a few days. Call your doctor if you have pain, swelling or redness that is worsening over time or that lasts more than two weeks.
- Within the first two weeks following your procedure you may experience one or more of the following sensations – tingling, tenderness, swelling, cramping and/or soreness. Consult your doctor if these conditions persist beyond two weeks or are worsening over time.
- You may feel a temporary dulling of sensation and numbness in the treated area for up to eight weeks after your procedure.
- It is not uncommon for the treated area to bruise, which may last for a few weeks after your procedure. Contact your doctor if the bruising lasts longer than one month or if the bruise appears to be worsening after two weeks.

- In the weeks following your procedure, a gradual reduction in the thickness of the fat layer will be taking place. In properly selected patients, the Coolsculpting Procedure provides a noticeable, measurable fat reduction in two to four months.

## **Follow-Up Care**

A single procedure provides a noticeable, measurable fat reduction in most patients in two to four months. At your follow-up visit, your provider will assess your improvement and discuss the option of additional Coolsculpting Procedures to achieve more fat reduction.

Suggestions for comfort: Arnica Cream, Compression, i.e., Spanx, Ice or heat with caution, Ibuprofen or Aleve for discomfort.

**Questions/Concerns.** Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact our office at 425-450-0880.