

## CoolSculpting Post-Care Instructions

### What to expect after the CoolSculpting treatment:

- Typically, there is minimal discomfort and recovery time after the CoolSculpting procedure. Most patients can return to their daily routine immediately after the 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 treated area, strong cramping, nausea, bloating, 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 the CoolSculpting procedure and you will experience the most dramatic results after one to three months. Your body will continue naturally to process the injured fat cells from your body for approximately four months after your 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 CoolSculpting procedure. Surgical intervention may be required to correct the enlargement or hernia.

### Measures that can be taken to alleviate discomfort post-treatment:

- Apply compression garments to the treatment area
- Apply heating pads and/or ice to the treatment area (20 minutes on then 20 minutes off)
- Stretching
- Benadryl use at night per dosage and directions on medication label

### Next steps:

1. Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this.
2. Schedule a follow-up medical assessment to review your clinical results and discuss the option of additional treatments to achieve desired fat reduction.

For a medical emergency please call 911. If you have any questions or concerns, please call our office at 970-242-8177

Laser Technician \_\_\_\_\_