

WHAT TO BRING TO YOUR COOLSCULPTING APPOINTMENT:

A full belly and comfortable clothes. So, make sure that you eat breakfast or lunch before you arrive and wear clothes that expose the areas to be treated that you won't mind getting soiled by conducting gel.

WHAT TO EXPECT DURING COOLSCULPTING:

CoolSculpting is a non-surgical procedure. The duration of the procedure is dependent on your treatment plan.

No general/topical anesthesia or pain medication is required.

As the procedure begins, 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 being treated becomes numb.

WHAT TO EXPECT IMMEDIATELY AFTER COOLSCULPTING:

Immediately after the procedure, the treated area may look or feel stiff and transient blanching (temporary whitening of the skin) may occur.

You may feel a sense of nausea or dizziness as your body naturally warms and the sensation returns to your treated area. These are normal reactions that typically resolve within minutes.

The treated area may be red for a few hours after the applicator is removed. This is an expected and temporary effect after CoolSculpting.

Bruising, swelling and tenderness can occur in the treated area. This typically resolves within a week or two.

Tingling, stinging and cramping in the treatment area are often reported on treatment day.

You may feel a temporary dulling of sensation (numbness) in the treated area. This is normal and typically lasts for several weeks after your procedure.

Typically, there is minimal recovery time after CoolSculpting. Most patients are able to return to their daily routine immediately after the procedure. Compressing garments with spandex (e.g. Spanx) can help reduce the minimal swelling and tenderness.

WHAT TO EXPECT THE FIRST FEW DAYS AND WEEKS AFTER COOLSCULPTING:

It is common for the treated area to feel and look swollen in the first few days and weeks after CoolSculpting, as well as experiencing temporary numbness that can last for several weeks.

During the first two weeks following the procedure, 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, diarrhea, muscle spasms, aching and/or soreness. This usually begins on day 4-5 and persists for 7-10 days. Over the counter pain medications such as Ibuprofen (Advil) are helpful, as well as topical analgesics such as Aspercreme or Arnica Montana. Ice packs also help with any temporary burning sensation and are most helpful days 4-14.

Following the procedure, a gradual reduction in thickness of the fat layer will take place. You may start to see changes as early as three weeks after CoolSculpting and you will experience the most dramatic results after one to three months. Your body will continue to naturally process the injured fat cells from your body for approximately four months after your procedure.

NEXT STEPS:

Maintaining a healthy diet and exercise routine after your procedure can help prevent the hinderance that weight gain can have on the full results of CoolSculpting.

After 2-3 months, you should schedule a follow-up medical assessment to review your clinical results and discuss the option of additional treatments to achieve desired fat reduction.

