



COOLSCULPTING TAKE HOME GUIDELINES

WHAT TO EXPECT DURING COOLSCULPTING

- Your CoolSculpting treatment 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 pulling, tugging and pinching in the area being treated.
- You may experience stinging, tingling, or cramping. These sensations subside as the area becomes numb.

WHAT TO EXPECT IMMEDIATELY AFTER COOLSCULPTING

- Immediately after the procedure, your treated area may look or feel stiff and transient blanching (temporary whitening of the skin) may occur.
- You may feel nausea or dizziness as your body naturally warms and sensation returns to your treatment area. These are normal reactions that typically resolve within minutes.
- The area may be red for a few hours after the applicator is removed. This is expected, but temporary.
- Bruising, swelling and tenderness can occur in the treated area; this typically resolves within one week.
- Tingling, stinging and cramping in the treatment area are sometimes reported on treatment day.
- There is minimal recovery time 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 look swollen after CoolSculpting.
- You may feel a dulling of sensation in the treated area that may last for several weeks after.
- Within the first two weeks following the procedure, you may experience one or more of the following sensations: tingling, numbness, tenderness to the touch, pain in the treated area, cramping, 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 see changes as early as three weeks after CoolSculpting, and you will experience the dramatic results after one to three months. Your body will continue to naturally eliminate fat cells from your body for approximately four months after your procedure.

NEXT STEPS

- Weight gain will prevent you from achieving your full results. Maintain a healthy lifestyle after your treatment to protect your investment.
- Schedule a follow-up to review your results and discuss additional treatments to achieve desired results.
- Please call us at 205.877.9773 if your symptoms worsen or last longer than two weeks.

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