

## POST-CARE INSTRUCTIONS



### What to expect after the CoolSculpting procedure:

\_\_\_\_\_ Typically, there is minimal discomfort and recovery time after the CoolSculpting procedure. Most patients are able to 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. Bruising, swelling, tenderness and a temporary dulling of sensation around the treatment area is normal and typically resolves within a week or two. If you do experience the strong neuralgia pain sensations, please apply a cold pack to the treated area which will help calm the sensations.

\_\_\_\_\_ 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 CoolSculpting Specialist 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 to six weeks after the CoolSculpting procedure and you will typically experience the most dramatic results after two 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.

### Next steps:

\_\_\_\_\_ Please massage the treated areas for 5-10 minutes each day, for 14 days after treatment.

\_\_\_\_\_ Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this.

\_\_\_\_\_ Wearing compression for 3 days and 3 night can minimize swelling and help you feel less discomfort.

\_\_\_\_\_ No NSAID's for 5 days post-treatment. Tylenol ONLY. Examples of NSAID's include Aspirin, Ibuprofen Advil, Motrin, Naproxen, Aleve, Diclofenac and Celebrex.

\_\_\_\_\_ Arnica Montana, or Arnica Cream / Gel is a great commonly used herbal ointments applied on the skin as an anti-inflammatory and pain-relieving agent for aches, bruises, and sprains on unbroken skin.

\_\_\_\_\_ Warm Epsom salt baths can also help with swelling and achiness post treatment.

\_\_\_\_\_ Please set a reminder on your phone or calendar to schedule a follow-up assessment to review your clinical results and discuss the option of additional treatments to achieve desired fat reduction. **Usually 12 – 16 weeks from last treatment.**

- Follow-up Assessment Date: \_\_\_\_\_

Call us at **303-220-1100 during business hours** if your symptoms appear to worsen or last longer than two weeks. Call **Tina at 303-250-1402 or Amy at 720-505-9088** if you have any emergency concerns after regular business hours.