



# PRE AND POST TREATMENT INSTRUCTIONS

## COOLSCULPTING

### PRE-TREATMENT

- ❖ When booking your Coolsculpting treatment, please keep in mind the possibility of redness, swelling, numbness, and bruising in the treatment area. These normal side effects usually begin to appear immediately after treatment and can take 5-7 days to resolve.
- ❖ Avoid direct sun on the treatment area 5 days before the treatment to ensure that the area is not sunburned at the time of treatment.
- ❖ Anticipate 8-12 weeks after your final Coolsculpting treatment to see complete results. Multiple treatments are often required to achieve desired results. It is important that you follow and complete the treatment plan provided by your consultant/provider to achieve optimal results.

### TREATMENT DAY

- ❖ Please wear loose, comfortable clothing to your appointment.
- ❖ You may bring a laptop/iPad, phone, reading materials to occupy you during your treatment. We also have a TV with Netflix available in the room for your use.

### POST TREATMENT

- ❖ You may return to all normal activities after your treatment.
- ❖ Normal side effects post treatment can include numbness, tingling, sensitivity, swelling, and redness in the treatment area. These side effects usually resolve completely within 1-2 weeks. Occasionally, patients will experience prolonged numbing, hard lumps or bumps, and/or intermittent sharp shooting sensations in and around the area treated. These side effects are less common but still normal and may take longer to resolve – even up to 3-4 weeks after the treatment.
- ❖ If you encounter hardness, lumps, or bumps in the area treated, you may gently massage the area to help them resolve more quickly.
- ❖ Although you will likely not need it, Acetaminophen/Tylenol may be taken if needed to relieve any discomfort post treatment. NSAIDS and anti-inflammatories, including but not limited to Motrin, Advil, Ibuprofen, Aleve, Fish Oil, CoQ10, and Turmeric, should not be used and should be avoided for 1-week post treatment to ensure optimal healing/results. Consult with your physician prior to discontinuing any medication.
- ❖ Please schedule your next Coolsculpting treatment 45 days after your previous treatment for Abs, Hips, Bra-Fat, Mid-Back, and Chin: and 90 days after your previous treatment for Arms, Inner Thighs and Outer Thighs.
- ❖ Please schedule a final follow-up appointment 90 days after your final treatment to have after photos taken, to assess results, and to determine whether additional treatments are needed.

If you have any questions or concerns, please do not hesitate to contact our office at  
**727.518.7100**