

# CoolSculpting

## What to Expect During and After Your Procedure

### During your procedure:

- You will either sit or lie down during your procedure.
- Vacuum pressure draws tissue into the applicator cup causing sensations of intense pulling, tugging and/or pinching.
- These sensations will be followed by a sensation of intense cold.
- As the cold is applied, the area becomes numb (typically within 5-10 minutes) causing sensations of tingling, stinging, aching and/or cramping.
- These sensations typically subside after 10 minutes or sooner during the procedure.
- You will be able to use your phone, laptop, tablet etc. during the procedure and there is also a TV to be used if desired.

### After your procedure:

The following symptoms are common and may persist up to several weeks after procedure.

Symptom intensity varies from patient to patient but are expected to subside over time with no lasting complications.

- Temporary firmness or stiffness.
- Redness, bruising, swelling and numbness.
- Temporary blanching (whitening of the skin).
- Tenderness, cramping or muscle spasms and aching.
- Itching, skin sensitivity, tingling, stinging and numbness
- Moderate to severe discomfort and/or pain

**All of these symptoms are temporary and are expected to subside naturally over time. However, if your symptoms worsen over time, please contact our office at (858)657-1002.**