

CoolSculpting

What to expect before, during and after your procedure

Before your procedure:

- Please have something to eat prior to 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 during procedure.

After your procedure:

- When the cycle is complete and the applicator is removed, there may be the sensation of burning/stinging that lasts for 5-10 minutes.
- Temporary firmness or stiffness.
- Redness, bruising & swelling.
- Temporary blanching (whitening of the skin).
- Tenderness, cramping or muscle spasms & aching for 1-2 weeks.
- Numbness to the area for 5-6 weeks.
- Itching, skin sensitivity, tingling, stinging & numbness.
- Moderate to severe discomfort &/or pain.
- Tylenol or Advil can be taken for any discomfort as needed after procedure.
- If you experience pain that is unrelieved by Tylenol or Advil, you should contact the office.
- A compression garment is recommended post procedure for 3-5 days to provide additional comfort.

These symptoms are common & may persist up to several weeks after the procedure. Some are less common & you may experience a delayed onset. Symptom intensity varies from patient to patient but will

subside over time with no lasting complications. However, if your symptoms worsen over time, please contact our office.

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Follow-up:

- Multiple treatments are necessary to achieve desired results.
- Return in 6-12 weeks for follow-up and assessment for next treatment.

Please contact our office if you have any questions or concerns at (858)657-1002.

Additional notes/instructions:

Physician: _____ Assistant: _____ Date: _____

