



The following instructions will help you achieve the best results from your **Coolsculpting** treatment. Please take a moment to review this information prior to your treatment.

The day of your treatment, please do the following:

- Eat a full meal prior to your appointment, there is no need to skip meals so please eat accordingly. Treating on an empty stomach can lead to nausea and/or light-headedness.
- Wear comfortable clothing. You'll be sitting in the same position for the duration of your treatment. If treating inner or outer thighs, bring a change of underwear. For arms, wear a sleeveless top such as a camisole. For core, flanks, and back treatments, we will have you change into disposable shorts. Wear a t-shirt or something similar.
- If desired, take ibuprofen or Tylenol 60 minutes prior to treatment to help reduce discomfort.
- You may bring any electronic device or materials to occupy your time while Coolsculpting.
- Sensations of pulling, tugging, and mild pinching in the area being treated is to be expected in the first 10 minutes as the applicator begins to lower the temperature for the freezing process. Intense cold, tingling, aching or cramping presents as the freezing process continues.

1 Week before receiving treatment, please avoid the following:

- If you bruise easily you may consider reducing blood thinning medications and supplements. Please consult with your physician if you have any questions.

Immediately after receiving treatment:

- Your treated area may look or feel stiff and transient blanching (whitening) may occur.
- You may feel a sense of nausea or dizziness as your body naturally warms and sensation returns to your treatment area within a few minutes.
- The treated area may be red for up to a few hours after the applicator is removed.
- Vacuum can cause bruising, swelling, tingling or tenderness to the touch for a few weeks. You may feel a temporary dulling of sensation or numbness in the treated area. This will resolve within a few hours to several weeks.
- Most patients are able to return to their daily routine immediately after the procedure.

A few days to weeks after receiving treatment:

- The area can feel bloated and look swollen and you may experience a dulling sensation
- Within the first two weeks, you may experience deep itching, tingling, numbness, tenderness to the touch, pain, strong cramping, diarrhea, muscle spasms, aching and/or soreness.
- For swelling, take Advil and if in pain, take Tylenol. Cool ice packs can relieve swelling and pain, as well. If unable to sleep, take Tylenol PM. Use as directed.
- Following the procedure, you may start to see changes as early as three weeks with the most dramatic results after one to three months.

Please contact our office at 253-268-3400 with any concerns.