



## **CoolSculpting: Pre and Post Treatment Instructions**

### **PRE TREATMENT:**

- CoolSculpting is a procedure intended for spot reduction of fat. The CoolSculpting® procedure uses vacuum pressure to draw tissue into an applicator cup between cooling panels. The suction pressure may cause sensations of deep pulling, tugging and pinching. You may also experience intense stinging, tingling, aching or cramping as the treatment begins. These sensations generally subside as the area becomes numb.

### **POST TREATMENT:**

- The treated area may appear red for a few hours after the applicator is removed. You may feel a dulling of sensation in the treated area that usually resolves within a few hours but can last for several weeks after your procedure. Other changes— including deep itching, tingling, numbness, tenderness to the touch, pain in the treated area, strong cramping, muscle spasms, aching and/or soreness – also have been reported after a CoolSculpting® treatment. Patient experiences will differ. Some patients may experience a delayed onset of the previously mentioned occurrences. You should contact your physician immediately if any unusual side effects occur or if symptoms worsen over time.
- It is common for the treated area to feel bloated and look swollen in the first few days and weeks after CoolSculpting.
- You may experience a temporary dulling of sensation that can last for several weeks.
- Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this

Contact us at 503-443-2250 if you experience any of the above symptoms.