

COOLSCULPTING PRE AND POST TREATMENT INSTRUCTIONS

What is CoolSculpting?

CoolSculpting is a non-surgical fat reduction treatment that uses controlled cooling and pressure to eliminate stubborn fat that will not shrink through diet and exercise alone. No general/topical anesthesia or pain medication is required. There is no downtime and you may resume normal exercise and activity immediately. Results will gradually reveal over 2 to 4 months following your treatment. Areas can be retreated if necessary for additional fat reduction if needed.

How to Prepare for your CoolSculpting Treatment:

Stop taking any medications that thin your blood, as bruising in the areas of treatment may be possible. If you are unsure about whether your medications are blood thinners please review this with our providers. Over the counter medications like aspirin, anti-inflammatories, and fish oil supplements may also exacerbate bruising and should be discontinued at least one week prior to CoolSculpting.

Your CoolSculpting Treatment Day

- Wear comfortable, loose clothing to your appointment.
- You may eat prior to arrival but we recommend a light meal as some patients may experience nausea during treatment.
- Prior to your treatment, photography, measurements and weight will be taken for comparison on your follow up appointments.
- You may want to bring your own iPad, reading materials, knitting or laptop to entertain yourself. Total treatment times will vary from one to several hours, depending on how many CoolSculpting cycles have been scheduled.

What to Expect During Treatment

The most commonly used applicators use suction to draw the fat into the device. The vacuum pressure may cause a sensation of deep pulling, tugging and pinching in the area being treated. This sensation will subside over the first five to seven minutes of each application and the treated area should be comfortable for the remainder of the session.

The flat applicators do not involve suction, but you will feel tingling and stinging for approximately ten minutes as the applicator cools the fat. Most patients experience very mild discomfort; some patients may experience more intense sensation at the beginning of each session but those symptoms will usually subside after the first 10 minutes or so.

After treatment for each area is completed, the suction device is removed. Immediately upon removal of the device the tissue will be firm, and massage is important to maximize the treatment result. This 2 to 5 minute massage process will be uncomfortable, but very necessary.

Immediately after the CoolSculpting procedure the treated area may look or feel stiff, white, pink (or red), bruised or swollen/bloated. You may feel a sense of nausea or dizziness as your body naturally warms, and sensation returns to the treated area. If you are experiencing these symptoms let the provider know and we will assist you as necessary. In some patients, the skin may ache or sting for a brief period of time as sensation returns to the treated area. Any surface discoloration will subside over the first several hours after treatment. If you have developed any bruising it may remain for up to a week following treatment.

What to expect after CoolSculpting

You may expect some of the following symptoms immediately after your CoolSculpting procedure, and symptoms may persist for up to several weeks. Most patients have very mild symptoms, however, as with any medical procedure, each patient will have unique experiences. Symptoms typically subside over time and

have NO long lasting complications. The treated area may be red for up to a few hours after the applicator is removed. This is an expected but temporary effect. Bruising, swelling and tenderness can occur in the treated area. This typically resolves itself within a week or two. Nausea, tingling, stinging and cramping in the treatment area are also possible. You may feel a temporary dulling of sensation or itching sensitivity in the treated area. Numbness at the site is very common, usually resolving over 1 to 3 weeks. There typically is minimal recovery time after CoolSculpting. You will be able to return to your normal daily routine immediately after the procedure. It is common for the treated area to feel bloated and to look swollen for the first three weeks after CoolSculpting. Compression tights, yoga pants or Spanx may feel good to wear during this period. You may experience a temporary dulling of sensation or an itching or tingling sensation that can last for several weeks after treatment. 4 to 10 days after treatment you may notice more intense sensation than during the first few days. This is due to the inflammatory response of your body as it naturally excretes the dying fat cells. For most patients the symptoms are mild to moderate and often are more apparent when trying to sleep. If you find that you are having difficulty sleeping at night please notify the office.

You may also possibly experience:

- deep itching
- tingling
- numbness, soreness, or tenderness to the touch
- pain or aching in the treated area
- some cramping or muscle spasms
- diarrhea

Please notify the office if these conditions persist beyond two weeks

Please notify your provider if your symptoms are severe or are interfering with your ability to perform daily activities or your sleep routine.

When May I Expect to See Results?

Following the procedure, a gradual reduction in the thickness of the fat layer will take place. You may start to see changes as early as three weeks after CoolSculpting and you will experience the most dramatic results after two to three months. Your body will continue to process the fat cells from your body for approximately four months after your procedure.

How Do I Maximize my Treatment Results?

Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this. Just like liposuction, Coolsculpting kills and eliminates fat cells from the treated area. If you are eating more calories than you are burning off through normal activity and exercise, the extra calories will be stored as fat in other locations in your body.

This is the perfect time to evaluate your eating and exercise habits and to make changes if merited to optimize your results. Avoid the use of anti-inflammatory medications such as ibuprofen, naproxen and Celebrex for six weeks after the treatment. The inflammatory response in your body is the mechanism which removes the fat cells and inhibiting the body's ability to mount a response may slow the progress of your result following Coolsculpting.

Schedule a follow up medical assessment to review your clinical results and discuss the option of additional treatments to achieve desired outcome for this treatment site and other treatment sites if needed.