

COOLSCULPTING PATIENT TAKE HOME GUIDELINES

What to Expect During Your CoolSculpting Procedure

- CoolSculpting is a non-invasive treatment.
- No general/topical anesthesia or pain medication is required.
- Applicator cup uses vacuum pressure to draw tissue between the cooling panels.
- Sensations of pulling, tugging, and mild pinching in the area being treated.
- Intense cold, tingling, stinging, aching, cramping. These sensations subside as the area becomes numb.
- You will either sit or lie down during your procedure, depending on the area being treated.
- Procedure takes from 1 to 2 hours depending on the number of placements.
- The treatment is easy; patients often read, listen to music or take a nap.

What to Expect Immediately After Your CoolSculpting Procedure

- CoolSculpting is a non-invasive procedure; there is no recovery time.
- Treated area may look firm or feel stiff immediately after the procedure. This is normal and dissipates within minutes.
- The treated area may be reddened for approximately 20 minutes after the applicator is removed.
- Vacuum can cause bruising, tingling or tenderness to the touch. This typically resolves within a few weeks.
- You may feel a temporary dulling of sensation or numbness in the treated area. This is normal and will resolve within a few hours up until eight weeks after your procedure.
- You may resume normal activities immediately following procedure.

Possible Side Effects

- Immediately after a procedure:
 - o Redness and firmness.
 - o Transient blanching (temporary whitening of the skin) and/or mild bruising around the edges of the treatment area.
 - o Tingling and stinging.
- One to two weeks after a procedure:
 - o Redness, bruising, and swelling.
 - o Tenderness, cramping or muscle spasm, and aching.
 - o Itching, skin sensitivity, tingling, and numbness. Numbness can persist up to several weeks after a procedure.

Please call us at **(212) 807-1866** if your symptoms appear to worsen or last longer than two weeks.

Maintain your normal diet and exercise programs.