

## COOLSCULPTING PATIENT TAKE-HOME GUIDELINES

### WHAT TO EXPECT DURING YOUR COOLSCULPTING PROCEDURE:

- You will either sit up, lay on your stomach, or on your back for your procedure.
- As the procedure is initiated, vacuum pressure draws tissue into an applicator cut between cooling panels. The vacuum pressure may cause sensations of deep pulling, tugging and pinching in the area being treated.
- These sensations will be followed by an initial sensation of intense cold and after approximately 5-10 minutes the area becomes numb.
- Tingling, stinging, aching and/or cramping can occur and typically subside.

### WHAT TO EXPECT IMMEDIATELY AFTER COOLSCULPTING:

- Immediately after, your treated area may look or feel stiff and transient blanching (temporary whitening of the skin) may occur.
- You may feel a sense of nausea or dizziness as your body naturally warms and sensation returns to your treatment area. These are normal reactions that typically resolve within minutes.
- Bruising, redness, swelling and tenderness can occur and typically resolves within a week or two.
- Nausea and tingling, stinging and cramping in the treatment area are often reported on the treatment day.
- You may feel a temporary dulling (numbness) of sensation in the treated area. This is normal and typically resolves within a few hours but may last for several weeks after your procedure.
- Most patients are able to return to their daily routine immediately after the procedure.

### WHAT TO EXPECT THE FIRST FEW DAYS AND WEEKS AFTER COOLSCULPTING:

- It is common for the treated area to feel bloated and look swollen in the first few days and weeks after.
- You may experience a temporary dulling of sensation that can last for several weeks.
- At some point within the first two weeks following the procedure, you may experience one or more of the following sensations: deep itching, tingling, numbness, tenderness to the touch, pain in the treated areas, strong cramping, diarrhea, muscle spasms, aching, and/or soreness. Intensity will vary by individual.

### **These symptoms are temporary and will subside naturally over time. To help alleviate some of these symptoms you can:**

- Take up to 800mg of Ibuprofen or Tylenol every 8 hours (unless you are unable to per your PCP)
- Refrigerate clear aloe and apply to area every 3 hours to give some relief.
- Purchase Solarcaine an OTC topical cream that contains a small amount of lidocaine.
- If your symptoms worsen over time, or you have any **questions, please call our practice at 608-240-0088 or, after hours, call Anne at 608-513-8699**. An oral medication or topical anesthetic may be prescribed as needed.

### **Next Steps:**

- Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this.
- Schedule a follow-up medical assessment at 3 months to review your clinical results and discuss the option of additional treatments to achieve desired fat reduction.