

# *Radiance*

## PATIENT TAKE-HOME GUIDELINES

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

- It is common for the treated area to feel bloated and look swollen for the first 5-7 days after your treatment.
- You may experience a temporary dulling of sensation/numbness that can last for several weeks. Tenderness/soreness to the touch is normal for 1-2 weeks.
- Rare side effects may also occur for some individuals within the first two weeks following your treatment. They include and are not limited to: deep itching, tingling, pain in the treated areas, strong cramping, diarrhea, muscle spasms, nerve pain, aching, and/or soreness. Intensity will vary by individual. Consult your clinician if these conditions persist longer than two weeks, worsen over time, or if you have any questions.
- You may resume normal activities immediately following your procedure, as tolerated.

### **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 you can tolerate it, wear compression over the treated area to help reduce swelling.
- Purchase Live Relief (nerve pain) if you are experiencing intense burning, pins/needles, or sharp shooting pains
- If your symptoms worsen over time, or you have any **questions, please call our practice during business hours at 608-240-0088. After business hours call Taylor Hill, RN @ 608-575-1750 or Anne Pientka, RN @ 608-513-8699.** An oral medication or topical anesthetic may be prescribed if needed.
- **It is very important that you call us with concerns. Possible adverse reactions need to be reported to us immediately!** A follow-up for reactions will be necessary within 2 weeks of the treatment date. 608-240-0088 (during business hours) or 608-513-8699 (Anne Pientka, after hours)

### **Next Steps:**

- Following the procedure, a gradual reduction in the thickness of the fat layer will take place. You will experience the most dramatic results after one to three months following your procedure. Your body will continue to naturally process the injured fat cells from your body for approximately four months after your procedure.
- Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your procedure is essential to experience the full benefits of your procedure.
- If you haven't already, please 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.

### **Skincare products that partner well with CoolSculpting Elite & are available at Radiance:**

- Radiance Total Body Bliss~ A body lotion that smooths, tightens and evens! A staff & client FAVE!

- Revison Nectifirm or Nectifirm Advanced~ A Specialty product that helps protect & firm the neck & decolletage area. It can also be used on the body!
- SPF~ Sunscreen is always important to protect the skin & prevent damage that can show in the form of crepe skin, fine lines & more. Protect your investment!

#### Other Complementing Services to Consider:

- **Genius RF Microneedling**

<https://radianceskintherapy.com/skin-essentials/genius-rf-microneedling/>

- **CoolTone**

<https://radianceskintherapy.com/body-contouring/cooltone/>

- **Kybella**

<https://radianceskintherapy.com/injectables/kybella/>

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