

Radiance

COOLSCULPTING HOMECARE GUIDELINES

WHAT TO EXPECT AFTER COOLSCULPTING:

- You may resume normal activities immediately following your procedure, as tolerated.
- 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 or numbness that can last for several weeks.
- Tenderness/soreness to the touch is also normal for 1-2 weeks or more.
- Rare side effects may also occur for some individuals 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 or contact the office if these conditions persist longer than two weeks or worsen over time.

The above symptoms are temporary and will subside naturally over time. Some have found these options helpful to alleviate some of those sensations:

- Take Ibuprofen or Tylenol every 8 hours (unless you are unable to per your PCP)
- Refrigerate clear aloe and apply to area every 3 hours.
- Apply Solarcaine, an OTC topical cream that contains a small amount of lidocaine, to area of discomfort.
- Wearing compression over the entire treatment area may help to reduce swelling.
- If your symptoms worsen over time, or you have any questions, it is very important that you contact us with possible adverse reactions or concerns. A follow-up for reactions will be necessary within 2 weeks of the treatment date.

During business hours call 608-240-0088

After business hours call/text Taylor Hill, FNP @ 608-575-1750 or Anne Pientka, RN @ 608-513-8699.

Next Steps:

- Following the procedure, a gradual reduction in the thickness of the fat layer will take place. You will notice a peak of results typically 12-16 weeks post sessions.
- Weight gain will prevent you from appreciating your full results. Maintaining a healthy lifestyle after your procedure is essential to experience the full benefits of CoolSculpting.
- If you haven't already, please schedule a follow-up at 3 months to review your results.