

HOW TO PREPARE FOR COOLSCULPTING:

- Eat a full meal prior to your appointment. Treating on an empty stomach can lead to nausea and/or light-headedness.
- Wear comfortable clothing. You'll be sitting in the same position for the duration of your treatment. Gel pads are used during treatment and gel often transfers to clothing. If treating inner or outer thighs, bring a change of underwear.
- Pictures will be taken for medical records. We provide black underwear and a robe at your appointment. If you're female please also wear a black bra if you can.
- If desired, take Ibuprofen or Tylenol 60 minutes prior to treatment to help reduce discomfort.
- If you bruise easily, you may consider reducing blood thinning medications and supplements several days before your appointment. These include but are not limited to: Ibuprofen, Aspirin, Non-Steroidal Anti-Inflammatory drugs (NSAIDs), Omega-3's (fish oil, flax seed oil, etc.), and Vitamin E. Please consult with your physician if you have any questions.
- If you are treating your CHIN, please also consider the following when preparing for your treatment: Gentlemen, shaving the area prior to treatment will ensure the best suction for the applicator.
- If you have a cough, please call 303-532-2810 to reschedule your appointment. The chin applicator detaches with coughing and will affect your treatment outcome.

WHAT TO EXPECT DURING THE COOLSCULPTING TREATMENT:

- As the procedure is initiated, vacuum pressure draws tissue into an applicator cup between cooling panels. The vacuum pressure may cause sensations of deep pulling, tugging, and pinching in the area being treated
- You may also experience intense stinging, tingling, aching or cramping. These sensations general subside as the area becomes numb, approximately 10-20 minutes into the procedure. If treating the CHIN patients can also report a temporary "brain freeze" like headache at the beginning of the treatment

WHAT TO EXPECT IMMEDIATELY FOLLOWING THE COOLSCULPTING TREATMENT:

- Swelling is normal along with redness, soreness, and bruising in the treatment area. These symptoms can last for several weeks.

- The treated area may look or feel stiff and temporary whitening of the skin (known as transient blanching) may occur.
- You may experience a sense of nausea or dizziness as your body naturally warms and sensation returns to your treatment area. These are normal reaction that typically resolve within minutes.
- The treated area may be red for up to a few hours after the applicator is removed. This is expected and temporary.
- You may feel a temporary dulling sensation in the treated area. This is normal and typically resolves within a few hours but may last for several weeks after your procedure.
- Typical recovery time is minimal post CoolSculpting. 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 post treatment.
- Within the first two weeks after treatment, you may experience one or more of the following sensations: deep itching, tingling, numbness, tenderness to the touch, pain in the treated area, strong cramping, diarrhea, muscle spasms, aching and/or soreness. Please call us at (303) 532-2810 if these conditions persist beyond two weeks or worsen over time.
- 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 one to three months. Your body will continue naturally to process the injured fat cells from your body for approximately four months after your procedure.
- A small subset of patient's experiences delayed post-treatment pain (typically within a few days of the procedure). This side effect is unique because of its intensity and late presentation. Time intervention can often reduce its impact.

- Patients have also reported freeze burn, darker skin color, hardness, discrete nodules or enlargement of the treated area. Surgical intervention may be required to correct the enlargement.
- Contact us immediately if any unusual side effects occur or if symptoms worsen over time. 303-532-2810