



# COOLSCULPTING

Pre And Post-Care Treatment Instructions for Optimal Results

## NOT RECOMMENDED FOR THE FOLLOWING PATIENTS:

- Pregnant or breastfeeding women.
- Patients with a hernia or history of hernia.
- Patients who had abdominal surgery.
- Patients with any active implanted devices such as a pacemaker or defibrillator.
- Patients with a history of Raynaud's phenomenon, cryoglobulinemia, cold urticaria, cold agglutinin disease or paroxysmal cold hemoglobinuria.
- Those with active disease states, a hemorrhagic disorder or are on anticoagulant treatments.
- Men who are treating the submental area should shave prior to appointment
- Someone experiencing an active or local skin disease that may alter wound healing or someone who has an autoimmune disease.
- Patients with a neuropathic disease such as post-herpetic neuralgia, diabetic neuropathy, or impaired skin sensation.
- Patients with diabetes, epilepsy or bell's palsy.

## WHAT TO EXPECT DURING THE TREATMENT

- Treatment can take between 35-75 minutes per body area.
- There may be a sensation of pulling, tugging and mild pinching in the area being treated.
- Intense cold, tingling, stinging, aching and cramping can be common but these sensations subside as the area becomes numb.
- There is a 2 minute massage after the applicator comes off that feels like massaging a bruise.

## PRE-TREATMENT PREP

- Do not have any vaccines for a minimum of 2 weeks before or after your treatment
- To combat bruising, avoid blood thinning over-the-counter medications for 72hrs days, such as: Aspirin, Advil, Motrin, Ibuprofen and Aleve unless prescribed by a physician

### 24 hours prior to treatment

- Avoid prolonged sun exposure. Any sunburn to the area needs to be fully treated up to 24 hours before treatment. Arrive for your appointment in comfortable clothing. Bring a book, magazine and snack, as needed, for the time of your procedure.
- We will provide you with appropriate clothing during your treatment.
- Please remove any type of piercing in the treatment area.

## AFTERCARE SKINCARE REGIMEN

1. Apply Alastin Body Treatment or Skin Medica Firm and Tone serum to the treatment area daily to enhance results and improve skin elasticity in the treatment area

## POST-TREATMENT CARE

### What to expect immediately after the treatment:

- The treated area may look firm or feel stiff, but this generally subsides within 24hrs.
- You may experience bruising, numbness, swelling (sometimes up to a dress or pant size) and soreness. These side effects can last up to 3 weeks.

### What to do:

- If you are experiencing tenderness or soreness on the affected area, take tylenol, apply warm compress or heating pad.
- If you are itchy in the treated area, you may take Benadryl at night to help.
- 10% of patients experience a rare but normal phenomenon called "late onset pain" that can occur 3-5 days post treatment. This can be an intermittent stabbing pain that is due to the regeneration of nerve endings. If you experience this, call your provider immediately, as further care may be necessary.
- It is safe to resume normal activity the day after treatment.
- It takes 3 months to see the full result from coolsculpting. Multiple treatments may be necessary for desired outcome.

## COOLSCULPTING GUARANTEE:

Opt into the GMS Coolsculpting Guarantee and if you do not see a visible results from your Coolsculpting treatment, we will retreat the area once more for FREE.

If you have any questions or concerns, please do not hesitate to call our office at 203.637.0662