



How to prepare for the day of your CoolSculpting treatment: To enhance your visit with us on your treatment day, we have the following available to use at your discretion:

Internet, WIFI, Ipad and unlimited magazines! Did we mention we also have plush pillows, blankets, heated booties, privacy and comfort of your own personal treatment room! Please feel free to bring books, laptops, for work etc.

FOR ALL PATIENTS: Do not apply any lotions, creams, perfumes, or self-tanner (self-tanner will be removed from pre-treatment wipe) prior to your treatment day. **AVOID ANY STEROIDAL AND NON-STEROIDAL ANTI-INFLAMMATORIES, MOTRION, ADVIL, ILBUPROFEN, ALEEVE, OR ASPRIN products one week prior to your treatment and two weeks after your treatment. TYLENOL IS OKAY TO TAKE!**

Women treating arms, abdomen, inner and outer thighs: Please wear black undergarments or bikini underwear. NO THONG UNDERWEAR. Please select a bottom that is loose fitting on the hips so it will not distort the contour of this area. You may bring a second pair of undergarments to change into after your treatment as you may get gel on your clothing during treatment (not to worry it gel does come out in the wash )

For submental treatment on all patients: Please avoid shirts with collars and turtle necks day of your treatment.

### What to expect immediately after your CoolSculpting treatment:

Immediately after the procedure, the treated area may be red for up to a few hours after the applicator is removed. This is expected, but temporary effect after CoolSculpting. The following side effects are all normal: bruising, swelling, tenderness, numbness, and itching to the affected area. This is all normal and typically resolves within one to two weeks after your procedure. Most patients are able to return to their daily routine/exercise regimen immediately after the procedure.

What to expect during your CoolSculpting treatment: CoolSculpting is a non-surgical procedure that reduces the number of fat cells in the treated areas. No general/topical anesthesia or pain medication is needed for this procedure. Once the applicator has been applied to treatment area you will feel a deep pulling, tugging and pinching sensation this will subside after several minutes or so.

What to expect the first few days and weeks after CoolSculpting: It is common for the treated area to feel bloated and appear swollen. We advise patients to wear leggings or compression garments to help with any tenderness post procedure. During the first two weeks you can experience the following: deep itching, tingling, tender to touch, numbness, muscle spasms, aching and or soreness. You may start to notice results as early as 4 weeks, your body will continue to naturally process the injured fat cells from your body for up to four months after your procedure.

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 CoolSculpting medical assessment 30 days post treatment to review your clinical progress. Please call us at **586-286-0997** during normal business hours if your symptoms appear to worsen or last longer than two weeks.

We look forward to starting your journey to non-surgical fat cell reduction with  
CoolSculpting!  
Schedule today with our certified clinicians!