

COOLSCULPTING PRE AND POST INSTRUCTIONS



Pre Care Instructions: Day of your CoolSculpting Procedure

- Please come in for your treatment in comfortable clothing.
- Bring a book, magazine as needed for the time of your procedure.
- Please bring a snack or a meal if staying for a long period of time.
- Please remove and type of piercing in the treatment area.

Post Care Instructions: What to Expect **During** Your CoolSculpting Procedure

- CoolSculpting is a non-invasive treatment.
- No general/topical anesthesia or pain medication is required.
- Applicator cup uses vacuum pressure to draw tissue between the cooling panels.
- Sensations of pulling, tugging, and mild pinching in the area being treated.
- Intense cold, tingling, stinging, aching, cramping. These sensations subside as the area becomes numb.
- You will either sit or lie down during your procedure, depending on the area being treated.
- Procedure takes from 1 to 2 hours depending on the number of placements.
- The treatment is easy; patients often read, listen to music or take a nap.

What to Expect **Immediately After** Your CoolSculpting Procedure

- CoolSculpting is a non-invasive procedure; there is no recovery time.
- Treated area may look firm or feel stiff immediately after the procedure. This is normal and dissipates within minutes.
- The treated area may be reddened for approximately 20 minutes after the applicator is removed.
- Vacuum can cause bruising, tingling or tenderness to the touch. This typically resolves within a few weeks.
- You may feel a temporary dulling of sensation or numbness in the treated area. This is normal and will resolve within a few hours up until eight weeks after your procedure.
- You may resume normal activities immediately following procedure.

Possible Side Effects

- ***Immediately after a procedure:***
 - Redness and firmness
 - Transient blanching (temporary whitening of the skin) and/or mild bruising around the edges of the treatment area.
 - Tingling and stinging.
- ***One to two weeks after a procedure:***
 - Redness, bruising, and swelling.
 - Tenderness, cramping or muscle spasm, and aching.
 - Itching, skin sensitivity, tingling, and numbness. Numbness can persist up to several weeks after a procedure.

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