DŌCERĒ
MEDICAL SPA & LASER CENTER

PRE & POST INSTRUCTIONS

coolsculpting

PRE-INSTRUCTIONS

- Avoid any anti-inflammatory drugs 24 hours before (example: steroids, Ibuprofen and Advil) take Tylenol or "Acetaminophen" before to lower discomfort
- Wear comfortable clothing
- Eat a small snack before as temperature change may cause nauseousness
- Bring books or magazines or we provide a TV with Netflix shows as well as coffee, tea or water

WHAT TO EXPECT DURING TREATMENT

- It may take anywhere between 35 minutes to a few hours depending on the number and size of the area(s) to be treated.
- No topical anesthetic or pain medication is required
- As treatment begins, vacuum pressure (which most of the CoolSculpting® applicators utilize) draws in fatty tissue into the applicator cup. You may feel sensations of deep pulling, tugging, or pinching, as well as some stinging, tingling, aching, or cramping.
    - These sensations typically subside as the area becomes numb and treatment continues – and once they do, most patients find the rest of the session quite tolerable.

WHAT TO EXPECT IMMEDIATELY AFTER

- Most patients can return to their day-to-day activities immediately after their CoolSculpting® treatment session.
- Brief tingling or stinging sensations
- You may experience stiffness and/or transient blanching (temporary whitening of the skin) in the treated area(s)
- Slight nausea or dizziness may occur for a few minutes as your body readjusts to its natural warmth and sensation
- Redness in the treated area(s) may persist for up to a few hours after the applicator is removed
- Any bruising, swelling, numbness, and/or tenderness that occurs will resolve within two weeks.

COMMON SIDE EFFECTS

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- Tenderness to the touch
- A deep itch sensation
- Tingling
- Minor numbness for up to 3 weeks

Report any adverse side effects to your healthcare professional and notify your clinician as soon as possible

POST CARE INSTRUCTIONS

- Avoid any anti-inflammatory drugs (example: steroids, Ibuprofen and Advil) take Tylenol or Acetaminophen
- Drink a lot of water to flush out fat cells
- Can wear SPANX for compression to help with swelling and discomfort
- If experiencing any discomfort use a heating pad on the treated area
- If bruising occurs, Arnica pills or cream can help
- If purchased apply Body TRANSform morning and night to help reduce volume In treated area

WHAT TO EXPECT IN THE WEEKS FOLLOWING TREATMENT

- It is common for the treated area(s) to feel bloated or swollen in the first few weeks after treatment
- A temporary dullness in sensation could occur for several weeks
- At some point in the first two weeks after a treatment session, you may experience deep itching, tingling, numbness or tenderness to the touch, pain in the treated area(s), strong cramping, diarrhea, muscle spasms, aching, and/or soreness
- As the body breaks down and flushes the treated fat cells, a gradual reduction in the thickness of the fat layer in the treated area(s) will take place. You may start to see to see changes as early as three weeks after your last CoolSculpting® treatment session, with full results becoming apparent after one to four months. Your body will continue to process and flush out the dead fat cells for about four months after your last session.