

Before your COOLSCULPTING PROCEDURE:

Have a consultation first to determine if you are a candidate and make a plan for scheduling treatments. Coolsculpting is a procedure to permanently reduce fat bulges in select areas. Usually about 20% of the available fat is affected. It is not a weight loss treatment. Commonly multiple sessions on the same area might be needed for desired results.

Come with comfortable clothing that is washable. You will be lying or sitting for 35 or 45 minutes per cycle. There is a gel pad used that is very sticky and will get on your clothing (it is washable).

Bring snacks, drinks, IPAD, phone, headphones and other comfort items.

Bring a compression garment such as Spanx if desired if doing abdominal area to help alleviate discomfort. May continue wearing in weeks following as needed.

If you are taking medications that thin the blood such as Aspirin, NSAIDs (Aleve, Advil, Motrin), or fish oil consider discontinuing a week prior if you bruise easily.

Use the restroom prior to starting each cycle if needed.

Eat a light meal or snack prior to coming in.

After your COOLSCULPTING PROCEDURE:

You may have some swelling, redness, itching, tingling, stinging, tenderness, and loss of sensation for 2-6 weeks. Bruising can occur due to the suction action of the applicator and should resolve in 4-6 weeks.

You may continue your normal activities if you feel comfortable. Exercise is permitted to tolerance.

Continue your healthy lifestyle including a balanced diet filled with fruits, vegetables, healthy protein sources, drinking plenty of water, and physical exercise. Gaining weight will be a deterrent from seeing the full benefits of your results.

You may wear a compression garment if it feels comfortable.

You may take pain relievers if desired. If extreme pain in the treated area occurs in 3-5 days following treatment please call the office.

For helping to build and tone muscle; 4-8 CoolTone sessions are recommended; areas include thighs, buttock and abdomen.

Your next CoolSculpting session can be done in 4-8 weeks in the same area.

Schedule an appointment in 2-3 months after your final treatment for pictures and follow-up consultation.