

COOLSCULPTING PATIENT TAKE HOME GUIDELINES

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.
- Intense sensations of pulling / tugging, and mild pinching in the area being treated, subside as area is numbed.
- Sensation of 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 1-2 hours for each placement of the device.
- 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:
 - o Redness and firmness.
 - o Transient blanching (temporary whitening of the skin) and/or mild bruising around the edges of the treatment area.
 - o Tingling and stinging.
- The week or two after a procedure:
 - o Redness, bruising, and swelling.
 - o Tenderness, cramping or muscle spasm, and aching.
 - o Itching, skin sensitivity, tingling, and numbness. Numbness can persist up to several weeks after a procedure.
 - o Moderate to severe discomfort and/or pain
 - In the unlikely event of moderate to severe discomfort and/or pain, call our office.
 - This discomfort and/or pain will subside.

All of these symptoms are temporary and will subside naturally over time. However, if your symptoms worsen over time, or last longer than two weeks, please call our practice at 216-514-8899. An oral medication or topical anesthetic may be prescribed as needed.

Maintain your normal diet and exercise programs.