



COOLSCULPTING POST-TREATMENT INSTRUCTIONS:

What to expect immediately after CoolSculpting:

- » Immediately after the procedure, your treated area may look or feel stiff and temporary whitening of the skin may occur.
- » You may feel a sense of nausea or dizziness as your body naturally warms and sensation returns to your treatment area. These are normal reactions that typically resolve within minutes.
- » The treated area may be red for up to a few hours after the applicator is removed.
- » Bruising, swelling, and tenderness can occur in the treated area. This typically resolves within a week or two.
- » Sensitivity, tingling, stinging, and cramping in the treated area are possible and typically resolve within a week.

What to expect the first few days and weeks after CoolSculpting:

- » It is common for the treated area to feel bloated and look swollen in the first few days and weeks after CoolSculpting. You may experience a temporary dull/numb sensation that can last for several weeks.
- » At some point within the first two weeks following the procedure, you may experience some of the following sensations: deep itching, tingling, numbness, tenderness to the touch, pain in the treated area, cramping, diarrhea, muscle spasms, aching and/or soreness.
- » Following the procedure, a gradual reduction in the thickness of the fat layer will take place. You will start to see changes as early as 4-6 weeks after your procedure, with the most dramatic results between 8-12 weeks.
- » Benadryl can help to alleviate the feeling of itchiness as well as other symptoms. It is NOT recommended to take any type of anti-inflammatory medications, as these can interfere with the natural inflammation process.

Helpful tips:

Side effects vary in severity; some of the side effects may be mitigated by:

- » Compression garments
- » Icing/Heating pads
- » Stretching
- » Benadryl

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 assessment to review your clinical results and discuss the option of additional treatments to achieve desired fat reduction.

****We hope you had a pleasant experience here at Cape Cod Aesthetics and MediSpa and we will follow up with you in 48 hours. Any questions or concerns please contact our office at 508 274-8744.**