

DERMATOLOGY

— & Skin Health —

CoolSculpting Patient Take Home Information

What to Expect During and After Your CoolSculpting Procedure.

CoolSculpting is a safe, non-invasive treatment.

What to Expect During Your CoolSculpting Procedure

- You will either sit or lie down during your procedure
- Vacuum pressure draws tissue into the applicator cup, causing sensations of:
 - *Intense pulling, tugging, pinching*

During the cool-down period:

- These sensations will be followed by an initial sensation of intense cold
- As cold is applied and the area becomes numb (typically in 5-10 minutes), it can cause sensations of:
 - *Tingling, stinging, aching and/or cramping*
 - *These sensations typically subside*

What to Expect After Your CoolSculpting Procedure

You can expect any of the following symptoms immediately after your CoolSculpting Procedure. These symptoms may persist up to several weeks. These do not occur for most patients. Symptom intensity also varies by individual patient. Symptoms subside over time, **with no lasting complications.**

- Temporary firmness or stiffness
- Redness, bruising, swelling and numbness
- Temporary blanching (temporary whitening of the skin)
- Tenderness, cramping or muscle spasms, and aching

In the days to weeks following treatment, you may also experience a delayed onset of these symptoms, persisting several weeks. These do not occur for most patients and the intensity will vary by individual.

- Tenderness, cramping or muscle spasms, and aching
- Itching, skin sensitivity, tingling, stinging and numbness
- 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, please call our practice at (practice telephone number). An oral medication or topical anesthetic may be prescribed as needed.