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COOLSCULPTING:
Pre-Treatment & Post-Treatment Instructions

1. Preparing for your CoolSculpting treatment:

1. CoolSculpting is a safe non surgical procedure that may take one to several hours depending on your treatment plan. No general/topical anesthesia or pain medication is required.
2. Wear comfortable clothing to your appointment, nothing too snug that may rub/put pressure on the treatment site. Some patients bring socks, a blanket, sweatshirt, sweatpants so that do not get cold while laying still during the treatment for 1-2 hours. Bring a reading, writing, ipod, ipad, phone, water bottle, knitting or anything you would like to do as the treatment is 1-2 hours.
3. Wear black undergarments (sports bra best for women), black shorts, and/or black pants to maximize your treatment photographs. Wear the same clothing for the post treatment photographs at your three month follow up appointment.
4. Do not gain weight between your consultation and treatment as this will poorly effect your outcome.
5. If you have a sore back/hips/neck or other "stiff" type ailment, let us know as you do need to lie in the chair for 1 hour.
6. If you take any medications that could thin the blood and increase bruising (asprirn, advil, motrin, vitamin E...) and can safely stop taking them, please do so as this will minimize possible bruising.

2. What to expect during CoolSculpting:

1. As the procedure is initiated, vacuum pressure draws tissue into an applicator cup between cooling panels. The vacuum pressure may cause sensations of deep pulling, tugging and pinching in the area being treated.
2. You may be be sitting or lying down during the procedure.
3. You MAY experience intense stinging, tingling, aching or cramping as the area gets intensely cold. These sensations generally subside as the area becomes very cold. As the area becomes numb (usually 5-10 minutes), it can cause sensations of stinging, tingling aching or cramping. Most patients experience very mild sensations; some patients experience more sensations.

3. What to expect immediately after CoolSculpting:

1. You can expect none or some of the following symptoms immedialty after the procedure. These symptoms may persist for up to several weeks. These do not occur in most patients! As with any medical procedure each patient experiences it differently. Symptoms always subside over time and have NO long lasting complications.
2. Immediately after the procedure, your treated area may look or feel stiff and white or red or bruised or swollen/bloated.

3. 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.
4. The treated area may be red for up to a few hours after the applicator is removed. This is an expected but temporary effect.
5. Bruising, swelling and tenderness can occur in the treated area. This typically resolves within a week or two.
6. Nausea and tingling, stinging and cramping in the treatment area are often reported on treatment day.
7. You may feel a temporary dulling of sensation or itching sensitivity in the treated area. This is normal and typically resolves within a few hours but may last for several weeks after your procedure. Numbness at the site is common, resolving over 1-3 weeks.
8. There typically is minimal recovery time after CoolSculpting. Most patients are able to return to their daily routine immediately after the procedure.

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

1. It is common for the treated area to feel bloated and look swollen in the first few days and weeks after CoolSculpting.
2. You may experience a temporary dulling of sensation or itching/tingling/off sensation that can last for several weeks.
3. At some point within the days to weeks following the procedure, you may experience one or more of the following sensations. These do not occur for most patients and the intensity will vary by individuals: deep itching, tingling, numbness, tenderness to the touch, pain in the treated area, strong cramping, diarrhea, muscle spasms, aching and/or soreness. Consult your doctor if these conditions persist beyond two weeks or worsen over time. Call the office if you have pain and are uncomfortable.
4. Following the procedure, a gradual reduction in the thickness of the fat layer will take place. You may start to see changes as early as three weeks after CoolSculpting and you will experience the most dramatic results after one to three months. Your body will continue naturally to process the injured fat cells from your body for approximately four months after your procedure.

5. Next steps:

1. Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this.
2. Schedule a follow-up medical assessment to review your clinical results and discuss the option of additional treatments to achieve desired outcome for this treatment site and other treatment sites. .

Please call us at (860)245-0000 in the unlikely event, you experience severe pain or if your symptoms appear to worsen or last longer than two weeks. If you have any questions or concerns about your skin, the Coolsculpting process, your individual treatment plan or your skin's response, then you should call our office