

## **COOLSTULPTING**

### **What to Expect During Your CoolSculpting Procedure**

- No general/topical anesthesia or pain medication is required.
- The applicator cup uses vacuum pressure to draw tissue between the cooling panels.
- Sensations of pulling, tugging, and mild pinching in the area being treated.
- Intense 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.
- The procedure takes from 1 to 3 hours depending on the number of areas being treated.
- The treatment is easy; patients often watch TV, 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.

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- 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 the procedure.
- For any pain, you can take Extra Strength Tylenol. Avoid NSAIDS and Aspirin until the day after your treatment.
- If you experience any severe discomfort that is not tolerable, please call our office at 203.304.9725.

## **Side Effects after a procedure:**

### IMMEDIATELY AFTER

- Redness and firmness.
- Transient blanching (temporary whitening of the skin) and/or mild bruising around the edges of the treatment area.
- Tingling and stinging.

### ONE TO TWO WEEKS AFTER

- Redness, bruising, and swelling.
- Tenderness, cramping or muscle spasm, and aching.
- Itching, skin sensitivity, tingling, and numbness. Numbness can persist up to several weeks after a procedure.

**Please call us at 203.304.9725 if your symptoms appear to worsen or last longer than three weeks. Maintain your normal diet and exercise programs**

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