



212.366.4787 | www.beautyfixmedspa.com

COOLSCULPTING®

PRE- AND POST-CARE GUIDE

PRE-TREATMENT INSTRUCTIONS

Avoid taking any medications or supplements that thin your blood, such as aspirin, fish oil or St. John's Wort at least **1 week** before treatment

Avoid tanning your skin in the target area. Tanning can make your skin more sensitive to treatment. To minimize discomfort, it's best to protect your skin from the sun exposure before your treatment.

Consider stopping smoking for about **1 week** before your session as this can impede the healing process and delay results.

Wear comfortable, loose clothing to your appointment and bring an extra pair to wear home as gel pads will be applied with the applicator and will make any clothing you are wearing during the treatment wet.

WHAT TO EXPECT DURING TREATMENT

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.

During the treatment, you also may experience intense stinging, tingling, aching, or cramping. These sensations generally subside as the area becomes numb over the first 5-10 minutes; however, for some patients these symptoms may persist through the duration of the treatment.

When the applicator is initially removed, you may feel a mild to strong sense of nausea or dizziness as your body naturally warms and sensation returns to the treated area. These are normal reactions that typically resolve within minutes

POST-TREATMENT INSTRUCTIONS

Immediately after the procedure, the treated area(s) may look or feel stiff and transient blanching (temporary whitening of the skin) may occur.

The treated area may appear red for a **few hours** after the applicator is removed. This is an expected but temporary effect after CoolSculpting®.



212.366.4787 | www.beautyfixmedspa.com

COOLSCULPTING® PRE- AND POST-CARE GUIDE

Nausea, tingling, stinging and mild to moderate cramping in the treated area are often reported **on treatment day**.

Bruising and tenderness may occur in the treated area and can persist for **several days to weeks**.

It is common for the treated area to feel bloated and look swollen in the first **few days and weeks** after CoolSculpting®. Compression tights or undergarments such as leggings or Spanx® may feel good to wear during this period.

You may feel a temporary dulling of sensation or general numbness in the treated area that can last for **several weeks** after your procedure. Numbness at the treatment site is common, resolving over **1-3 weeks**.

There typically is minimal recovery time after CoolSculpting. You will be able to return to your normal daily routine immediately after the procedure.

For **4-10 days** post treatment, you may notice more intense sensations than during the first few days. This is due to the inflammatory response your body naturally mounts to remove the dead fat cells. You may experience deep itching, tingling, numbness, soreness, or tenderness, pain or aching in the treated area, cramping or muscle spasms, and diarrhea.

NEXT STEPS

More than one treatment may be needed, depending on the size of the treated area and the desired outcome. We encourage patients to return for a follow-up appointment and clinical assessment **four months** after the procedure. During this time, we will evaluate the treated area(s) to review your clinical results and discuss the option of additional treatments to achieve your desired level of fat reduction.

Please note: Additional CoolSculpting® treatments will be charged at the current CoolSculpting® price.

We want you to have a safe and exceptional experience at BeautyFix!

If you experience discomfort within 12 hours post-treatment, please call BeautyFix at 212-366-4787 or email us at customer care@beautyfixmedspa.com with your concerns.