



Post Care CoolSculpting Information

What Can I Expect After CoolSculpting?

You may experience some of the following symptoms immediately after the procedure which is normal and may persist for up to several weeks:

- Most patients have very mild symptoms but, as with any medical procedure, each patient experiences it uniquely.
- Symptoms always subside over time and have NO long lasting complications.
- The treated area may be red for up to a few hours after the applicator is removed. This is an expected but temporary effect.
- Bruising, swelling and tenderness can occur in the treated area. This typically resolves within a week or two.
- Burning, tingling, stinging and pain in the treatment area are possible on treatment day.
- Numbness at the 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.
- It is common for the treated area to feel bloated and to look swollen for the first three weeks after CoolSculpting.
- Compression tights such as yoga pants or Spanx may feel good to wear during this period.
- You may experience a temporary dulling of sensation (numb) or itching/tingling sensation that can last for several weeks.
- 4 to 10 days post Coolsculpting 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. For most patients the symptoms are mild to moderate and often are more apparent when trying to sleep.



- You may experience: deep itching tingling, numbness, soreness, tenderness to the touch, pain or aching in the treated area, cramping or muscle spasms. Please notify the office if these conditions persist beyond two weeks.

Please notify your provider if your symptoms are severe or are interfering with your ability to perform activities or sleep as a medication may be prescribed to help alleviate symptoms of severe.

When Do I Expect to See Results?

- 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 2-3 months.
- Your body will continue to process the injured fat cells from your body for approximately 4-6 months after your procedure.

How Do I Maximize my Treatment Results?

Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this. Just like liposuction, Coolsculpting kills and eliminates fat cells from the treated area. If you are eating more calories than you are burning off through normal activity and exercise, the extra calories will be stored as fat in other locations in your body.

Schedule a follow up medical assessment to review your clinical results and discuss the option of additional treatments to achieve desired outcome for the treated site and other treatment sites if desired.

Please call the office if you have questions 816.359.3310