

COOLSCULPTING

Congratulations on your CoolSculpting treatment! Following post-treatment guidelines is crucial to the health of your skin and success of your results.

» Many patients have minimal discomfort following the procedure; however, you may experience one or more of these sensations: swelling, itching, tingling, numbness, firmness, tenderness to the touch, pain in the treated area, cramping, aching, bruising and/or skin sensitivity. Consult with us if these conditions persist beyond two weeks or worsen over time.

» 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 the procedure, and you will experience the most dramatic results after one to three months. Your body will continue to naturally process the injured fat cells from your body for approximately four months after your procedure.

Following Coolsculpting you may experience redness or minimal discomfort that may last a few hours and in rare cases persist for up to two weeks.

- Do not use rough cloths or other means of exfoliation.
- Do not go to a tanning booth for at least 2 weeks after your treatment.
- Always check with your dispensing physician before discontinuing the use of prescription medications.
- Do not receive waxing of the area for approximately 3 days post treatment.
- If swelling is present the use of Claritin or Benadryl may be used.

Next steps:

» Weight gain will prevent you from appreciating your full results. Maintain a healthy diet and exercise routine after your procedure to continue appreciating your full results.

» Schedule a follow-up medical assessment to review your clinical results and discuss the option of additional treatments to achieve your desired outcomes.

We will contact you to come in for 60 & 120 day photos. PHOTOS ARE CRUCIAL. Because the results happen slowly over a longer period of time, it is difficult to see if a change is occurring because we see ourselves every day.

If you have any questions regarding your treatment or these instructions, please call the office during business hours at 414-210-4073. For any after-hours concerns, please call or text Charlotte at 414-422-3105. If there is an emergency, call 911.