

COOLSCULPTING TREATMENT

WHAT TO EXPECT DURING COOLSCULPTING:

- CoolSculpting is a non-surgical procedure that may take from one to several hours; no topical anesthesia or pain medication is required.
- 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.
- You also may experience intense stinging, tingling, aching, or cramping. These sensations generally subside as
 the area becomes numb.

WHAT TO EXPECT IMMEDIATELY AFTER COOLSCULPTING:

- Immediately after, your treated area may look or feel stiff and temporary whitening of the skin may occur.
- You may feel a sense of nausea or dizziness as your body naturally warms and sensation returns to the area;
 these are normal reactions that typically resolve within minutes.
- The treated area may be red for up to a few hours after the applicator is removed. This is an expected but temporary effect after CoolSculpting.
- Bruising, swelling, and tenderness can occur in the treated area. This typically resolves within a week or two.
- Nausea and tingling, stinging and cramping in the treatment area are often reported on treatment day.
- You may feel a temporary dulling of sensation in the treated area. This is normal and typically resolves within a few hours, but may last for several weeks after your procedure.

WHAT TO EXPECT THE FIRST FEW DAYS AND WEEKS AFTER COOLSCULPTING:

- It is common for the treated area to feel bloated and look swollen in the first few days and weeks after
 CoolSculpting.
- Within 2 weeks of treatment, you may experience one or more of the following sensations: dulling sensation
 that can last for several weeks, deep itching, tingling, numbness, tenderness to the touch, pain in the treated
 area, strong cramping, diarrhea, muscle spasms, aching and/or soreness. Consult with your doctor if these
 conditions persist beyond 2 weeks or worsen over time.
- A gradual reduction in the thickness of the fat layer will take place. You may start to see changes as early as 3
 weeks after treatment and you will experience the most dramatic results after 1-3 months. Your body will
 continue to naturally process the injured fat cells from your body for approximately 4 months.

NEXT STEPS:

• Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this.