



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.
- 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 procedure.
- For pain you can take Extra Strength Tylenol. Avoid NSAIDS and Aspirin until the day after your treatment.

Possible Side Effects Immediately after a procedure:

- 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 a procedure:

- 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.

We want you to have a "WOW" result. If you have any questions or unexpected concerns, please call the office for assistance.