

## Post Care Instructions for CoolSculpting and Expectations

### PRE-TREATMENT

- You can improve your CoolSculpting results by eating a healthy diet and exercising regularly leading up to and following your treatment.
- On the day of your appointment, eat a nutritious meal—and avoid caffeine—before your appointment. You can eat and drink during your appointment, so feel free to bring some snacks... unless we are treating your chin.
- Wear comfortable, warm clothing to your appointment. We will give you super cute disposable undergarments to wear during your treatment. Bring compression tops and pants for afterwards.
- Bring some entertainment. We have iPads you can borrow but feel free to bring your own laptop, book, phone, or tablet (don't forget your headphones).

### POST-TREATMENT

- The treated area may be red and bruised for a few hours or days after the applicator is removed.
- While there is generally minimal discomfort and most clients can return to their daily routine, you may experience one or more of the following sensations: deep itching, tingling, tenderness to the touch, pain in the treated area, strong cramping, nausea, bloating, muscle spasms, aching and/or soreness. Please call Urban Allure if these conditions persist or worsen over time.
- You may experience numbness in the treatment area that can occasionally last for several weeks. This will resolve on its own. Please call our office if you have questions or concerns.
- You may start to see changes as early as three weeks after your CoolSculpting procedure and will experience the most dramatic results after 1-3 months. Your body will continue naturally to process the injured fat cells for approximately four months after your procedure.

Measures that can be taken to alleviate discomfort post-treatment:

- Apply compression garments to the treatment area
- Apply heating pads and/or ice to the treatment area (20 minutes on then 20 minutes off)
- Stretching
- Benadryl use at night per dosage and directions on medication label

Next steps:

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- Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this.
- Schedule a follow-up assessment to review your clinical results and discuss the option of additional treatments to achieve desired fat reduction.
- Please call us at **(415) 399-1300** if your symptoms appear to worsen or last longer than two weeks.

## **CONTACT INFORMATION:**

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