 CoolSculpting™ Patient Instructions

A consultation is required before any treatment can be scheduled. See Jamie or Tasha, our Nurse Practitioners. A treatment session on one day may consist of 1-6 applicator areas, and therefore you could be here from1 to 5 hours depending on your needs. We have the 2017 technology which is less painful and faster per treatment applicator than the older models.

It is suggested but not required that patients avoid aspirin, NSAIDS and blood thinners for one week before to reduce the risk of bruising.

Wear loose baggy clothing that you don’t mind getting adhesive gel on (it washes out). For women a sports bra and shorts are good; for men, comfortable baggy shorts with an elastic waistband, if body work is being done. There are no special clothes needed for under chin treatments.

You may choose to relax with soft lighting, watch television, read a magazine or play on your phone during your treatments. We will suggest that you use the bathroom prior to starting the first treatment.

We recommend you bring:

1. Warm socks
2. A robe if you think you will be going to bathroom often
3. An electronic device WITH its charger
4. A magazine or book if you want to read
5. Special snacks or drinks that you may prefer to have near by

You will not need a driver, because no medication is needed to do this procedure.

The first few days and weeks after CoolSculpting™ it is common for the treated area to feel warm, bloated, and look pink and swollen. You may experience a temporary dulling of sensation. Sometimes, deep itching, tingling, tenderness, diarrhea or aching can occur. Consult with the physician if any of these conditions persists beyond 2 weeks or worsens with 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 CoolSculpting™ and will experience the most dramatic results after one to three months. Your body will continue naturally to process the injured fat cells from your body for approximately four months after your procedure.

Weight gain will prevent you from appreciating your full results. Maintain a healthy diet and exercise routine after your procedure. The first few days, activities like jogging and horseback riding may be uncomfortable due to the jiggling. Clothing that applies pressure is helpful for this type of discomfort.

Please call our office if you have questions at **503.445.2200** or you may reach us by email at [receptions@kda-derm.com](mailto:receptions@kda-derm.com). We are excited to help you achieve the body contouring results you desire.

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