



### **Targeted Fat Reduction Pre and Post Care**

We are excited you have chosen our practice for your CoolSculpting treatment. Please be sure to read over the following information so that you are fully informed of all treatment details and expectations. We want our patients to be as comfortable during and after your treatment. If you have any questions or concerns, please let us know.

**TREATMENT PLANS AND NUMBER OF CYCLES:** TLC Laser & Skincare designs our CoolSculpting treatment plans for maximum results with minimum number of applications. Sometimes this means we use the early rounds of treatment to debulk an area, and sculpt it in later sessions. Beautiful sculpture takes time! Each CoolSculpting applicator is limited in the amount of fat it can hold, and each patient's body metabolizes fat at its own unique rate. This means patients may need multiple visits to achieve their desired result on a given area. During our consultation process, we do our best to estimate how many cycles you will need, but we also can't predict exactly how your body will respond to the treatment.

#### **PRE-TREATMENT INSTRUCTIONS**

- **Aspirin** - If you are taking any amount of aspirin on a daily basis, please notify our staff. We generally allow you to continue taking your aspirin for a medical condition. However, we may ask you to stop approximately 10 days before your procedure if it is just for prophylactic reasons. If you are currently taking Coumadin, please contact the prescribing doctor regarding whether or not you should discontinue it for (Coolsculpting™). This will help lessen your chances of bruising during the procedure.
- **Supplements** - Do not take any Vitamin E, Ginseng, Garlic Tablets, or Gingko Biloba two days prior to your procedure.
- **Pain Relief** - Do not take any non-steroidal anti-inflammatory agents, such as Motrin, Ibuprofen, Advil, Celebrex, Nuprin, Feldene, Clinoril, Alleve, Naroprosyn, or Anaprox for two days before Coolsculpting™. Again, this will help limit the chances of bruising you may have. You can resume these medications the following day after your treatment.
- **Alcohol** - Try to avoid alcoholic beverages, such as beer, wine, and liquor one day before the surgery. You may resume them the day after the procedure.
- **Clothing** –
  - Please be sure to wear loose, comfortable clothing the day of your Coolsculpting™ Procedure. Wear inexpensive undergarments and bring an extra pair to wear home as gel pads will be applied with the applicator and will make any clothing you are wearing during the treatment wet.
  - It is not uncommon after the treatment to have swelling, and as the numbness brought on from the machine wears off, your body may become more aware of discomfort in the area. Avoid pants with tight waist bands and belts, or anything else that is restrictive.
- **Bring something to do** - Total treatment times will vary from one to five hours. The technician will be with you during the first 5 minutes to ensure the applicator has a snug fit to the area, and to make sure you are comfortable. After that, you will have the opportunity to relax while the treatment progresses. There is an iPad, to download movies from the internet, wireless internet in the room, but feel free to bring a book, laptop, magazine, etc. if you prefer.
- You may eat prior to arrival but we recommend a light meal as rarely some patients may feel nauseated at the start of the session.

- If you are treating your CHIN, shaving the area prior to treatment will ensure the best suction for the applicator.
- No topical anesthesia or pain medication is required.
- Typically, there is minimal to no recovery time after CoolSculpting. Most patients return to their regular daily routine, including work and working out, immediately after the procedure.
- You may not be pregnant for any treatment.
- During the course of your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

## DURING TREATMENT INSTRUCTIONS

- Prior to your treatment photographs and weight will be taken for comparison on your follow up.
- 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.
  - A Velcro strap system presses the cooling panel firmly against the tissue in the targeted area. Some patients experience discomfort from the sensation of the straps against their skin; others feel discomfort from the cooling panel pressing into their tissue.
- During the treatment, you also may experience intense stinging, tingling, aching or cramping. These sensations generally subside as the area becomes numb over the first 5-10 minutes, however for some patients these symptoms may persist through the duration of the treatment.
- Upon removal of the device the tissue will be firm and massage is important to maximize the treatment result. During this 2-5 minute process it will feel like a deep tissue massage – uncomfortable but bearable.
- Immediately after the procedure the treated area may look or feel stiff, white (or red), bruised or swollen/bloated. You may feel a sense of nausea or dizziness as your body naturally warms and sensation returns to your treatment area. If you are experiencing these symptoms let the provider know and we will help you as necessary.
- In some patients, the skin may ache or sting for a brief period of time as sensation returns to the area. The skin will initially be pink and some evidence of bruising may be immediately visible. The pinkness will subside over the first several hours after treatment. If you have developed bruising it may remain for up to a week following the session.

## POST-TREATMENT INSTRUCTIONS

You can expect none or some of the following symptoms immediately after the procedure. These symptoms may persist for up to several weeks. Most patients have very mild symptoms but, as with any medical procedure, each patient experiences it unique.

When the applicator is removed, you may feel a mild to strong sense of nausea or dizziness as your body naturally warms and sensation returns to the treated area. These are normal reactions that typically resolve within minutes.

- Immediately after the procedure, the treated area(s) may look or feel stiff and transient blanching (temporary whitening of the skin) may occur.
- The treated area may appear red for a few hours after the applicator is removed. This is an expected but temporary effect after CoolSculpting.
- Nausea and tingling, stinging and mild to moderate cramping in the treated area are often reported on treatment day.
- Bruising and tenderness may occur in the treated area and can persist for several days to weeks.
- It is common for the treated area to feel bloated and look swollen in the first few days and weeks after CoolSculpting.

- You may feel a temporary dulling of sensation or general numbness in the treated area that can last for several weeks after your procedure.
- Patient experiences will differ. Immediately following CoolSculpting, most patients experience mild to moderate discomfort within the first two weeks following the procedure including: deep itching, tingling, numbness, tenderness to the touch, pain in the treated area, strong cramping, diarrhea, muscle spasms, aching and/or soreness, which is generally relieved with Tylenol, Advil, or Aleve. Some patients may experience a delayed onset of pain which can increase in severity peaking within a few days to one week and resolving in 2 weeks. The exact cause of this is unknown but may be due to inflammation of the nerves and seems to respond well to low dose nerve pain medication (gabapentin or Neurontin). If any unusual side effects occur, including severe pain, or if symptoms worsen over time or keep you from sleeping at night you should contact us immediately to make arrangements to be evaluated.
- Darkening of the skin, hard nodules or injury to the skin, while rare, can occur and are temporary.
- CoolSculpting can uncover an existing hernia or lipoma not previously visible in the area treated.
- If treating the arms, a temporary numbness in the area, forearm or fingers can occur and will resolve.
- Massage treatment area for the next 3 days 5-6 times daily. Be Aggressive!
- No heat just ice for 48hours post treatment.
- **For Pain** - Take Extra Strength Tylenol. Avoid NSAIDS and Aspirin until the day after your Coolsculpting™ Treatment. You will be slightly uncomfortable after the procedure, however, if you experience any severe discomfort that is not tolerable, call our office.
- **Activities** - Since Coolsculpting™ is non-invasive, you may resume your normal activities right away. Generally, the first couple of days after the treatment, the area will feel as if it's been through a really intense workout regimen, "as if you were sore from doing many crunches and sit-ups" but this is temporary. Continue to wear comfortable clothing for the first 2 days if you can, and gradually go back to form fitting bottoms and belts as your body tolerates it.
- **Results** - Patients will see results as quickly as three weeks after their treatment, with more dramatic results in two months and this improves through four months and more. The body is still flushing out the fat cells for up to four months, so improvement will continue through that time period. During your CoolSculpting Treatment, your fat cells have been eliminated. As long as you maintain your weight with diet and exercise, long term results should remain stable.
- **Follow up Appointment:** More than one treatment may be needed, depending on the size of the treated area and the desired outcome. We encourage patients to return for a follow up appointment and clinical assessment two months after the procedure. During this time, we will evaluate the treated area(s) to review your clinical results and discuss the option of additional treatments to achieve your desired level of fat reduction.
- Weight gain will prevent you from appreciating your full results. We encourage you to maintain a healthy diet and exercise routine after your procedure.

**If you have any questions or concerns, please contact us immediately at 262-569-7335 or after hour emergencies email at [info@tlclaserandskincare.com](mailto:info@tlclaserandskincare.com)**