

CoolSculpting Aftercare: What to Do After Freezing Your Fat

What CoolSculpting® Aftercare Measures Should I Take?

One of the best things about CoolSculpting® is that, unlike surgical alternatives, there's minimal downtime. But that doesn't mean you won't experience mild swelling, redness, pain, and/or bruising after the treatment (and up to 6 weeks later).

1. Follow Aftercare Instructions from Your Provider

After your CoolSculpting® session, your provider will give aftercare instructions. Some tips may include applying ice packs to reduce swelling, additional massaging the treatment area to break up the frozen fat cells and aid in their removal from the body, and wearing loose, comfortable clothing.

2. Avoid Heavy Lifting

Take a break from strenuous activity for at least 3-4 days after CoolSculpting®. This helps reduce swelling and pain in the treatment area. Intense workouts can cause an increase in blood flow to the treated area, which may lead to discomfort.

Engaging in heavy lifting too soon after the procedure may increase soreness and tenderness. Allow your body time to heal, so you can enjoy your workouts without compromising optimal fat-freezing results.

3. Don't Smoke or Drink Alcohol

Smoking constricts blood vessels and decreases blood flow to the treated area. This can impair healing and increase complication risk. Besides smoking, alcohol also slows down the recovery process. It dehydrates the body, which can increase swelling and discomfort in the treatment area.

4. Maintain a Healthy Lifestyle

CoolSculpting® eliminates existing fat cells, but it can't prevent new ones from forming if you don't maintain a healthy lifestyle. Practice portion control, nourish your body with nutritious meals, and stay active every day.

5. Stay Hydrated

After CoolSculpting®, your body needs to process the dead fat cells for you to see slimming effects. Drinking plenty of water supports your body's natural processes for waste removal. Dehydration causes the body to retain fluids, which can lead to swelling.

6. Attend Follow-Up Sessions

Depending on your lifestyle and personal results, you may need follow-up sessions to get the best CoolSculpting® outcome. Your provider will let you know how many sessions you need and recommend when you may consider returning for more.

7. Side Effects may take a few days or weeks to develop

Side effects, especially mild pain and/or numbness, may take days to develop and can last 4-6 weeks. Tylenol is reasonable to take for discomfort. Pain *out of proportion* however is never normal and you should seek medical attention if this were to rarely occur.

8. Have Realistic Expectations

Having realistic expectations is key if you want a positive experience with CoolSculpting®. It's not a quick fix, nor will it bring drastic results (like liposuction). As your body eliminates the frozen fat cells over time, you'll notice a slimmer and more toned body. But if you're far from your weight goal, it's better to focus on shedding pounds before fat-freezing. CoolSculpting® is a fantastic aid for overcoming the final hurdle to your aesthetic goals. It doesn't replace a healthy lifestyle though.

Call the clinic any time if you have questions or concerns: 778-265-1377, ext. 1.