

PATIENT TAKE-HOME GUIDELINES

What to expect after the CoolSculpting procedure:

- » Typically, there is minimal discomfort and recovery time after the CoolSculpting procedure. Most patients are able to return to their daily routine immediately after the procedure.
- » Many patients experience redness in the treated area for up to a few hours after the applicator is removed. In rare cases, it may persist for up to two weeks.
- » Many patients have minimal discomfort following the procedure; however, you may experience one or more of the following sensations: swelling, itching, tingling, numbness, tenderness to the touch, pain in the treated area, cramping, aching, bruising and/or skin sensitivity. Consult your doctor if these conditions persist beyond two weeks or worsen over time.
- » Following the procedure, a gradual reduction in the thickness of the fat layer will take place. You may start to see changes as early as three weeks after the CoolSculpting procedure, and you will experience the most dramatic results after one to three months. Your body will continue to naturally process the injured fat cells from your body for approximately four months after your procedure.
- » In rare cases, patients have reported darker skin colour, hardness, discrete nodules, freeze burn, enlargement of the treated area, hernia or worsening of existing hernia following the CoolSculpting procedure. Surgical intervention may be required to correct the enlargement or hernia.

Next steps:

- » Weight gain will prevent you from appreciating your full results. Maintain a healthy diet and exercise routine after your procedure to continue appreciating your full results.
- » Schedule a follow-up medical assessment to review your clinical results and discuss the option of additional treatments to achieve your desired outcomes.
- » Do not take anti-inflammatory tablets such as Ibuprofen or neurofen for the 3months after the procedure, instead take paracetamol and codeine based pain relief. Also avoid large amounts of anti-inflammatory foods and supplements sch as cumin, tumeric and ginger.
- » We recommend massaging the area for 2 minutes twice a day.

Please call us at [01675 760644](tel:01675760644) if your symptoms appear to worsen or last longer than two weeks.