



TIMELESS

SKIN SOLUTIONS

coolsculpting before & after treatment instructions

Before treatment:

There are no complicated pretreatment rituals with this procedure. Prior to the procedure you will be asked not to wear any moisturizers in the treatment area. There are generally no numbing creams required.

To make your treatment day go more smoothly you may be asked to come to the office 1-3 days prior to your scheduled treatment for photos and treatment markings. The treatment markings will be done in permanent marker and can be removed following the treatment with medical-grade alcohol and medical-grade acetone.

Prior to procedure:

- Make sure to eat a light breakfast or meal prior to treatment.

What to wear:

- Dark comfortable clothing and dark, solid colored undergarments.
- If submental area is being treated, avoid wearing a high-neck top.

What to bring:

- A change of clothes and undergarments (unless submental area is the only area being treated).
- Bring an iPad/tablet, book, or magazine and light snacks.

Immediately following your procedure:

- Schedule your second treatment for 1-month out.

After treatment:

- 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.
- The treated area may be red for up to a few hours after the applicator is removed.
- Some patients have minimal discomfort following the procedure, however you may

experience one or more of the following sensations: deep itching, tingling, numbness, tenderness to the touch, pain in the treated area, strong cramping, nausea, bloating, diarrhea, muscle spasms, aching and/or soreness. After treatment in the submental area a feeling of fullness in the back of the throat may occur. These side-effects most commonly occur within the first week following treatment, if you experience any of these. Please call our office at (614) 799-5100 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 naturally to process the injured fat cells from your body for approximately four months after your procedure.
- In rare cases, patients have reported darker skin color, hardness, discrete nodules, freeze burn, enlargement of the treated area. If a patient has a known existing hernia they will be unable to receive treatment; however those with an unknown hernia may experience worsening of the existing hernia following the CoolSculpting procedure. Surgical intervention may be required to correct the enlargement or hernia.

Next steps:

- Gaining weight will prevent you from appreciating your full results. Maintaining a healthy diet, a steady weight, and exercise routine after your procedure can help prevent this.
- Following your CoolSculpting series if you would like to discuss further treatment options or review your clinical results schedule a follow-up medical assessment.
- Please do not hesitate to call our office if you have any questions or concerns at (614) 799-5100 or email contact@timelessskinsolutions.com. In case of emergency call 911.