



Coolsculpting Elite Pre and Post Care

What to expect before Coolsculpting Elite:

- Complete your consultation and assessment. This appointment will provide you with all of the information that will help you prepare for your future treatment.
- Wear comfortable clothing that you can go home in or bring comfortable clothing with you that you can change into before treatment.
- In the 5 days leading up to treatment, please avoid blood-thinning agents, consuming alcohol and taking supplements that thin the blood. These may include fish oil, Vitamin E, green tea, garlic, tumeric, aspirin, anti-inflammatory medication.
- On the day of treatment, please feel free to bring music, tablets, reading material or your favorite streaming shows/movies. Your treatment may last several hours and this will provide a nice distraction to help the time pass. You may also desire to bring food/drink with you.

What to expect during CoolSculpting Elite:

- CoolSculpting Elite is a non-surgical procedure that may take from one to several hours, depending on your treatment plan.
- No general/topical anesthesia or pain medication is required.
- As the procedure is initiated, vacuum pressure draws tissue into an applicator cooling cup. The vacuum pressure may cause sensations of deep pulling, tugging and pinching in the area being treated.
- You also may experience intense stinging, tingling, aching or cramping. These sensations generally subside as the area becomes numb.
- You may feel a sense of nausea or dizziness during the post-treatment re-warming massage and as your body naturally warms and sensation returns to your treatment area. These are normal reactions that typically resolve within minutes.

What to expect immediately after CoolSculpting Elite:

- Immediately after the procedure, your treated area may look or feel stiff and transient redness may occur.
- The treated area may be red for up to a few hours after the applicator is removed. This is an expected but temporary effect after CoolSculpting Elite.
- Bruising, swelling and tenderness can occur in the treated area. This typically resolves within a week or two.
- Tingling, stinging and cramping in the treatment area are often reported on treatment day.
- You may feel a temporary dulling of sensation (numbness) and/or tenderness in the treated area. This is normal and typically resolves within a few hours but may last for several weeks after your procedure.
- There typically is little to no downtime with Coolsculpting Elite. Most patients are able to return to their daily routine immediately after the procedure.

What to expect the first few days and weeks after CoolSculpting Elite:

- It is common for the treated area to feel bloated and look swollen in the first few days and weeks after CoolSculpting Elite.
- You may experience a temporary dulling of sensation that can last for several weeks.
- At some point within the first two weeks following the procedure, you may experience one or more of the following sensations: deep itching, tingling, pain in the treated area, strong cramping, muscle spasms, aching and/or soreness. Please call our providers if these conditions occur.
- 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 four weeks after CoolSculpting Elite 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.

Next steps:

- Weight gain will prevent you from appreciating your full results. Maintaining your weight and a healthy diet and exercise routine after your procedure can help prevent this.
- Plan to attend your upcoming appointments for additional treatment and/or follow-up evaluation.

Please call us if you have any concerns following your treatment.