



What to know BEFORE the CoolSculpting procedure:

These guidelines can reduce possible side effects associated with the procedure and make all the difference between a fair result and a great result.

Medications- To decrease the possibility of bruising, avoid aspirin, Advil, Aleve, Motrin, or other medications that may thin your blood beginning three days before your CoolSculpting treatment. If they are prescription medications please consult with the prescribing physician before stopping your treatment.

Supplements- Avoid Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, and Vitamin E (or any other essential fatty acids) at least 3 days before treatment.

Alcohol and caffeine- Avoid excessive consumption of alcohol and caffeine for three days before your CoolSculpting to reduce the risks of bruising.

Diet and Exercise Plan- Ensure you have a plan to maintain or improve your diet and exercise to maximize your CoolSculpting results.

CoolSculpting – Treatment Day Instructions

Each CoolSculpting treatment can take between thirty and sixty minutes. When receiving multiple treatments in one day you can expect to be at Rejuvenations for 2-3 hours. Though uncommon, you could have dizziness, lightheadedness, nausea, flushing, sweating, or fainting during or immediately after the treatment. Eating before your treatment mitigates these side effects. The treated area may look or feel stiff after the procedure and transient blanching (temporary whitening of the skin) may occur. These are all normal reactions that typically resolve within a few minutes. CoolSculpting uses suction to pull your skin and underlying fat into the applicator. The associated pressure may cause sensations of deep pulling, tugging and pinching. You may experience intense stinging, tingling, aching or cramping as the treatment begins. These sensations generally subside as the area becomes numb.

Eat before your appointment- Please eat prior to arrival. We recommend a light meal as a heavy meal can also trigger nausea at the start of the session. We will provide snacks and beverages during the session if you begin to feel hungry.

Pressure- The suction pressure of a vacuum applicator may cause sensations of deep pulling, tugging and pinching. You may experience intense cold, stinging, tingling, aching or cramping as the treatment begins. These sensations generally subside during treatment as the area becomes numb.

Clothing- Wear comfortable, loose clothing to your appointment.

Undergarments- Wear inexpensive undergarments and bring an extra pair to wear home. Gel pads will be applied with the applicator and the gel may touch upon undergarments.

Measurements- Prior to your treatment, pictures, measurements, and weight will be taken for comparison on follow-up appointments.

Entertainment- The treatment room has a television with a ROKU where you may login to your Netflix/Amazon etc...account, but you may also wish to bring your own iPad or reading materials, etc. for entertainment.

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.
- The treated area may be red for up to a few hours after the applicator is removed.
- Many 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. 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 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, 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. Maintaining a healthy diet and exercise routine after your procedure can help prevent this. If you have not already, please schedule a 4 week follow-up medical assessment (with photos) to review your clinical results and discuss additional treatments to achieve desired fat reduction.

Please call us at **(803) 781-1201** if any adverse symptoms appear to worsen or last longer than two weeks.

CoolSculpting® Uses

The CoolSculpting® procedure is FDA-cleared for the treatment of visible fat bulges in the submental (under the chin) and submandibular (under the jawline) areas, thigh, abdomen and flank, along with bra fat, back fat, underneath the buttocks (also known as banana roll) and upper arm. It is also FDA-cleared to affect the appearance of lax tissue with submental area treatments. The CoolSculpting® procedure is not a treatment for weight loss. **ZELTIQ, CoolSculpting, the CoolSculpting logo and the Snowflake design are registered trademarks of ZELTIQ Aesthetics, Inc. © 2014. All rights reserved. The products described in this document may be covered by U.S. Patent 7,367,341. Other patents and patent applications pending worldwide. IC0327-F**