



THE BODY CLINIC
BAY AREA COSMETIC DERMATOLOGY

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POST CARE FOR COOLSCULPTING

Thank you for choosing The Body Clinic - we are so excited to be a part of your Coolsculpting journey! We are here every step of the way as you go through your transformation and are available for any questions or concerns that you may have. Please don't hesitate to reach out to us, we love hearing from our patients.

Below are expectations of what you may experience after your CoolSculpting treatment. We will reach out to you via email in the next week, and will follow up with 3 months after treatment to discuss next steps.

WHAT TO EXPECT DAY OF YOUR TREATMENT

- Immediately after the procedure, your treated area may look or feel stiff and transient blanching (temporary whitening of the skin) may occur.
- A two minute massage will be administered immediately to the treated area after the applicator is removed.
- You may feel a sensation of burning, stinging, cramping, possible nausea or dizziness as your body naturally warms and sensation returns to the treated area. These are normal reactions that typically resolve within minutes.
- 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.
- Bruising, swelling and tenderness can be seen immediately after the applicator is removed.
- You may feel a temporary dulling of sensation in the treated area. This is normal and typically resolves within a few hours but may last for several weeks after your procedure.
- These sensations may vary each time the applicator is removed or each time you come in for treatment. It is very normal to have a different reaction each time.

WHAT TO EXPECT THE FIRST FEW DAYS AND WEEKS AFTER COOLSCULPTING

- It is common for the treated area to feel bloated and look swollen in the first few days and weeks post treatment.
- 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, numbness, tenderness to the touch, pain in the treated area, strong cramping, muscle spasms, aching and/or soreness. Please contact us 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. Your body will continue naturally to process the injured fat cells from your body for approximately four months after your procedure.
- A small subset of patients experience delayed post-treatment pain (typically within a few days of the procedure). This side effect is unique because of its intensity and late presentation. Please don't hesitate to reach out to us if this occurs.

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- Patients have also reported freeze burn, darkening of the skin, hardness or discrete nodules. In very rare cases, 2-5 months after treatment, the area may enlarge in a small percentage of patients. This will require surgical intervention to correct.
- In rare cases panniculitis can occur. This results in uncomfortable swelling, hardness in the treated area and skin that is warm to the touch. Please contact if you experience these symptoms
- **There is the chance of the occurrence of paradoxical hyperplasia, or enlarged tissue growth, which requires surgical treatment to remove. This is rare and The Body Clinic Practice manager is happy to discuss with you more in depth.**
- Just like during the treatment, you may experience a different set of symptoms each time you treat with Coolsculpting. Please know this is a normal response.

Contact us immediately if any unusual side effects occur or if symptoms worsen over time.

NEXT STEPS

- Weight gain will prevent you from appreciating your full results. A healthy diet and exercise routine will support what you achieve through Coolsculpting.
- Schedule a follow-up appointment to review your results and discuss the option of additional treatments to achieve desired fat reduction.

OUR PROMISE TO YOU

Our goal is to make you the most comfortable and informed before, during and after your treatment. However, we cannot provide exact timelines for how long it will take to see results or predict exactly how you will respond. Each person is unique, and your response will be as well. Additional treatments or services may be needed to achieve your final goal.

Always feel free to contact us with any questions or concerns.

AFTER HOURS? Please email us - we regularly monitor to ensure our patients are never without support.

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