



THE BODY CLINIC
BAY AREA COSMETIC DERMATOLOGY

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PRE TREATMENT FOR COOLSCULPTING

We are excited you have chosen to treat with Coolsculpting at our office and want to ensure you are fully informed of all details and expectations. We also want to make you most comfortable during and after your treatment. Please review the following and let your provider know if you have any questions or concerns.

HOW WE WOW YOU

The Body Clinic designs our Coolsculpting treatment plans with you in mind. Every person is unique, and your treatment plan should be, too. Beautiful sculpting takes time! We believe in a multi-step protocol which means we use early sessions of treatment to reduce volume in an area, which then allows us to sculpt and shape the most natural looking results in subsequent visits. Patients who follow our process have raved about their transformations.

Our techniques are the result of the experience of our practice manager, Roxanne Krempa, who for the last 13 years has been developing treatment plans and truly believes Coolsculpting is an art. We pride ourselves in our outcomes and the relationships we develop with our patients. If you choose our office, we will be with you through every step of your transformation until your result is something we are both proud of. Our body staff has been through this process ourselves, so we can relate to your experience and are more than happy to share ours! We adore Coolsculpting and would love to be a part of this journey with you.

ADDITIONAL CONSIDERATIONS

We prefer to have you come in for multiple visits as this allows us to truly sculpt your body. We truly believe that this approach benefits our patients by providing them with beautiful, gradual results over time, while avoiding unnecessary and potentially costly over treatment.

Like we said before, every body is unique. This means that we cannot predict your exact outcome. To truly achieve natural results, you may need additional treatments to sculpt cleaner lines or account for areas that may have different rates of results.

Roxanne and the staff at the body clinic are here for YOU. We will work with your individual goals to design the ideal plan that works for your needs. Our experience allows us to truly understand your body and customize your treatment to maximize the outcome you want.

HOW TO PREPARE FOR COOLSCULPTING

- Eat a full meal prior to your appointment. Treating on an empty stomach can lead to nausea and/or light-headedness.
- Pictures and weight will be taken for medical records. We provide disposable garments and robes at your appointment.
- If desired, take Ibuprofen or Tylenol 60 minutes prior to treatment to help reduce discomfort.

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- If you bruise easily, you may consider reducing blood thinning medications and supplements several days before your appointment. These include but are not limited to: Ibuprofen, Aspirin, Non-Steroidal Anti-Inflammatory drugs (NSAIDs), Omega-3's (fish oil, flax seed oil, etc.), and Vitamin E. Please consult with your physician if you have any questions.
- If you are treating your **CHIN**, please also consider the following when preparing for your treatment:
 - o Gentlemen, shaving the area prior to treatment will ensure the best suction for the applicator.
 - o If you have a cough, please call 415-292-7950 to reschedule your appointment.
 - o Please stop use of Retin-A prior to treatment

WHAT TO EXPECT DURING YOUR COOLSCULPTING TREATMENT

- As the procedure is initiated, vacuum pressure draws tissue into an applicator cup between cooling panels. The vacuum pressure may cause sensations of deep pulling, tugging, and pinching in the area being treated.
- You may also experience intense stinging, tingling, aching, or cramping. These sensations generally subside as the area becomes numb, approximately 5-10 minutes into the procedure. If treating the **CHIN**, some patients also report a temporary 'ice cream' headache at the beginning of the treatment.
- The device has a call button. You will be shown how to use it to page your provider at any time during the procedure.

WHAT TO EXPECT FOLLOWING YOUR COOLSCULPTING TREATMENT

- Immediately after the procedure, your treated area may look or feel stiff and transient blanching (temporary whitening of the skin) may occur.
- You may feel a sense of nausea or dizziness as your body naturally warms and sensation returns to your treatment 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.
- Nausea and tingling, stinging, and cramping in the treatment area are often reported on treatment day.
- Swelling, redness, soreness and tingling in the area is typical and normally resolves within 2 weeks. It is normal to experience varying degrees of these symptoms each time you treat with Coolsculpting.
- You may feel a temporary dulling of sensation in the treated area. This is normal and can sometimes last longer than other symptoms.
- You can return to any activities after Coolsculpting as they will not affect the outcome of the treatment, however you may be sore or uncomfortable.

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I have been informed and I am fully aware of these potential side effects:

- 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. Timely intervention can often reduce its impact. Contact us immediately if any unusual side effects occur or if symptoms worsen over time.
- Darkening of the skin, hard nodules, or injury to the skin, while rare, can occur and are temporary.
- **There is the chance of the occurrence of paradoxical hyperplasia, or enlarged tissue growth, which would require surgical treatment to remove. This is rare and Roxanne is happy to discuss this with you more in depth.**
- Occasionally, excessive fat reduction can occur which can lead to demarcation. This will require more treatments to correct.
- Coolsculpting can uncover an existing hernia or lipoma not previously visible in the area treated.
- If treating the arms, a temporary numbness in the area, forearm or fingers can occur and will resolve.
- There is a chance that you may not see any result. While rare, unfortunately we cannot guarantee outcomes.
- You will not lose any weight after treatment. This is not a weight loss procedure and is designed for sculpting only.
- We are here for you! If you should experience any of these rare side effects, we will be there to help you the whole way to resolution.

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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