

Aesthetics & IV Nutritional Therapy
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COOLSCULPTING® Targeted Fat Reduction

Pre and Post Care

PRE-TREATMENT

- CoolSculpting® is a non-surgical procedure that takes one-two hours per treatment area.
- No topical anesthesia or pain medication is required.
- Typically, there is minimal to no recovery time after CoolSculpting. Most patients return to their regular daily routine, including work and working out, immediately after the procedure.
- You may not be pregnant for any treatment.
- All surgeries or scar tissue needs to be assessed and be at least 1-year out
- The effect of performing treatments directly over active implanted devices, such as pacemakers and defibrillators, is not known
- During the course of your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

DURING TREATMENT

- As the procedure is initiated a 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. A Velcro strap system presses the cooling panel firmly against the tissue in the targeted area. Some patients experience discomfort from the sensation of the straps against their skin; others feel discomfort from the cooling panel pressing into their tissue.
- During the treatment, you also may experience intense stinging, tingling, aching or cramping. These sensations generally subside as the area becomes numb over the first 5-10 minutes, however for some patients these symptoms may persist through the duration of the treatment.

POST-TREATMENT

- When the applicator is removed, you may feel a mild to strong sense of nausea or dizziness as your body naturally warms and sensation returns to the treated area. These are normal reactions that typically resolve within minutes.
- Immediately after the procedure, the treated area(s) may look or feel stiff and transient blanching (temporary whitening of the skin) may occur.

- The treated area may appear red for a few hours after the applicator is removed. This is an expected but temporary effect after CoolSculpting.
- Nausea and tingling, stinging and mild to moderate cramping in the treated area are often reported on treatment day.
- Bruising and tenderness may occur in the treated area and can persist for several days to weeks.
- It is common for the treated area to feel bloated and look swollen in the first few days and weeks after CoolSculpting.
- You may feel a temporary dulling of sensation or general numbness in the treated area that can last for several weeks after your procedure.
- Patient experiences will differ. Immediately following CoolSculpting, most patients experience mild to moderate discomfort within the first two weeks following the procedure including: deep itching, tingling, numbness, tenderness to the touch, pain in the treated area, strong cramping, diarrhea, muscle spasms, aching and/or soreness, which is generally relieved with Tylenol, Advil, or Aleve. Some patients may experience a delayed onset of pain which can increase in severity peaking within a few days to one week and resolving in 2 weeks. The current reported incidence rate is 0.04%. The exact cause of this is unknown but may be due to inflammation of the nerves and seems to respond well to low dose nerve pain medication (gabapentin or Neurontin). If any unusual side effects occur, including severe pain, or if symptoms worsen over time or keep you from sleeping at night you should contact Integrative Health immediately to make arrangements to be evaluated by a medical provider. If it is after our normal hours of operation, please go to the nearest emergency room to ensure the pain is not due to other nonrelated serious problems.
- Following the procedure, a gradual reduction in the thickness of the fat layer will take place as your body naturally processes the injured fat cells from your body. You may start to see changes as early as three weeks after CoolSculpting with full results after two months.
- Follow up Appointment: More than one treatment may be needed, depending on the size of the treated area and the desired outcome. We encourage patients to return for a follow up appointment and clinical assessment 1-2months after the procedure. During this time we will evaluate the treated area(s) to review your clinical results and discuss the option of additional treatments to achieve your desired level of fat reduction. Please note: Additional CoolSculpting treatments will be charged at the current CoolSculpting price.
- Weight gain will prevent you from appreciating your full results. We encourage you to maintain a healthy diet and exercise routine after your procedure.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS,
PLEASE CONTACT US AT (208) 799-3333.**