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Pre and Post CoolSculpting Instructions

Pre-Treatment Instructions:

- DO bring a book, magazine, iPAD, or iPOD to use during treatment.
- DO expect treatment to take between 1-2 hours depending on the number of areas treated.
- Do NOT use any lotions or creams in the areas being treated.
- DO expect a vacuum applicator cup and pressure with mild pinching in the areas during treatment.
- DO expect pulling, cold, tingling, and mild cramping that subside within 5 minutes as the area becomes numb during treatment.

Post-Treatment Instructions:

- Do expect the treated area may look firm or feel stiff immediately after the procedure. This is normal and will resolve.
- Do expect the treated area may be reddened for approximately 20 minutes after the applicator is removed.
- The vacuum cup can cause bruising, tingling or tenderness to the touch. This typically resolves within a few weeks.
- You may feel a temporary dulling of sensation or numbness in the treated area. This is normal and will resolve within a few days or sometimes a few weeks after your procedure.
- Cramping is common. This will typically resolve in a few days to a few weeks.
- You may resume normal activities immediately following procedure.
- DO maintain your normal exercise program and a healthy diet.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.