

Coolsculpting Treatment Expectations

Preparing for your treatment:

- ♥ **Wear loose fit, comfortable clothing to your appointment**
- ♥ **Bring a pair of warm/fuzzy socks**
- ♥ **Make sure to eat something prior to your arrival**
- ♥ **Bring water to stay hydrated during and after treatment**
- ♥ **You are welcome to bring a book, phone, tablet, computer, headphones, work, etc.**

What to expect during the treatment:

- ♥ **You will be asked to change in to disposable garments for the treatment**
- ♥ **The Coolsculpting Specialist will take before photos**
- ♥ **There will be a vacuum-like suction to the treated areas**
- ♥ **The first few minutes of the treatment will feel very cold. Eventually, the area treated will become numb, and more tolerable to the cold.**
- ♥ **Once you have completed the treatment, the Coolsculpting specialist will perform a 2 minute massage, in order to enhance your results**

Post treatment:

- ♥ **Drink plenty of water, and stay hydrated. The fat cells will be flushed out through your lymphatic system**
- ♥ **You may experience some soreness, bruising, redness or swelling for the first couple of days**
- ♥ **You will be numb in the area treated. Duration of numbness varies patient to patient**
- ♥ **You are free to return to your daily activities post treatment (exercising, work, driving, etc.)**
- ♥ **Your Coolsculpting Specialist will schedule you for a follow up office visit in 30 days**