

Post CoolSculpting Instructions

Immediately after Treatment:

The sites may be red, slightly swollen, stiff and tender to the touch.

You may feel a sense of nausea or dizziness as your body naturally warms and sensation returns to the treated area. This is a normal reaction and will resolve within a few minutes.

Stinging or cramping along with a temporary dulling of sensation is common in the treated area. This is normal and typically resolves within a few hours, but may last for several weeks after your procedure.

You may resume normal physical activity following your treatment.

Compression is recommended to help alleviate tenderness, but is not required.

We also recommend not drinking heavily (alcohol) the day of your treatment. One drink or glass of wine is OK.

First few weeks:

It is common for the treated area to feel bloated, look swollen, and to experience temporary dulling of sensation in the first few days and weeks after CoolSculpting.

At some point in the first few weeks you may experience one or more of the following: deep itching, tingling, numbness, tenderness to the touch, pain the treated area, strong cramping, diarrhea, muscle spasms, aching and/or soreness.

A gradual reduction of the fat layer will take place following your treatment. You may start to see changes as early as four to six weeks after CoolSculpting and you will experience the most dramatic results after three months.

Additional Tips:

Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your procedure is key!

Most patients see maximum results at 3-4 months. We would like to follow up with you at that point to assess your clinical results and take post-treatment photos. Please give us a call to schedule your next appointment at 713.627.1200.

If you have any reactions or urgent questions after hours, please call or text

Stephanie Tritton, RN on her cell @ 210.241.7833