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## CoolSculpting Pre and Post Treatment Instructions

CoolSculpting is a non-invasive treatment and your regular activities can be resumed immediately following treatment.

### Prior to your treatment:

- If desired, start taking Arnica capsules 48 hours prior to treatment to help minimize possible bruising and/or discoloration.
- Applying Arnica cream to the treatment site is recommended to prevent any post treatment bruising.
- To accompany your treatment, we recommend the following skin firming creams.
  - Nectifirm by Revision
  - TransForm Body by Alastin

### Post Treatment Instructions:

- The treated area may be red after the CoolSculpting applicator is removed. This redness may last a few minutes to a few hours.
- It is normal for the treated area to look and feel tender immediately after the procedure.
- The size, location and number of applicators used may increase sensitivity in the treated areas. Tenderness typically resolves within two to four weeks.
- The vacuum pressure from CoolSculpting may cause bruising in the treated area. Arnica capsules can be taken up to 48 hours post treatment or as needed. Arnica Cream can be applied as needed for one week following treatment.
- Take Tylenol (acetaminophen) to alleviate any post treatment discomfort. Compression garments may also be worn to help alleviate any discomfort.
- Massage treated area three times daily for one week after treatment.
- You may experience tingling, soreness, cramping, deep itching, swelling, and an occasional “sparking” sensation in the treated area. These sensations are normal and usually resolve within two to four weeks.
- It is possible to experience a dull or numb sensation in the treated area. This may last four to eight weeks.
- Final results may be affected by age, weight, diet and hormones. To accurately evaluate your final results, it is important to prevent weight gain after your procedure. A healthy diet and regular exercise will help you maintain your current weight.
- If pain is intolerable and does not subside within two weeks, or worsens over time, call our office immediately.

Schedule your next appointment per your treatment plan.

**Please call our office if you have any questions or concerns.**