

CoolSculpting

PRE- TREATMENT GUIDELINES

CoolSculpting is a clinically proven non-invasive fat reduction procedure that selectively uses cryolipolysis (freezing) to remove unwanted fat. CoolSculpting was FDA approved in 2009 and has been used world-wide with over 500,000 success stories.

This procedure is generally well tolerated with no need for anesthesia (topically numbing or pain medications).

Majority of patients experience little to no post treatment discomfort. However, common side effects include mild discomfort, tenderness, redness, swelling and bruising to the treatment area. Numbness and tingling is also common and may last up to 2 months. None of the side effects observed have been permanent. Rarely, severe post procedural pain has been reported approximately 3-4 days after the procedure. This rare side effect is self-limiting and resolves completely with no long term sequelae.

PRE-CARE INSTRUCTIONS:

1. Wear comfortable clothing that will not be restrictive. We will provide you will disposable undergarments.
2. Eat a few hours prior to your procedure. This will help minimize risk of lightheadedness and dizziness
3. Do not take any aspirin-type products (ibuprofen, aleve, advil, celebrex) for 5 days prior to your treatment if possible. Tylenol is OK. If you have taken any of these medications, it is still OK to perform the procedure. However, you may experience more bruising.
4. Please let Dr. Gulcher know if your medical, surgical and medication history has changed since your evaluation.
5. Prior to your procedure, we will be taking baseline photographs and at your 4 week and 12 week follow up visits. You will start to see improvement in your treatment area within 4-6 weeks and continued improvement up to 4 months after your treatment. The improvement in fat reduction is appreciated by inches not weight loss.
6. Please make sure you have received post-care instructions. If you have any questions or concerns about your CoolSculpting procedure, please don't hesitate to ask Dr. Gulcher or her staff.

CONGRATULATIONS ON CHOOSING THE COOLSCULPTING!

THE MOST EFFECTIVE, NON-SURGICAL

SELECTIVE FAT REDUCTION PROCEDURE ON THE MARKET TODAY!

POST - TREATMENT GUIDELINES

WHAT TO EXPECT DURING YOUR PROCEDURE:

CoolSculpting is a well-tolerated procedure with no need for anesthesia (topical numbing cream or pain medications). There is typically minimal recovery time and most patients are able to return to their daily routine immediately after the procedure with NO ACTIVITY RESTRICTIONS. As the procedure is initiated, 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. You may also experience intense stinging, tingling, aching or cramping. After approximately 10 minutes, these sensations subside as the tissue becomes numb. The applicator cup is left in place for 60 minutes and most patients are comfortable for the remainder of their treatment.

WHAT TO EXPECT IMMEDIATELY AFTER YOUR PROCEDURE:

Immediately after the applicator cup is removed, the treatment area may look or feel stiff with transient blanching (temporary whitening). Most often there is redness to the treatment area, which resolves within a few hours. You should also expect mild bruising, swelling and tenderness, which resolves within 1-2 weeks. Immediately after your treatment, you may experience a sense of nausea and/or dizziness for a few minutes as your body naturally warms and sensation returns to your treatment area. Numbness or "dulling" sensation to the treatment area is common and typically resolves in a few days but may persist a few weeks. Occasionally, you may experience more moderate pain and cramping the day of your procedure. You can take Tylenol as needed, use warm compresses or massage the area with a soothing agent such as aloe vera or aspercream.

WHAT TO EXPECT THE FIRST FEW DAYS AND WEEKS AFTER YOUR PROCEDURE:

It is common to feel bloated and look swollen in the first few days and weeks after your procedure. If you experienced bruising, this will resolve within a week. Dullness, numbness and tingling sensations to the treatment area are also common and can persist for several weeks. You may experience itching which can last a couple weeks. Tenderness or soreness to the area is also common. Rarely, you experience more severe pain, cramping or muscle spasms. Please notify Dr. Gulcher immediately. if your symptoms are severe or worsen over time.

Please make sure you have scheduled your follow up appointment in 4 weeks after your procedure. If you require more than one CoolSculpting treatment to obtain desired results, you may repeat your treatment at 4 weeks. You will start to see improvement in fat reduction starting at 4 weeks. Full results are seen after 4 months. Please don't hesitate to call Dr. Gulcher if you have any questions or concerns about your treatment.