



CoolSculpting Instructions

Pre-Treatment Instructions:

- Avoid, if possible, non-steroidal anti-inflammatory (NSAIDs)/anti-inflammatory medications and supplements 2 weeks prior to the treatment.
- Wear comfortable clothing that you can go home in or bring comfortable clothing with you that you can change into before treatment.
 - Tank tops are recommended. Disposable shorts will be provided.
- Bring any entertainment you'd like during your treatment (iPad, laptop, book, etc). SeaMist MedSpa will provide you with complimentary Wifi and a TV with Netflix for your enjoyment.
- Packing drinks and snacks for a long treatment is recommended.
- What to expect during the treatment:
 - The procedure may take one to several hours, depending on your treatment plan.
 - No general/topical anesthesia or pain medication is required or administered.
 - As the procedure is initiated, vacuum pressure draws tissue into an applicator cup. The vacuum pressure may cause sensations of deep pulling, tugging and pinching in the area being treated. ○ You also may experience intense stinging, tingling, aching, or cramping. These sensations generally subside as the area becomes numb (within minutes).

Post-Treatment Instructions:

- Avoid, if possible, non-steroidal anti-inflammatory (NSAIDs)/anti-inflammatory medications and supplements 2 weeks post treatment.
- Increase water intake to a minimum of 8, 8 ounce glasses.
- Side Effects:
 - Immediately after the procedure, your treated area may look or feel stiff and transient blanching (temporary whitening of the skin) may occur.
 - The treated area may be red for up to a few hours after the applicator is removed. This is an expected, but temporary, effect after CoolSculpting..
 - Bruising, swelling, itching, soreness to the touch are common and expected and may last a few weeks.
 - You may feel a temporary numbness or dulling of sensation in the treated area. This is normal and typically resolves within a few hours, but may last for up to two weeks after your procedure. ○ It is common for the treated area to feel bloated and look swollen in the first few days and weeks after CoolSculpting.
- There typically is minimal recovery time after CoolSculpting. Most patients are able to return to their daily routine immediately after the procedure.
- Following the procedure, a gradual reduction in the thickness of the fat layer will take place. You may start to see changes as early as four weeks after CoolSculpting and you will experience the most dramatic results after approximately three months. Your body will continue naturally to process the injured fat cells from your body for approximately six months after your procedure.
- Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this.
- A follow-up assessment to review your clinical results 12 weeks after your treatment is recommended to discuss the option of additional treatments to achieve desired fat reduction.

*After hours or on the weekend please email info@seamistmedspa.com with EMERGENCY DR.
SIMPSON