



Coolsculpting Instructions

Pre-Treatment Instructions:

- Avoid, if possible, non-steroidal anti-inflammatory (NSAIDs) medications, anti-inflammatory medications, and supplements for 2 weeks prior to the treatment.
- Wear comfortable clothing that you can go home in, or bring 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 complimentary Wi-Fi and a TV with Netflix for your enjoyment.
- Packing drinks and snacks for longer treatments is recommended.

What To Expect During Treatment:

- The procedure may take 1 to several hours, depending on your treatment plan.
- No general or topical anesthesia or pain medication is required or administered.
- As the procedure is initiated, vacuum pressure draws tissue into an applicator cup. This vacuum pressure may cause sensations of deep pulling, tugging, and pinching in the treated area.
- You may also experience intense stinging, tingling, aching, or cramping. These sensations generally subside as the area becomes numb (usually within minutes).

Post-Treatment Instructions:

- Avoid non-steroidal anti-inflammatory (NSAIDs) medications and anti-inflammatory supplements for 2 weeks post-treatment, if possible.
- Increase water intake to a minimum of 8, 8-ounce glasses per day.

Side Effects:

- Immediately after the procedure, your treated area may feel stiff, and transient blanching (temporary whitening of the skin) may occur.
- The treated area may appear red for up to a few hours after the applicator is removed. This is an expected, temporary effect after CoolSculpting.
- Bruising, swelling, itching, and soreness to the touch are common and expected. These may last a few weeks.
- You may feel temporary numbness or a 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 appear swollen in the first few days and weeks after CoolSculpting.
- There is typically minimal recovery time after CoolSculpting. Most patients can 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 4 weeks after CoolSculpting, with the most dramatic results appearing after approximately 3 months. Your body will continue to process the injured fat cells for up to 6 months after your procedure.
- Weight gain can hinder the full appreciation of your results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this.
- A follow-up assessment 12 weeks after your treatment is recommended to review your clinical results and discuss the possibility of additional treatments to achieve the desired fat reduction.

If you think you are having an emergency please call 401-782-2400. After hours or on the weekend please email info@seamistmedspa.com with EMERGENCY DR. SIMPSON.