



### **COOL TONE™ AFTER CARE**

Typically, there is minimal discomfort and recovery time after the CoolTone procedure. Most patients can return to their daily routine immediately after the procedure.

Some patients experience temporary redness, muscular pain, spasm, joint or tendon discomfort in the treatment area during and/or following a CoolTone procedure.

If you are female and are close to menstruation, you may find that it comes sooner, or cramping may be intensified with an abdominal CoolTone procedure.

Results vary from person to person. Additional treatments may be necessary to achieve your desired outcome.

In order to optimize results, we require you to complete all your CoolTone cycles within 2-3 weeks.

Following the procedure, a gradual improvement in your muscle tone should take place. You may start to see changes as early as two weeks after the CoolTone 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.

Schedule a one month and three month follow-up (after all your sessions have been completed) to review your clinical results and discuss the option of additional treatments to achieve desired fat reduction.