

COOLSCULPTING AFTER CARE

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

The treated area may be red for up to a few hours after the applicator is removed.

Many patients have minimal discomfort following the procedure; however you may experience one or more of the following sensations: deep itching, tingling, numbness, tenderness to the touch, pain in the treated area, strong cramping, nausea, bloating, diarrhea, muscle spasms, aching and/or soreness. Contact the office if these conditions persist beyond two weeks or worsen over time.

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 three weeks after the CoolSculpting procedure and you will experience the most dramatic results after one to three months. Your body will continue naturally to process the injured fat cells from your body for approximately four months after your procedure.

In rare cases, patients have reported darker skin color, hardness, discrete nodules, freeze burn, enlargement of the treated area, hernia or worsening of existing hernia following the CoolSculpting procedure. Surgical intervention may be required to correct the enlargement or hernia. Another rare effect may occur due to cold exposure close to a nerve close to the tongue, jawline and below the jaw. This may cause tongue deviation, lower lip weakness, dry mouth or a decrease in saliva production.

Some patients, especially the ones who get their low abdomen treated with the largest applicator, may get “delayed onset of pain” 3-4 days after the procedure. It may feel like you have done many sit-ups. It may be difficult to sleep. If you start to feel the onset of this, start taking Ibuprofen, 800 mg 3 times a day around the clock with food (if you do not have sensitivity to this medication). You may add over the counter Omeprazole 20 mg once or twice a day if you get acid reflux from anti-inflammatories. Icing, tight yoga pants, sleeping with your belly supported by a pillow all may help. It will usually resolve within 3-4 days. If it does not, please contact the office.

Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this.

If you are doing a second session, schedule two months after your first session. This may be performed as early as 1 month after the first session, depending on your timeline goals.

Schedule a three-month follow-up (after your second session if applicable) to review your clinical results and discuss the option of additional treatments to achieve desired fat reduction.