

Your Pre & Post Care Instructions CoolSculpting

It is critical that you follow all aftercare instructions below in addition to any advice given by your practitioner to prevent any complications and achieve the best results from your treatment. If the advice given by your practitioner differs from the below, please follow the advice of your practitioner.

PLEASE NOTE: The below are common side effects associated with CoolSculpting treatments. If you experience any of the below please do not worry. If side effects continue beyond 48 - 72 hours or you have any concerns or questions please call us on 0333 242 8528.

- Bruising
- Swelling
- Pain at the treatment site

Please also note that you may experience a numbing sensation for several weeks after treatment. The earliest you may see results is three weeks after treatment with the most dramatic results after two to three months.

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- The CoolSculpting procedure uses vacuum pressure to draw tissue into an applicator cup between cooling panels. The suction pressure may cause sensations of deep pulling, tugging, and pinching. You may also experience intense stinging, tingling, aching, or cramping as the treatment begins. These sensations generally subside as the area becomes numb.
 - The CoolSmooth applicator rests on the skin surface and is held in place using straps, there is no suction with this treatment. You may also experience intense stinging, tingling, aching, or cramping as the treatment begins. These sensations generally subside as the area becomes numb.
 - Immediately after the procedure, the treated area may look or feel stiff and transient blanching (temporary whitening of the skin) may occur. You may feel a sense of nausea or dizziness as your body naturally warms and sensation returns to your treatment area. These are all normal reactions that typically resolve within minutes.
 - Bruising, swelling and tenderness can occur in the treated area. In addition, the treated area may appear red for a few hours after the applicator is removed.
 - You may feel a dulling of sensation in the treated area that can last for several weeks after your procedure. Other changes – including deep itching, tingling, numbness, tenderness to the touch, pain in the treated area, strong cramping, muscle spasms, aching and/or soreness – also have been reported after a CoolSculpting treatment.

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- Patient experiences will differ. Some patients may experience a delayed onset of the previously mentioned occurrences. You should contact your physician immediately if any unusual side effects occur or if symptoms 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 CoolSculpting, and you will experience the most dramatic results after two to three months. Your body will continue naturally to process the injured fat cells from your body for approximately four months after your procedure. Some treatment areas respond slower than others

The below products are recommended by The Cosmetic Skin Clinic to enhance your results, support skin health, and reduce the risk of complications. If the advice given by your practitioner differs from the information below, please follow your practitioner's guidance.

- Obagi Sun Shield SPF 50
- Obagi Professional Vitamin C Serum 15% / 20%
- ZO Hydrating Crème

It's important to have your follow up treatments and to continue with your treatment plan to achieve the best results. Please call us on 0333 242 8528 to book your next treatment.